



Grade K Sample Lesson Plan: Unit 4 – Stay Away from Poisons

SOLs

- 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
- K.1.P Identify household products that are harmful or poisonous.
- K.2.E Describe how medicine can be helpful or harmful, and recognize poison warning labels.
- K.3.J Identify the meaning of safety signs, symbols, and warning labels.
- K.3.O Discuss why medicines should only be taken under the supervision of an adult.
- K.3.Q Recognize that not all products advertised or sold are healthy or safe.
- K.3.R 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

Objectives/Goals

- Students will be able to understand that poisons are harmful if touched, ingested, or inhaled and the importance of alerting adults and staying away.

Materials

- Clean, empty poison containers or pictures of the same.
- Clean, empty food containers or pictures of the same.
- Handouts from *KidsHealth.org Drugs and Medications Teacher's Guide*
<https://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf>
- Chart paper, markers and/or crayons, chalkboard and chalk, or interactive whiteboard.

Procedure

- A suggested lesson for teaching children about poisons is included below. The plan was adapted from *Poison Prevention Lesson Plans for Pre-school Children* (note: images are included as an example and can be adapted with Poison Prevention Logos from your state).

- KidsHealth.org offers 2 medicine-related lessons - *Trusted Adults* and *What Should You Do?* from *KidsHealth.org Drugs and Medications Pre-K to 2 Teacher Resource Guide* . These lessons introduce students to the concepts of drugs as medication when properly prescribed and used to heal illnesses but as dangerous when improperly used. Students are encouraged to ask trusted adults before using any drugs/medications and are asked to consider what their actions would be in response to various scenarios (e.g., finding pills on counter, friend or friend's parents offers medicine, see brother/sister playing with pills on floor, feel sleepy after using prescribed medicine).

Assessment Idea

- Participation in discussion.
- Students clearly identify poisons/non-poisons on provided worksheets.
- Can students respond appropriately to the following questions?
 - ✓ What is a drug?
 - ✓ Can you name some kinds of drugs?
 - ✓ What are some drugs that are good for your body and help you when you are sick? What are some drugs that are bad for your body and can make you very sick?
 - ✓ Why do people take drugs? What do drugs do to your body?
 - ✓ How do you use medicines safely?
 - ✓ What would you do if someone asked you if you wanted to try a drug that you knew was bad for you? Who can you ask for help in this situation?

References

- Drugs and Medication Teacher Guide- Pre-K – 2
<https://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf>
- Ember911.com - Poison Education - Child Safety Program - Always Ask First
<https://youtu.be/QgVdVscXFyQ>
- Classroom Health Educator <http://poison.vcu.edu/public/>
- Spike Poison Prevention DVD (ages 3-6/10 minute video for loan)
<http://poison.vcu.edu/public/dvd.html>
- Poster comparing candy to poisons:
- <http://poison.vcu.edu/media/va-poison-center/img/materials/candy-medicine-20110626-192832.jpg>
- Spike Poison Prevention YouTube Lesson Illustration
<https://www.youtube.com/watch?v=nKkAGH0bGnY>
- Stop! Ask First! (6 minute video) https://www.youtube.com/watch?v=YZO-drzD1_M
- Virginia Poison Center <http://poison.vcu.edu>

Handout

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

SAMPLE POISON PREVENTION LESSON PLAN

Presentation Outline

- ☑ Define poison/non-poison.
- ☑ Discuss dangers of poisons.
- ☑ Present pictures for discussion.

Activities

- ☑ Define poison.
- ☑ Identify pictures of food/poison.
- ☑ Draw a picture of a poison and write/tell a story about where it can be found.

What is a Poison?

Facilitate the discussion by asking the children, “What is a poison?” Common responses may be spiders, snakes, poison ivy, etc.

Explain that a poison is something that can make you sick if you taste it, smell it, get it on your skin, or in your eyes. Tell them that something that is useful for cleaning purposes, for example, can be harmful to a person if swallowed. Many products are safe when used as intended, but may be a poison when used in the wrong way. *(For example, medicine is a pill or liquid that can be taken to feel better when sick, but can cause harm and be a poison if misused. Medicines should only be taken from a parent, health provider or trusted adult.)*

It’s important for children to understand that poisons come in all shapes and sizes and in many different types of containers. They can be plants, liquids, powders, gases, fumes, or sprays.

Something typically regarded as useful or beneficial to us can become a poison if used in the wrong way; like vitamins, medicines, perfumes, cosmetics, or household cleaners.

Activity

- Display pictures of common household items that are poisonous
- Play a video (Spike, Stop, Ask First)
- Ask the children the following questions:
 - (1) What poisons are found around the house?
 - (2) If you see something and you don’t know what it is or you think it might be poisonous, what do you do?
 - (3) Prompt children to say: “STAY AWAY” (Use the hand signal for stay away)
 - (4) “Is a poison a good thing or a bad thing?” Children should respond in unison that a poison is a bad thing.
 - (5) “Why is it a bad thing?” Children may respond that a poison will make you sick or hurt your body. Some children may even respond that a poison can kill you.

