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PreK to Grade 2 • Health Problems Series Alcohol

KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org

A lot of kids see their parents or other adults drinking alcohol, whether it's wine, beer, or other alcoholic drinks. Because alcohol is socially acceptable among adults, kids can be confused about its harmful effects and the consequences of overuse. The following discussion questions and activities will help your students understand how alcohol can affect the mind and body. They'll also help kids learn how to make healthy choices.

Related KidsHealth Links

Articles for Kids:

Alcohol

KidsHealth.org/kid/stay_healthy/body/alcohol.html

What Kids Say About: Drinking Alcohol

KidsHealth.org/kid/feeling/emotion/poll_alcohol.html

Dealing With Peer Pressure

KidsHealth.org/kid/feeling/friend/peer_pressure.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What's alcohol? What kinds of alcohol do you know about?
2. Have you ever seen an adult drink alcohol?
3. Why do people drink alcohol? When do adults drink alcohol? Do adults have to drink alcohol?
4. How can alcohol hurt your body and mind? What happens when someone drinks too much alcohol?
5. What would you do if someone let you taste alcohol? Who can you go to for help in this situation? Who can help you make good choices in your life?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Helping Hands We Can Count On

Objectives:

Students will:

- Identify up to five adults whom students can turn to for help with making healthy choices and solving problems
- Trace their handprints and write the names of the adults they can count on in the fingers
- Make a chain of the hands and display them around the classroom

Materials:

- Construction paper
- Art supplies (colored pencils, markers, crayons)
- Yarn or string
- Scissors, hole punch

Class Time:

45 minutes

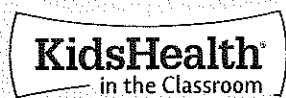
Activity:

People drink alcohol for many reasons. Sometimes they drink it at dinner or at get-togethers or parties. Other times people drink to try to forget about their problems or to fit in with their friends. To have a healthy lifestyle that doesn't include alcohol, we need to identify adults who can help us make healthy choices and solve our problems.

Today we'll make a handprint that has the names of adults we trust as a reminder of who can help us make healthy choices. First, trace your hand on construction paper and write the names of up to five people you can go to for help or who are role models who live healthy lifestyles. Then we'll cut our "Helping Hands We Can Count On" tracing and link the handprints together with string to decorate our classroom and show that we have a lot of helping hands.

Extensions:

1. Students join hands in a circle and name one person they wrote on their "Helping Hands We Can Count On" tracing.
2. Invite a school counselor, therapist, pediatrician, clergy member, police officer, or parent to speak to the class about making good choices for a healthy lifestyle, specifically concerning alcohol.



PreK to Grade 2 • Health Problems Series

Alcohol

Where Does Alcohol Go?

Objectives:

Students will:

- Show the parts of the body that alcohol can harm

Materials:

- Art supplies (pens, markers, crayons)
- “Where Does Alcohol Go?” handout
- Overhead of “Where Does Alcohol Go?” handout
- KidsHealth articles

Class Time:

1 hour

Activity:

Today we'll look at the parts of the body that alcohol can harm. Look at the overhead of the body on the board. We're going to identify the parts of our bodies that alcohol harms. Alcohol is a drug that's in some drinks. It can change the way you act, feel, speak, and make decisions. It also can hurt your health. When I point to a part of the body, can you guess what it is? (Point to the brain, stomach, heart, liver, blood vessels.) Now let's label your handout. As I label it on the overhead, you can label the body part on your handout. When we're finished labeling, you can draw a face and hair.

Extension:

1. Have students bring home their completed handout to share and talk about with their parents or caregivers.

Reproducible Materials

Handout: Helping Hands We Can Count On

KidsHealth.org/classroom/prekto2/problems/drugs/alcohol_handout1.pdf

Handout: Where Does Alcohol Go? (unlabeled for students)

KidsHealth.org/classroom/prekto2/problems/drugs/alcohol_handout2.pdf

Handout: Where Does Alcohol Go? (labeled for teachers)

KidsHealth.org/classroom/prekto2/problems/drugs/alcohol_handout3.pdf



KidsHealth.org is devoted to providing the latest children's health information. The site, which is widely recommended by educators, libraries, and school associations, has received the “Teachers' Choice Award for the Family” and the prestigious Pirelli Award for “Best Educational Media for Students.” KidsHealth comes from the nonprofit Nemours Foundation. Check out www.KidsHealth.org to see the latest additions!



