

<p>Unit #1 Title: What are Safe and Healthy Life Choices?</p> <p>Grade Level: K</p> <p>Number of Lessons in Unit: 2</p> <p>Time Required for each lesson: 30 minutes</p> <p>Best time of year to implement this Unit: Anytime</p> <p>Lesson Titles: Lesson 1: What is Comfortable and Uncomfortable Touch? Materials/Special Preparations Required: Student activity pages (included) Scissors Paste Crayons</p> <p>Lesson 2: What are Safe and Unsafe Drugs/Medicines/Objects? Materials/Special Preparations Required: Student activity pages (included) Two paper bags A large sheet of paper One permanent marker</p> <p>Missouri Comprehensive Guidance Standard: PS.3: Applying Personal Safety Skills and Coping Strategies.</p> <p>Grade Level Expectation(s): PS.3.A.0K.a.i: Identify safe and healthy choices at home and school. PS.3.B.0K.a.i: Identify safe/unsafe situations.</p> <p>American School Counselor Association National Standard (ASCA): Personal/Social Development C: Students will understand safety and survival skills.</p>

Show Me Standards: Performance Goals (check one or more that apply)

	Goal 1: Gather, analyze and apply information and ideas
	Goal 2: Communicate effectively within and beyond the classroom
	Goal 3: Recognize and solve problems
X	Goal 4: Make decisions and act as responsible members of society 7. Identify and apply practices that preserve and enhance the safety of self and others.

This lesson supports the development of skills in the following academic content areas.

	Academic Content Area(s)	Specific Skill(s)
X	Communication Arts	6. Participating in formal and informal presentations and discussions of issues and ideas.
	Mathematics	
	Social Studies	
	Science	
	Health/Physical Education	
	Fine Arts	

Unit Assessment (acceptable evidence):

Lesson 1: Students will complete an activity page that allows each student to demonstrate his/her ability to identify safe and unsafe touch by cutting and pasting situation cards in either a Safe Comfortable Touch column or an Unsafe Uncomfortable Touch column.

Lesson 2: Students will demonstrate their understanding of safe and unsafe drugs/medicines/objects by sorting cards that have safe/healthy or unsafe/unhealthy statements/scenarios on them (25 items) into a safe paper bag and an unsafe bag. And/or helping place them on the correct part of the chart or poster.

Brief Summary of Unit:

This unit introduces the concepts of safe/comfortable and unsafe/uncomfortable touch, safe and unsafe drugs/medicines/objects, and the problem-solving model for staying safe: Say no; Get away; Tell someone you trust. Activities include a cutting and pasting activity that allows students to choose between safe and unsafe touch and a sorting activity that allows students to choose between safe and unsafe items and a take home page with the staying safe problem-solving model.

Unit Goals:

The goals of this unit are to teach students to:

- 1) Identify safe and unsafe touch.
- 2) Identify safe and unsafe drugs/medicines/objects.
- 3) To introduce students to the problem-solving model for staying safe from unsafe touch: Say, "No." Get away. Tell someone you trust.

Student Prior Knowledge: What prior knowledge do students need (e.g. the steps to solving a problem) to be successful in this unit?

Students will need to know the meaning of safe and unsafe terminology.