

CL-06A

Healthy Choices

Grades K–1

Personal Health and Safety

Safe or Not Safe?

Students learn that only a trusted grown-up gives medicine, practice the rule “Not sure? Don’t touch. Ask a grown-up!” and name healthy habits that help bodies grow strong.

HOOK
3 min

TEACH
5 min

PRACTICE
9 min

WRAP-UP
3 min

OPTIONAL EXTENSION
+10 min · Safe or Ask? Game

BIG IDEA

Not sure? Don’t touch. Ask a grown-up! Only a trusted grown-up gives medicine.

1 I CAN

- ☐ say what safe means: it will not hurt you.
- ☐ use the rule “Not sure? Don’t touch. Ask a grown-up!” and tell who gives medicine: only a trusted grown-up.
- ☐ name four healthy habits that help bodies grow strong.

KEY WORDS / PALABRAS CLAVE

safe	seguro, segura
medicine	medicina
trusted grown-up	adulto de confianza
cleaners	productos de limpieza
healthy	saludable
habit	hábito

2 MATERIALS

- ☐ Optional: a puppet or stuffed animal to play Iker, and a clean, empty spray bottle with the label removed (never bring real cleaners or medicine to class)
- ☐ Projector page (p. 4) on the document camera
- ☐ Worksheet (p. 5), one per student, and crayons or pencils
- ☐ Extension: Safe or Ask? picture cards (p. 6), shown on the document camera or cut apart
- ☐ Family letter (p. 7), one per student

PREP · 5 MINUTES

- Practice the two signals and the chant: “Not sure? Don’t touch. Ask a grown-up!”
- Copy p. 5 and p. 7, one per student. Print p. 4 and p. 6 once.
- Cut the picture cards apart if you want to hold them up during the extension.

3 STANDARDS

Texas Model
5th ed., 2018

Personal Health and Safety

ASCA Standards
Mindsets & Behaviors, 2021

B-LS 1 Critical thinking skills to make informed decisions · B-SMS 9 Personal safety skills

Health TEKS
K §115.12(b)(13)(A)

discuss the proper usage of medications

Health TEKS
K §115.12(b)(14)

identify refusal skills and how to get help from a parent or another trusted adult in unsafe situations involving the use or misuse of alcohol, tobacco, and other drugs

Health TEKS
Gr 1 §115.13(b)(14)(B)

identify and describe the harmful effects of alcohol, tobacco, other drugs, and dangerous substances such as inhalants, vaping products, and household products on physical health

Health TEKS
Gr 1 §115.13(b)(17)

identify unsafe situations and practice strategies to avoid risky behaviors related to alcohol, tobacco, and other drugs

Health TEKS
K §115.12(b)(2)(A) · (7)(B)

name people who can provide health care guidance such as parents, family members, other trusted adults, teachers, and health care professionals · identify habits that help individuals stay healthy such as getting the proper amount of sleep and daily physical activity

4 THE LESSON

HOOK 3 min

SAY "Today we'll talk about story characters. They are pretend, not real people. Use the names in the stories. This is Iker. Iker wants to make safe choices. Safe means it will not hurt you."

DO Teach two signals. **Safe:** thumbs up. **Ask a grown-up:** put your hands behind your back. Read each part of Iker's day; students show a signal. If you brought the empty spray bottle, hold it up for the second one.

SAFE "Iker drinks water from the fountain."

ASK "Iker sees a spray bottle on the custodian's cart. The spray is blue, like a sports drink."

ASK "At the park, Iker finds a little medicine bottle on a bench."

ASK "Iker can't tell if the bottles are safe. What should he do?" Take two answers. Then teach the chant with one clap for each part: "Not sure? Don't touch. Ask a grown-up!"

TEACH 5 min

DO Show the projector page. Point to each picture and read it; the class echoes.

SAY "Medicine can help a sick body get better. But the wrong medicine, or too much, can hurt you. Some medicine looks like candy. That's why only a trusted grown-up gives medicine. A trusted grown-up is a family grown-up, a teacher, the school nurse or a doctor. At school, the school nurse gives medicine."

SAY "Cleaners keep things clean, but they are not for eating or drinking. If a friend says, 'Let's try it,' say: 'No! Let's ask a grown-up.'" Practice the line together two times.

SAY "Healthy habits help bodies grow strong: drink water, eat fruits and veggies, sleep, and move and play." Students act out each habit.

PRACTICE 9 min

DO · 2 MIN Safe or ask? Read each one; students show a signal. For item 3, the class says the line together.

SAFE 1. Paola eats apple slices at lunch.

