



## Grade 5 Sample Lesson Plan: Unit 1 – Be A Role Model for Injury Prevention

### SOLs

- 5.1.M Analyze why people choose not to follow safety rules at home, at school, and in the community.
- 5.3.F Examine the role of self and others in causing or preventing injuries.

### Objectives/Goals

- Students will understand the importance of personal responsibility and advocacy for preventing injuries.

### Materials

- Whiteboard, blackboard, flipcharts, etc. for making notes visible.
- *StreetSmart Think First for Kids* Video

### Procedure

- Play the *StreetSmart Think First for Kids* Video  
<https://www.youtube.com/watch?v=1qFUH6jlldA>
- Have the following guided conversation with students:
  - How was StreetSmart a role model?
  - What safety rules that were introduced in the video?
  - What are other home, school or community safety rules?
  - Remind students of key home, school, or community safety rules.
  - Why are safety rules are important?
  - Remind them that in the news everyday there are accounts of people being injured because they didn't follow safety rules or guidance.
  - Why do some people choose not to follow safety rules?
  - How does one person's unsafe behavior cause injuries to others?
- Ask each to describe how they or others would persuade someone to use injury prevention measures or follow school, home and community safety rules.
- Throughout the conversation, make visible notes of student responses (e.g., whiteboard, blackboard, flipcharts)
- End with encouragement to students to follow safety rules.

### **Assessment Idea**

- Did each student respond with a role for themselves or others in preventing injuries?

### **References**

- National Head and Spinal Cord Injury Prevention Program  
[www.thinkfirst.org](http://www.thinkfirst.org)
- Street Smart-Think First for Kids Video
- <https://www.youtube.com/watch?v=1qFUH6jlldA>

### **Handout**

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