Note: When children provide a response related to death, remind them that

some poisons are so dangerous to your body that they can kill you. Remind them poisons can look like food or drink. Teach children to always ask an adult before eating or drinking anything. If you don't know what it is: "Always Ask First."

- Listen to a few responses from the children and then give a summarized definition that they can easily relate to, such as, "A poison is something that can hurt your body or make you sick if used in the wrong way. Anything can be a poison if it is used in the wrong way."
- What is the Poison Prevention Golden Rule?
If you see something and you don't know what it is or you think it might be poison (have children repeat in unison):
STAY AWAY!
DON'T TOUCH IT!
DON'T TASTE IT!
DON'T SMELL IT!
Stop, Ask an Adult

Activity

Mix empty safe and unsafe containers (representing poisons and non-poisons) together in a separate box or bag labeled with a question mark "?".

Also place two boxes in front of the room—one box labeled with a bold red "X" or the word "NO" and the other with a bold green check mark "☑" or "OK".

Pull out items one by one from box or bag labeled with a question mark "?" and choose a volunteer to place the item in the appropriate box.

Unsafe items (poisons) are to be placed in the box marked with the "X" and safe items are to be placed in the box marked with the "☑" or "OK". The teacher may ask each child to discuss why he or she considers an item a poison or a non-poison.

Create a handout like the examples included below. Have the student's mark Yes through the poisons and remind them to Stop! Always Ask. Refer to the soda can to remind them that not all products advertised are healthy or safe.

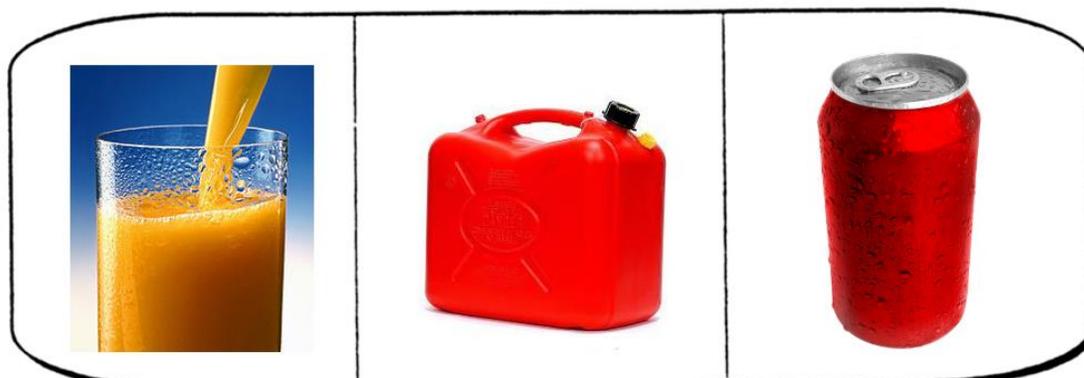
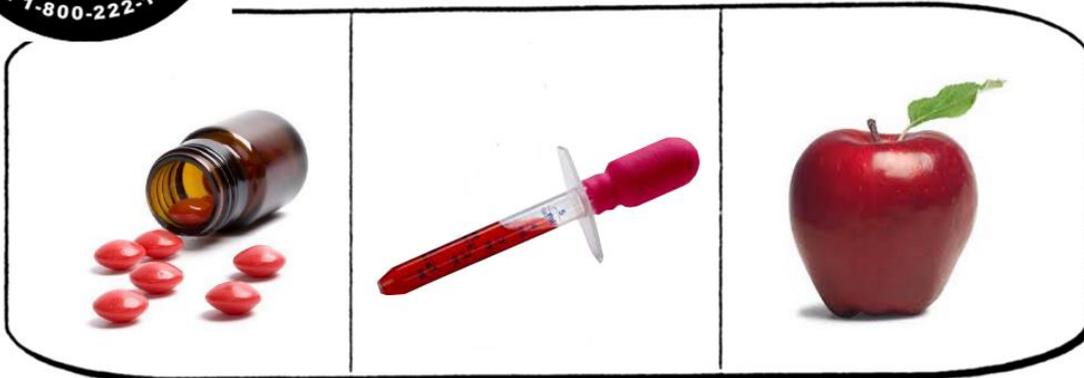
This lesson adapted from: https://211.idaho.gov/pdf/PPW_MATLS_LessonPlans.pdf

- https://211.idaho.gov/pdf/PPW_MATLS_LessonPlans.pdf



2 Alike, 1 Not Alike

In each group, draw a CIRCLE around the those that are Alike.
Draw an X through the one that is Not Alike



- https://211.idaho.gov/pdf/PPW_MATLS_LessonPlans.pdf



Draw an X through the Poisons . . .