Name: _____

Date: _____

Helping Hands We Can Count On

Instructions: Trace your hand in the space below. Next, write your name in the center. Then, in each finger, write the name of a trusted adult who can help you make healthy choices and solve problems. You can use a different color for each name. Don't worry if you can't fill in all of the fingers. After sharing time, you can add more names if you'd like. When you're finished, cut out your hand tracing.



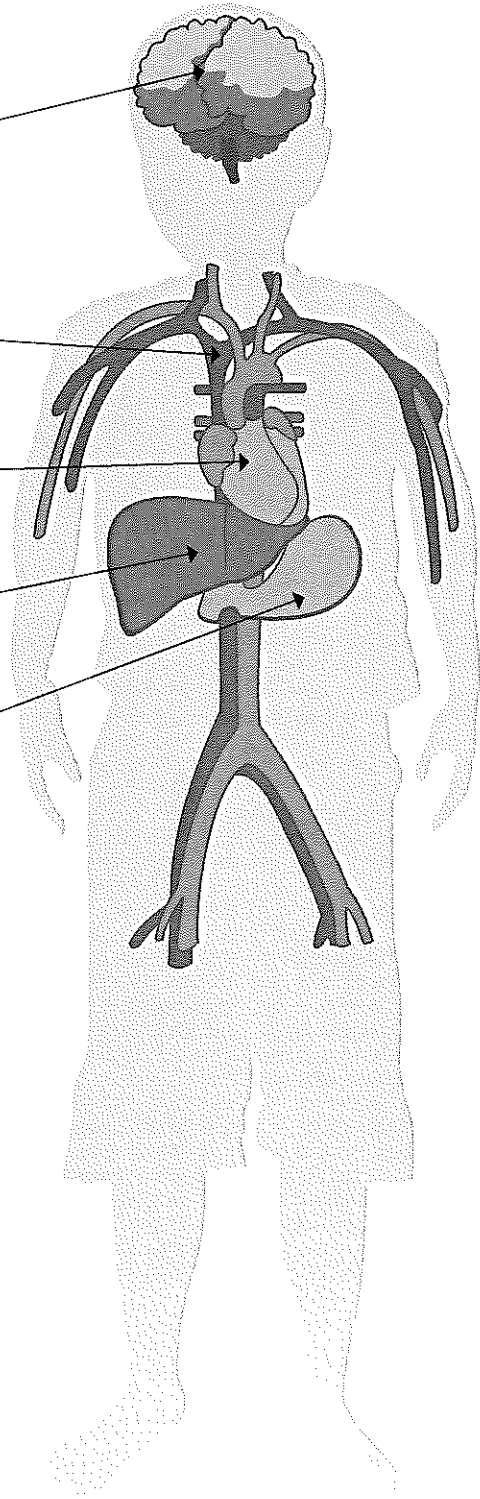


Name: _____

Date: _____

Where Does Alcohol Go?

Instructions: Label each body part. Then draw a face and hair!





Where Does Alcohol Go?

Instructions: Print on overhead paper.

