

How to Use This Document

The lessons and materials in this prevention unit are designed to be used together and in order.

Lessons: Each lesson contains movement and breathing breaks, a video explaining each health topic, a review for students to strengthen their understanding, and a slide for parents.

Materials: The materials provided in each lesson are designed to reinforce the main idea of each topic. These materials can be used in a whole class setting, in small groups, or individually.

Parent Post: Each lesson has a Parent Post created to keep grown-ups at home involved in what their student is learning! The posts include key topics and vocabulary that was used.

Connecticut State Standards

Standards: Healthy & Balanced Living Curriculum Framework

Health Education & Physical Education

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- ANOD 1.2.2 Explain that medicines are drugs that are helpful when needed and used correctly
- ANOD 1.3.2 Identify family and school rules about medicine use.
- ANOD 1.4.2 Identify that using medicines requires adult supervision and identifying those adults (e.g., parents, school nurse, doctor, etc.).

What is
Medicine?

Let's start with some Square Breathing!



What do we know about medicine?

What is medicine?	What does it look like?	Who gives you medicine?
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Medicine is...



[Watch Movie](#)

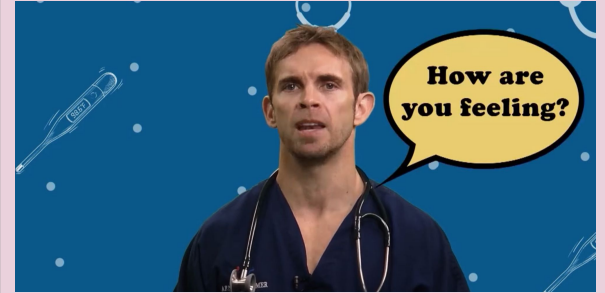
Medicine is...



**Daniel Visits
School & The
Doctor!**



**A Visit to the
Doctor!**



**Meet the Helpers:
Doctor!**

Medicine is a drug that can help you get better
when you are sick.

It can come in many forms, like pills, vaccines or shots,
syrops or inhalers!



The most important part of taking medicine, is following the directions!

1. Always take the right amount!
2. Never give your medicine to anyone else!
3. Never take anybody else's medicine!



Medicine or Candy?

Move to the side of the room or carpet if you think this is
candy or medicine!



Candy

Medicine

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Candy

Medicine

Let's Review!

What is medicine?

Medicine is _____.

Why is it important to learn about medicine?

It is important to learn about medicine because _____.

Parents!

- Always keep medicine in a safe spot!
- Always check the dosages of medicine!
- Consult with your doctor if you have any questions about your child's medicine!

Extra Materials!

BrainPop Jr. Materials Online

- Easy Quiz
- Hard Quiz
- Draw About It
- Talk About It