



Grade 1 Sample Lesson Plan: Unit 1 – Medicines

Description

Please see attached handout for a lesson submitted by a Virginia teacher

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.



GRADE: 1
Lesson 1

Department of Teaching and Learning
ATOD Health Education

TIME:
30 minutes



LESSON FOCUS:

The purpose of medicines, the different types and how to take them safely.

STATE STANDARD:

- K.1. f Identify medicine as a pill or liquid that can be taken to feel better when sick but can cause harm if misused.
- 1.1. f Identify that medicines can be both helpful and harmful.
- 1.3. I Create safety rules for medications in the home.

DESCRIPTIVE STATEMENT:

Medicines are good for us if we take them correctly as directed by a trusted adult or medical professional. If we misuse medicines or drugs, they can be harmful. If taken incorrectly, medicine may give us an upset stomach, headache or even make us feel different.



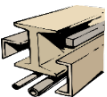
LEARNING TARGET:

I can identify what medicine is and the importance of taking medicines correctly.



KEY TERMS:

- Medicine
- Drugs
- Adult Supervision



MATERIALS NEEDED:

- Documents appear at the bottom of the learning plan. Copies for Chromebooks can be found in Schoology. Documents needed include:
 - Exit Ticket 3-2-1
 - 1st Gr Lesson 1 PowerPoint on “Medicines”
- Strategies for the lesson are listed in **red** within the lesson. All strategy procedures are listed at the bottom of the learning plan.
- Projector and laptop
- Poster paper or dry erase board
- Video
 - https://www.youtube.com/embed/9OK6_OdWxTA



LINK (activate prior knowledge/lesson intro)

Ask students if they are familiar with the terms medicine, medication or drugs. Ask them to name some medicines they have taken or seen on TV or at home.

Introduce the lesson for the day and give the learning target: I can identify what medicine is and the importance of taking medicines correctly.



ENGAGE AND EXPLAIN (direct instruction/guided practice):

Say to students: When we are sick, many times we need to take something to make us feel better. There are different types of medicines and drugs. These can be in the form of a liquid, pill or capsule, or even in the form of a shot. Some medicines look like candy and it is important not to get them confused.

Introduce the “Gr. 1 Lesson 1 Medicines PowerPoint” by clarifying the difference between prescription medicine and over-the-counter medicine (OTC):

- Prescription medicine: Medicine that you only get when a doctor decides that you need it. The doctor writes a prescription for an adult to pick up at a pharmacy. These medicines are typically used to treat more severe health issues that may not have an over-the-counter medicine available.
- Over-the-counter medicine (OTC): Medicine adults can get without a prescription from a doctor.

Use the “Gr. 1 Lesson 1 Medicines PowerPoint” to show examples of prescription and OTC medicines.

Say To Students: Every medicine or drug has a job to do. Medicine is used to treat an illness or injury, or may help prevent getting sick such as a flu shot or allergy shot. A drug is used to change the way our mind or body works. Both medicines and drugs can be helpful if they are used correctly. If a medicine or drug isn't taken correctly, or we take one by mistake, it can be harmful and can make people sick.

Say to students: We are going to create some rules for taking medicine to keep us safe. Talk with your shoulder partner about some ways to take medicine safely.

Allow students 2-3 minutes to discuss, then ask students to share. List their ideas on the board or chart paper.

Rules may include:

- Keep medicine in a safe place.
- Take medicine only when it is needed.
- Only take medicine from a trusted adult (parent, grandparent, doctor, nurse, school nurse).
- Take only the amount of medicine that you are given.
- Never share medicine.
- Be sure candy is not medicine.

Say to students: Some of you may have taken medicine that your mom, dad or doctor gave you. The right kind of medicine can make people feel better. Children should only take medicine from an adult they trust, like a parent, other relative, doctor or school nurse. Never take medicines that belong to someone else and never touch or taste medicine unless a trusted adult gives it to you.

Show Video: Wise Owl's Drug Safety Kit: What is a medicine?

https://www.youtube.com/embed/9OK6_OdWxTA



ACTIVE LEARNING (collaborative learning/work):

Say To Students: What are some of the rules Uncle Wise suggested for using medicine and drugs safely?

Allow students time to share responses. Responses should include:

- Asking for help from a trusted adult
- Never touch or taste medicine unless a trusted adult gives it to you.

Say to students: I'm going to read you some short stories about taking medicine. Tell me if you think the person in the story made a safe choice or not.

Read the scenarios and ask students the questions that accompany each scenario. Based on the class, the teacher may ask students to discuss with a shoulder partner, vote with Plickers, or raise hands to answer.

Scenario 1:

A friend heard you sneezing and offered you their nasal spray.

- Is this a safe choice?
- Why?

Answer: If a friend or a stranger offered you a nasal spray or inhaler, you should say no. Only your parent, a doctor, or a nurse should give you medicine.

Scenario 2:

A parent gives a child cough medicine.

- Is this a safe choice?
- Why?

Answer: Yes, because the medicine was given by a trusted adult.

Scenario 3:

Maria is spending the night at a friend's house and doesn't feel well. The friend's mom gives Maria some medicine.

- Is this a safe choice?
- Why?

Answer: You can ask your friend's parent to call your home to check if it is okay to take the medicine. Whenever possible, you should check with your parent even though you trust your friends' parents.



REFLECTION (individual work):

3-2-1 Exit Strategy:

3. List three medicines or drugs we talked about today.
2. List two safety rules about taking medicine.
1. Write one question you still have from today's lesson.

Handout is listed at the bottom of the learning plan.



LESSON CLOSURE:

Students will discuss this lesson with a shoulder partner or in a small group. Exit ticket can be verbal or written, based on class size and ability.

Strategies:

3 - 2 - 1 (Exit Ticket) (students write)

3. List three medicines or drugs we talked about today
2. List two safety rules about taking medicine
1. Write one question you still have from today's lesson

Handout:

EXIT TICKET: 3, 2, 1

3. List three medicines or drugs we discussed today:

2. List two safety rules about taking medicine:

1. Write one question you still have about today's lesson:
