



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

#### Grade 2 – Safety and Injury Prevention

#### Unit 2

##### **SOLs:**

- 2.1.H Explain the importance of assuming responsibility for personal safety.
- 2.2.K Identify why medicines should only be taken under the supervision of an adult.
- 2.3.G Identify emergency resources, services, and health care professionals in the community that influence health and wellness.

##### **Title: Stay Safe**

##### **Objectives/ Goals:**

- The student will identify ways to protect their personal safety
- The student will understand that medicines should only be taken under the supervision of an adult
- The student will identify emergency resources, services, and health care professionals in the community that can support their health and wellness.

##### **Materials:**

- PowerPoint: 2<sup>nd</sup> Grade All About Me Safety
- Worksheet: Personal Safety Pledge

**Procedure:**

Step 1	Using the Powerpoint as a guide, begin the lesson by reviewing the topic of the lesson on slide 2.
Step 2	Slide 3: As a class, read the scenario, What Should I Do? Allow students to share their answers. Ask students what other situations they may be in that would threaten their personal safety.
Step 3	Slide 4-5: Allow students to look at the pictures and decide how they could stay safe in each situation. Discuss each picture and allow for students to share their responses. Note: The first picture on slide 5 is a house fire.
Step 4	Slide 6: Discuss why safety is important. Allow students to share answers or personal stories.
Step 5	Slide 7: As a class, read the scenario, What Should I Do? to transition to medicine safety. Allow students to share their answers. Discuss the importance of not taking too much medicine and without adult supervision.
Step 6	Slide 8: Read each scenario to the class and decide if it is appropriate to take the medicine. Watch the video clip to reinforce the importance of medicine safety.
Step 7	Slide 9: Discuss the consequences of taking a medicine that they are not supposed to take.
Step 8	Slide 10: Reinforce who they should accept medicine from.
Step 9	Slide 11: Ask students who can help them stay safe and protect their personal safety.
Step 10	Slide 12: Introduce students to a short activity where they can be the detective.
Step 11	Slide 13-14: Ask students to look at the pictures and discuss how to protect their personal safety. Also, ask students who they could ask for help and ask questions to if in the situation.
Step 11	Slide 15: Transition students to their assignment: Personal Safety Pledge.
Step 11	Slide 16-17: Distribute a copy of the worksheet: Personal Safety Pledge to each student. Introduce the assignment to the students with Slide 12. Show them an example of a pledge on Slide 13. Return to Slide 12 to complete the assignment.
Step 12	Slide 18: End the lesson with a classroom energizer.

**Assessments, References & Sources:** Mary McCarley, 2018

# Personal Safety Pledge

