



SENSE OF SAFETY & Beyond! Lesson Plan

Topic to teach:

Be Safe, be Smart, be Sure with Candy and Pills : K-2

Length of lesson: 30 min

Goal: Children learn how to be safe in different situations with pills, candy, and drugs.

Objectives:

- Make informed decisions about what to put in your body.
- To recognize “trusted adults” who can help
- To avoid situations that are unsafe with pills, drugs, or candy
- Practice communicating safety concerns and saying “no”

Vocabulary:

Discuss these terms prior to the lesson:

*Pills
Medicine
Drugs*

Materials:

1. “I Can” statement printed and cut out
2. Sense of Safety & Beyond Activity book
3. Crayons and pencils
4. (Optional) Projection of lesson

“I Can” statement:

Display and read the “I Can” statement before and after lesson delivery.

I can be safe with pills and candy!

Attention Grabber

Tell the students to listen very carefully to the story about Rocket. You will be asking what SENSES he used in the story.

At the end of a basketball game after school, one of Rocket’s friends reached into his pocket and offered him some candy. The candy was not in a wrapper. It was all different sizes and different colors. It kind of looked like candy, but Rocket couldn’t be sure. There were no trusted adults around to ask. Rocket was REALLY hungry though... and they looked sooooo good! He remembered a strategy he learned. Stop, think, breathe, THEN answer when you have a funny feeling. So Rocket stopped, thought about why he might feel funny about taking candy from his friend, took a deep breath, and said “no thanks, I’ll see you tomorrow I have to get home!” And left on his bike.

Ask the students to put their thumbs up if Rocket used the sense to stay safe around the candy or thumbs down if he didn’t use the sense.

Did Rocket use smell? (Thumbs down) Did Rocket use hearing? (Thumbs down)

Did Rocket use touch? (Thumbs down) Did Rocket use sight? (Thumbs up)

Did Rocket use taste? (Thumbs down) Did Rocket use his 6th sense? (Thumbs up)



SENSE OF SAFETY & Beyond! Lesson Plan

Activity Book

Be Safe-Be Smart-Be Sure with Pills and Candy

Lesson

In the story we just heard about Rocket, why do you think he got a funny feeling about his friend's candy? (It wasn't in a wrapper, there were no adults around, it might not have been candy, etc. What could have gone wrong if he ate what his friend said was candy? (He could have gotten very sick, gone to the hospital, have been allergic to it, etc.)

Let's look at the "Be Safe-Be Smart- Be Sure- page in your Activity Book. Doctors prescribe, or give us, pills which can also be called DRUGS when we are sick. They go to school for a long time to understand what pills, medicine, or drugs are safe or unsafe for different people and problems.

You should ONLY take medicine that a doctor has prescribed to YOU and take it from a trusted adult. If someone ever tries to PRESSURE, or MAKE you take candy, pills, medicine, or drugs, tell them "that's not for me" and find a trusted adult right away.

Let's look at the pictures together on this page and decide if it is "safe" or "unsafe". (Talk through each picture together, then talk about what could make the situation safe, for example, if the boy were giving Rocket wrapped candy and his mom said it was ok)

Continue discussing various situations as students color the page.

Extended Thinking

- Who are safe people in your life? Who should you take medicine from?
- When should you eat unwrapped candy?
- How could you respond if a friend's mom wanted you to take some medicine at her house because you had an upset stomach?
- What should you do if you are home alone and think you need pills or medicine?
- Why might candy be dangerous?
- Do all pills and medicine bottles look the same? Why is this important to know?
- When is it ok to take medicine a doctor gave to someone else?

Standards

4.2.3 Demonstrate communication skills and strategies to use if uncomfortable, unsafe, or harmed.

CCSS.ELA-LITERACY.SL.K.3 Ask and answer questions in order to seek help, get information, or clarify something that is not understood

CCSS.ELA-LITERACY.SL.1.3 Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood

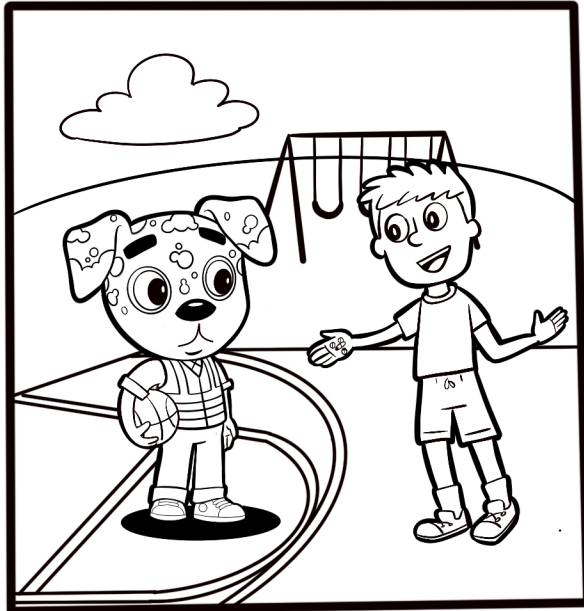
CCSS.ELA-LITERACY.SL.2.3 Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.

BE SAFE-BE SMART-BE SURE

With CANDY and PILLS

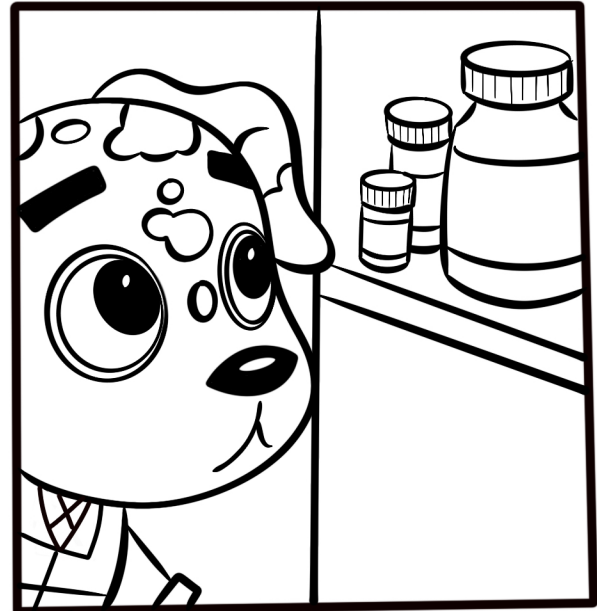
Dangerous drugs can look like candy and hurt you.

Always show all candy and pills to an adult to make sure they are safe.



DON'T LET SOMEONE PRESSURE YOU
If they say, "Just try some..."
You Say, "that's not for me." Tell
a teacher or adult.

SAFE **UNSAFE**



NEVER TAKE ANY PILLS OR MEDICINE
without an adult you trust.

SAFE **UNSAFE**



Dangerous drugs can look like
candy and hurt you.

SAFE **UNSAFE**

Check **SAFE** or **UNSAFE** for each situation.



I can be safe
with pills and
candy!

VOCABULARY

Pills

Medicine

Drugs

Congratulations!

For Completing the lesson

Be Safe-Be Smart-Be Sure with Candy and Pills

**You're a Rocket Rules
Safety Super Star!**



Instructor signature _____

Signature Rocket  _____ Date _____