

## Trusted Adults

### Learning Objectives

- I can name trusted adults that I know I can ask to help me if I need it.

### Teacher Notes

- Follow along with the video.
- This lesson will include pauses that will involve student response or time to complete the activity. Please pause the video as instructed for as long as needed.

### Lesson Steps: Video Outline [K.3j Video](#)

#### *Step 1 Introduction*

- Do you know someone you can trust?
- Are there times when we need someone to help us?

#### *Step 2 Activity*

- Link to activity spinner: <https://wheelofnames.com/pxh-pr6>
- The teacher will spin the activity wheel and students will either do the exercise or will name a trusted adult that they know. Repeat until all spaces on the spinner have been removed.

#### *Step 3 Closure*

- Why is it important to be able to identify trusted adults that you have in your life?

### Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge
- Post: The activity will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.

### Extensions/Connections/Applications

- The teacher can have more discussion as desired with students throughout the lesson.

### Resources/References

- [Health Smart VA](#)
- [Kids Health](#)