

# Too Good for Drugs Curriculum Correlations

Correlated With Alabama Health Content Standards

## Kindergarten

### Lesson 1: *Making My Day*

**Objective:** The student will be able to:

- List at least five ways to build a healthy self.

Alabama Content Standards:

\* Alabama Standards numbered as shown in the Alabama Course of Study, 2004

Mental and Emotional Health

7. Identify mental and emotional health topics.  
i.e.: mental—self-esteem, stress; emotional—love, fear, anger.

### Lesson 2: *Be Good To Your Body*

**Objectives:** The student will be able to:

- List at least three internal parts of the body and describe what they do.
- Recite at least three ways to help the body stay healthy.

Alabama Content Standards:

Personal Health

6. Name healthy family, school, and community activities.  
i.e.: reading a story, discussing the events of the day with a parent, participating in community recreation, practicing ways to keep school and home environments clean and safe, serving the school through health-related activities, participating in recycling projects.

### Lesson 3: *The Healthy Thing to Do*

**Objective:** The student will be able to:

- Differentiate between safe, healthy decisions and unsafe, unhealthy decisions.

Alabama Content Standards:

Personal Health

6. Name healthy family, school, and community activities.  
i.e.: reading a story, discussing the events of the day with a parent, participating in community recreation, practicing ways to keep school and home environments clean and safe, serving the school through health-related activities, participating in recycling projects.

## Substance Use and Abuse

13. Name substances that are harmful to the body.  
i.e.: tobacco, lead, illegal drugs, alcohol
14. List safety rules related to taking medicine.  
i.e.: taking medicines only with adult supervision.

## **Lesson 4: *I'm Too Good for Drugs***

**Objectives:** The student will be able to:

- Define drugs.
- Differentiate between medicine and other drugs.
- Discuss the harmful effects of non-medical drugs on the body.

## Alabama Content Standards:

### Substance Use and Abuse

13. Name substances that are harmful to the body.  
i.e.: tobacco, lead, illegal drugs, alcohol
14. List safety rules related to taking medicine.  
i.e.: taking medicines only with adult supervision.

## **Lesson 5: *Mr. Big Mouth***

**Objectives:** The student will be able to:

- Differentiate between substances that are harmful to eat and drink from those that are safe to eat and drink.
- List at least five substances that are safe to eat and drink.
- List at least three harmful substances: tobacco, alcohol, poison.

## Alabama Content Standards:

### Injury Prevention and Safety

10. Demonstrate personal safety in school and community settings.  
i.e.: walking in hallways, wearing safety equipment, seeking help from appropriate adult when frightened, handling dangerous objects and substances safely, crossing roadways safely.

### Substance Use and Abuse

13. Name substances that are harmful to the body.  
i.e.: tobacco, lead, illegal drugs, alcohol
14. List safety rules related to taking medicine.  
i.e.: taking medicines only with adult supervision.

## Lesson 6: *Goin' Fishin'*

**Objectives:** The student will be able to:

- Recite at least six feelings: happy, sad, angry, afraid, surprised, excited.
- Discuss three ways that people show their feelings: with faces, bodies, words.
- Demonstrate feelings non-verbally and express them verbally.

### Alabama Content Standards:

#### Mental and Emotional Health

7. Identify mental and emotional health topics.  
i.e.: mental—self-esteem, stress; emotional—love, fear, anger
8. Demonstrate a safe response to physical and emotional aggression.

## Lesson 7: *Finding a Friend*

**Objectives:** The student will be able to:

- Describe three to five ways to initiate conversations.
- Practice verbal and non-verbal communication.
- Describe characteristics of a friend.

### Alabama Content Standards:

#### Family Health

5. Identify ways to be a responsible family member and friend.  
i.e.: picking up toys, showing consideration, being kind, helping with household chores, recognizing an emergency situation.

#### Mental and Emotional Health

7. Identify mental and emotional health topics.  
i.e.: mental—self-esteem, stress; emotional—love, fear, anger

## Lesson 8: *Stop and Think*

**Objectives:** The student will be able to:

- Discuss personal responsibility for making positive choices.
- Recite the following steps in the decision-making process: stop and think.
- Perform role plays for decision-making practice.

### Alabama Content Standards:

#### Family Health

5. Identify ways to be a responsible family member and friend.  
i.e.: picking up toys, showing consideration, being kind, helping with household chores, recognizing an emergency situation.

## Mental and Emotional Health

7. Identify mental and emotional health topics.  
i.e.: mental—self-esteem, stress; emotional—love, fear, anger.

## Lesson 9: *All Together Now*

**Objectives:** The student will be able to:

- Recite at least four ways to resist pressure from friends to do things that are unhealthy or unsafe.
- Recite at least three safe and healthy things to do with friends.

## Alabama Content Standards:

### Family Health

5. Identify ways to be a responsible family member and friend.  
i.e.: picking up toys, showing consideration, being kind, helping with household chores, recognizing an emergency situation.

## Lesson 10: *Tuggles the Teddy Bear*

**Objectives:** The student will be able to:

- Differentiate between safe and harmful substances.
- Discuss personal responsibility for making positive choices.
- Perform role plays for decision-making practice.

## Alabama Content Standards:

### Personal Health

6. Name healthy family, school, and community activities.  
i.e.: reading a story, discussing the events of the day with a parent, participating in community recreation, practicing ways to keep school and home environments clean and safe, serving the school through health-related activities, participating in recycling projects.

### Mental and Emotional Health

7. Identify mental and emotional health topics.  
i.e.: mental—self-esteem, stress; emotional—love, fear, anger.

### Substance Use and Abuse

13. Name substances that are harmful to the body.  
i.e.: tobacco, lead, illegal drugs, alcohol