ASK 2. Owen finds gummies on the bus seat. He is not sure what they are.

ASK 3. A friend says to Bruno, "Let's taste the hand soap!" ("No! Let's ask a grown-up.")

SAFE 4. The school nurse gives Jimena her medicine.

Item 4 is safe because a trusted grown-up gives the medicine.

DO · 7 MIN Worksheet. Help students write their name. Read each Part 1 item aloud two times; students circle SAFE or ASK A GROWN-UP. For Part 2, students circle one healthy habit and draw Maya doing it. The "Maya can" line is optional.

Answer key. Part 1: Safe 1, 3, 5; Ask a grown-up 2, 4, 6. Part 2: any of the four habits.

WRAP-UP 3 min

SAY "Iker was not sure about the blue spray or the medicine bottle. What should he do?" (Don't touch. Ask a grown-up.) Chant together: "Not sure? Don't touch. Ask a grown-up!"

CHECK "Show me your signal: Caleb finds a pill on the classroom floor." (Ask a grown-up.) Give the family letters to the teacher for take-home folders.

Short on time? Skip the Practice signals and do worksheet Part 1 together as a class, with signals before each circle.

5 OPTIONAL EXTENSION · 10 MINUTES

Safe or Ask? Game. Whole class, standing. Show the picture cards (p. 6) on the document camera, or cut them apart and hold them up.

- 1 Review the moves. **Safe:** thumbs up and march in place. **Ask a grown-up:** freeze and put your hands behind your back (2 minutes).
- 2 Show one card at a time; students do the move. For each ASK card, play a pretend friend who says, "Let's try it!" The class answers, "No! Let's ask a grown-up." (6 minutes)
- 3 Point to the ASK cards again. Ask, "Who could help with this card?" Students name a helper from the projector list: a family grown-up, a teacher, the school nurse or a doctor (2 minutes).

Key: SAFE 1, 4, 6, 7 · ASK 2, 3, 5, 8. Print one set and reuse it.

6 SUPPORT EVERY LEARNER

EMERGENT BILINGUALS

Use the hand signals and pictures. Point out cognates: *medicina, hábito, doctor, frutas*. Let partners say the rule in Spanish first: "Si no sabes, no lo toques. ¡Pregúntale a un adulto!" Frame: "___ is safe."

EXTRA SUPPORT

Read each item aloud two times and let students point before they circle. Act out items with the puppet. In Part 2, students may circle and draw and skip the writing line.

STRETCH

Ask: "Why can't Iker tell if the blue spray is safe just by looking?" Early finishers draw a second healthy habit for Maya on the back.

7 QUICK CHECK

During the signals: watch for thumbs up on medicine or cleaners. If several students miss, replay one Iker example and say the chant again before the worksheet.

After class: I collect the worksheets and check Part 1 items 2, 4 and 6 (the ASK items). They go home through the teacher the next day.

The worksheet is about story characters, not the child, so it is fine to collect.

9 KEEP IT GOING SCHOOLWIDE · CYCLE 6

MORNING ANNOUNCEMENT

EN "Good morning, Yellow Jackets! This year's Red Ribbon theme is 'Make A Difference. Be A Hero. Stay Drug Free.' Heroes stay safe. Remember: Not sure? Don't touch. Ask a grown-up!"

ES "¡Buenos días, Yellow Jackets! El lema del Listón Rojo de este año es: Marquen la diferencia. Sean héroes. Manténganse libres de drogas. Los héroes se cuidan. Recuerden: si no saben si algo es seguro, no lo toquen. ¡Pregúntenle a un adulto!"

8 PICTURE BOOKS (OPTIONAL)

What Should Danny Do? by Ganit & Adir Levy (Elon Books, 2017). Spanish edition: *¿Qué debería hacer Dani?* (2019). Readers pick Danny's choices and see how each one changes his day. Pause at each choice and ask, "What should Danny do?"

The lesson works without a book. Preview any book before you read it to a class.

HALLWAY IDEA

Hang a big paper red ribbon by the office titled "Yellow Jackets Make A Difference." Each K-1 class adds one class poster of the four healthy habits, signed with its class name, such as "Room 4."

TEACHER TIP

Name it when you see it: "You asked me before you touched that bottle. That's a safe choice!"

If a student shares something personal: keep the lesson on the characters. "Thanks for telling me. Let's think about what Iker could do." If what the student said worries me, I follow up after the lesson using district procedures and my reporting guides (LR-01, CS-01).

Not sure? Don't touch. Ask a grown-up!

Safe means it will not hurt you.



SAFE

Thumbs up!



