



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

#### Kindergarten – Safety and Injury Prevention

#### Unit 6

##### **SOLs:**

- |              |   |
|--------------|---|
| <b>K.1.F</b> | Identify medicine as a pill or liquid that can be taken to feel better when sick but can cause harm if misused.   |
| <b>K.1.P</b> | Identify household products that are harmful or poisonous.  |
| <b>K.2.R</b> | Recognize that some household products are harmful if touched, ingested, or inhaled and the importance of asking adults before touching, ingesting, or inhaling unknown substances. |
| <b>K.3.M</b> | Demonstrate how to call 9-1-1.  |

#### **Title: Beware of Poisons and Harmful Substances**

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

- The student will identify household products that are harmful or poisonous
- The student will describe the consequences of misusing medicines.

#### **Materials:**

- PowerPoint: K-All About Me Poisons and Medicines
- Worksheet: Household Items: Safe or Unsafe?
- Phone diagram

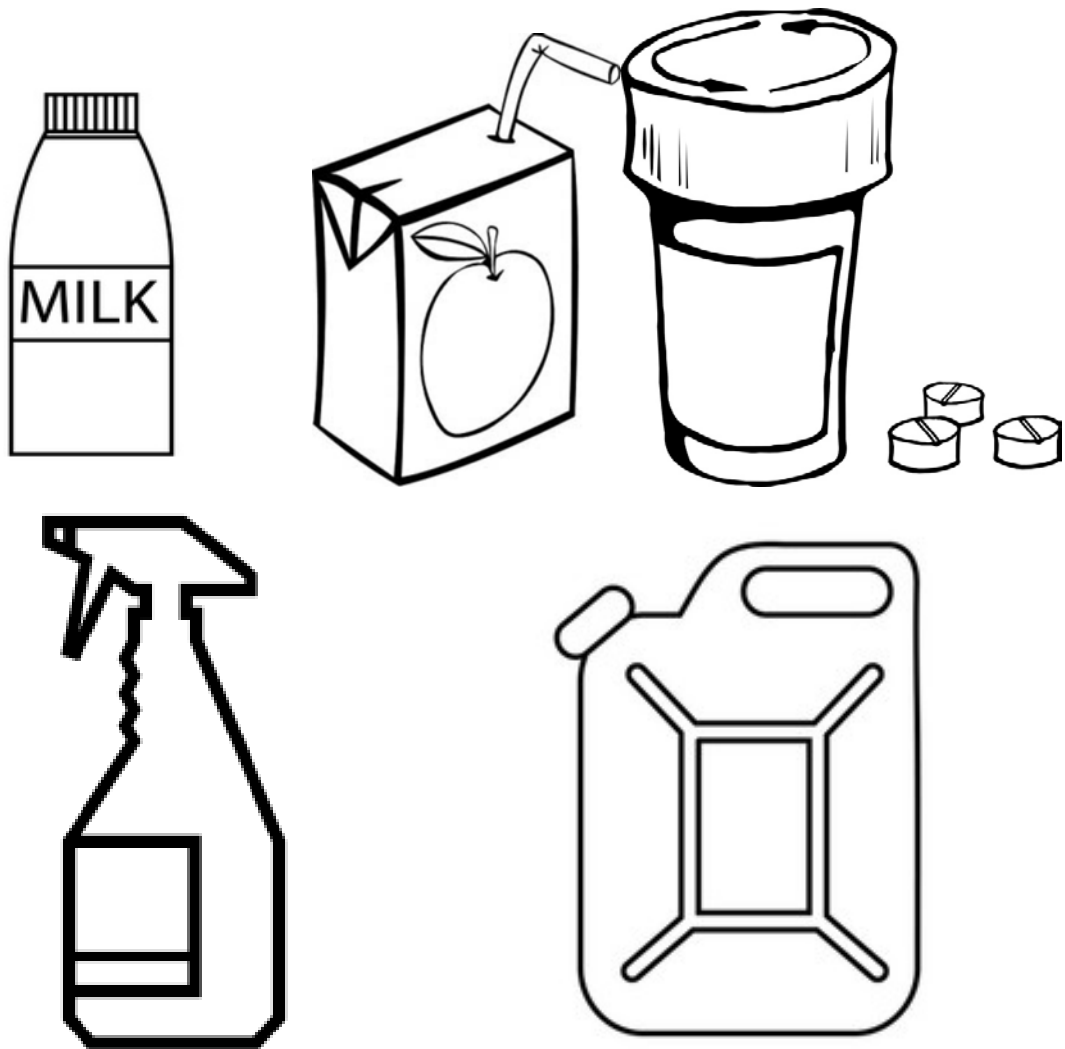
**Procedure:**

Step 1	Using the Powerpoint as a guide, begin the lesson by reviewing the topics of the lesson on slide 2.
Step 2	Slide 3: Introduce the first topic: Harmful Household Products.
Step 3	Slide 4: As a class, read the scenario, What Should I Do? Allow students to share their answers. Discuss harmful household products and the consequences of consuming it. Watch the video clip to reinforce the importance of not touching harmful household products.
Step 4	Slide 5: Ask students to look at the pictures and decide if these household products are safe or not safe. Allow students to share their answers. Reinforce to students that if they don't know what the household product is that they should not touch it.
Step 5	Slide 6: Introduce the second topic: Medicines.
Step 6	Slide 7: As a class, read the scenario, What Should I Do? Allow students to share their answers. Discuss the importance of not touching medicines and telling an adult if medicine is within reach of children. Inform students that medicine can be very helpful in the right dosage for individuals who need it but can be very harmful if taken too much or is not needed.
Step 7	Slide 8: As a class, read the scenario, What Should I Do? Allow students to share their answers. Discuss the importance of not touching medicine or taking medicine without adult supervision.
Step 8	Slide 9: Ask students to look at the pictures and decide if these products are safe to put in their mouth. Reinforce that medicine could look like candy and to not put anything in your mouth without asking an adult.
Step 9	Slide 10: Discuss the consequences of taking ingesting harmful household products and medicines without adult supervision.
Step 10	Slide 11: Introduce the next activity: Let's Keep Thinking
Step 11	Slide 12: Allow students to look at the pictures and decide if it is safe to smell.
Step 12	Slide 13: Allow students to look at the pictures and decide if it is safe to taste.
Step 13	Slide 14: Allow students to look at the pictures and decide if it is safe to touch.
Step 14	Slide 15: Summarize who children can talk to if they have questions
Step 15	Slide 16: Summarize how to respond in case of an emergency. Watch the video to reinforce the importance of call 9-1-1. Optional: Ask for a volunteer to practice calling 9-1-1 on the pretend phone (Phone diagram). The teacher will act as the 9-1-1 responder. The student will provide pertinent information, such as what happened and their location. Perform for the class. Allow other students to practice performing for the class.
Step 16	Slide 17: End class with a classroom energizer.

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

# Household Items: Safe or Unsafe?

Directions: Look at the 5 pictures below. Color the pictures that are safe green. Color pictures that are unsafe red.



Emergency: Call \_\_\_\_\_