ASK A GROWN-UP

Hands behind your back!



Medicine

Only a trusted grown-up gives it.



Cleaners

Not for eating or drinking.



Trusted grown-ups

a family grown-up, a teacher, the school nurse or a doctor

Healthy habits · help bodies grow strong.

1



Drink water.

2



Eat fruits and
veggies.

3



Sleep.

4



Move and
play.

Toma agua · Come frutas y verduras · Duerme · Muévete y juega

Safe or Not Safe?

Safe means it will not hurt you.

Part 1 **Safe or ask?** Listen. Circle **SAFE** or **ASK A GROWN-UP**.

1  Gael drinks water.  **SAFE**  **ASK A GROWN-UP**

2  Lily finds medicine on a table.  **SAFE**  **ASK A GROWN-UP**

3  Itzel eats an apple.  **SAFE**  **ASK A GROWN-UP**

4  Zoe finds a blue spray bottle.  **SAFE**  **ASK A GROWN-UP**

5  The nurse gives Joaquín medicine.  **SAFE**  **ASK A GROWN-UP**

6  Renata finds candy at the park.  **SAFE**  **ASK A GROWN-UP**

Part 2 **Healthy habits** Circle one. Draw Maya doing it.



drink water



eat fruits and
veggies



sleep



move and play

Maya

Maya can _____

Word bank: drink · eat · sleep · play

Safe or Ask?

Show a card. Do the move. For an ASK card, say, “No! Let’s ask a grown-up.”



SAFE

Thumbs up and march.



ASK A GROWN-UP

Freeze. Hands behind your back.



1. Water

from the fountain



2. Spray bottle

on a cart



3. Medicine

on a table



4. Apple

at lunch



5. Candy

found on the bus



6. Ball

at recess



7. School nurse

gives medicine



8. Jar

with no label

Healthy Choices

Decisiones saludables

Family letter · Carta para la familia · Grades K-1 · Grados K-1



ENGLISH

Dear Family,

This week, your child's class had a lesson about **safe choices** with the school counselor. We learned that only a trusted grown-up gives medicine and that cleaning products are not for eating or drinking. When children are not sure if something is safe, they should not touch it. They should ask a grown-up.

OUR SAFETY RULE

Not sure? Don't touch. Ask a grown-up! · Only a trusted grown-up gives medicine. · Healthy habits help bodies grow strong: drink water, eat fruits and veggies, sleep, and move and play.

TRY THIS AT HOME

1. Keep medicine and cleaning products up high, closed and out of sight. Call medicine "medicine," never "candy."
2. Save the Poison Help line in your phone: **1-800-222-1222**. It is free, open 24 hours a day, and help is available in Spanish.

TALK ABOUT IT AT HOME

"What should you do if you find something and you're not sure it is safe?"

Your child may bring home a worksheet about Maya and other story characters. Ask your child to say the safety rule.

You are welcome to see any counseling lesson or handout. Call the school office at **956-262-4741** and ask for me.

Mrs. Handy, School Counselor

ESPAÑOL

Estimada familia:

Esta semana, el grupo de su hijo(a) tuvo una lección sobre **decisiones seguras** con la consejera escolar. Aprendimos que solo un adulto de confianza da medicinas y que los productos de limpieza no son para comer ni beber. Si los niños no saben si algo es seguro, no deben tocarlo. Deben preguntarle a un adulto.

NUESTRA REGLA DE SEGURIDAD

Si no sabes si algo es seguro, no lo toques. ¡Pregúntale a un adulto! · Solo un adulto de confianza da medicinas. · Los hábitos saludables ayudan a crecer fuertes: tomar agua, comer frutas y verduras, dormir bien, moverse y jugar. (En clase lo dijimos en inglés: "Not sure? Don't touch. Ask a grown-up!")

PARA PRACTICAR EN CASA

1. Guarde las medicinas y los productos de limpieza en un lugar alto, bien cerrados y fuera de la vista. Llame a la medicina "medicina", nunca "dulce".
2. Guarde en su teléfono el número del Centro de Control de Envenenamientos (Poison Help): **1-800-222-1222**. Es gratis, funciona las 24 horas y lo atienden en español.

PARA PLATICAR EN FAMILIA

"¿Qué debes hacer si encuentras algo y no sabes si es seguro?"

Es posible que su hijo(a) traiga a casa una hoja de trabajo sobre Maya y otros personajes. Pídale que le diga la regla de seguridad.

Puede ver cualquier lección o material de consejería cuando guste. Llame a la escuela al **956-262-4741** y pregunte por mí.

Sra. Handy, consejera escolar