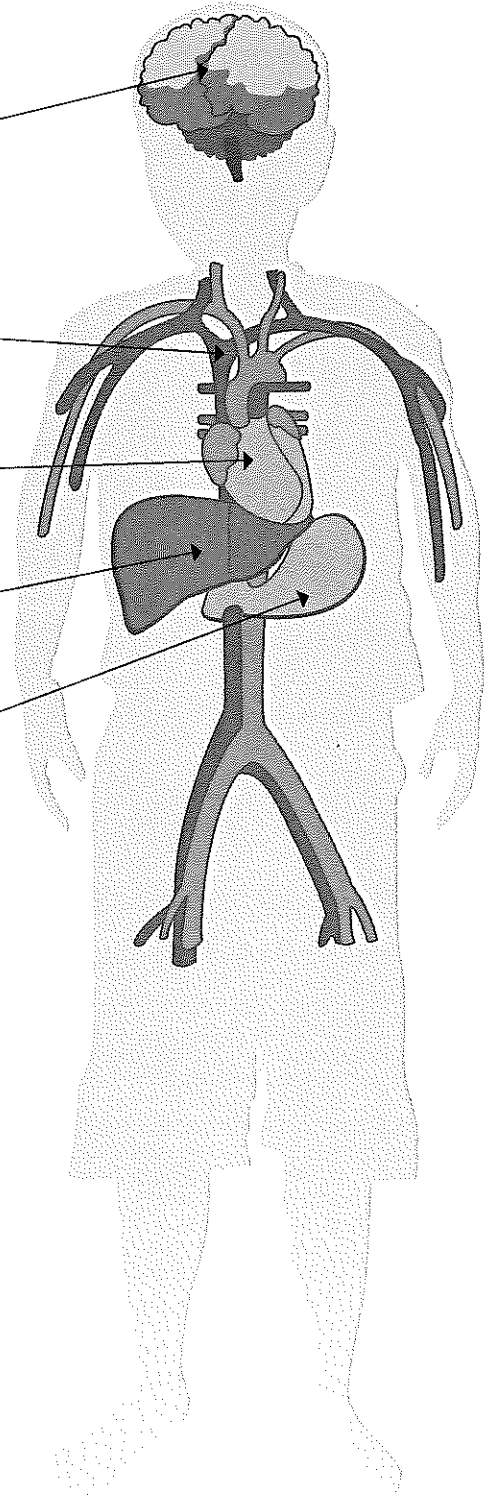
Brain

Blood vessels

Heart

Liver

Stomach





PreK to Grade 2 • Health Problems Series

Smoking

KidsHealth.org/classroom

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- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Let's face it: Smoking stinks! Not only do cigarettes smell bad, but they're also dangerous for your body. This lesson guide will provide you with discussion questions and activities you can use with your students to teach them all they need to know about the dangers of smoking.

Related KidsHealth Links

Articles for Kids:

Be a Fit Kid

KidsHealth.org/kid/stay_healthy/fit/fit_kid.html

Smoking Stinks

KidsHealth.org/kid/stay_healthy/body/smoking.html

What Kids Say About Tobacco

KidsHealth.org/kid/grow/drugs_alcohol/poll_tobacco.html

Heart Disease

KidsHealth.org/kid/grownup/conditions/heart_disease.html

Smoking and Asthma

KidsHealth.org/kid/health_problems/allergy/smoking_asthma.html

Helping a Parent Who Smokes

KidsHealth.org/kid/grow/drugs_alcohol/folks_smoking.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What's in a cigarette? Why do people smoke cigarettes? Why is it so hard for some people to stop smoking?
2. What does cigarette smoking do to your body? Is it good or bad for you?
3. What should you do if someone offers you a cigarette? What are some things you can do to help make sure you make a good choice for yourself and your body?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Persuasive Postcard

Objectives:

Students will:

- Identify the negative effects of smoking on the body
- Use this knowledge to create a postcard that could be used to persuade someone to stop smoking

Materials:

- Persuasive Postcard handout (available at: KidsHealth.org/classroom/prekto2/problems/drugs/smoking_handout1.pdf)
- Markers, crayons, pencils
- Chart paper or chalkboard

Class Time:

40 minutes

Activity:

Smoking cigarettes is one of the worst things you could do to your body. When you smoke, you put dangerous chemicals into your body that make it hard for your body to work well. This means that you'd have a hard time doing fun activities like playing sports, running, or even singing.

Today, you're going to make a postcard to convince someone to stop smoking. If you don't know anyone who smokes, your postcard could explain why someone should never start smoking. On the front of your postcard, draw a picture of someone doing something active, something that you can only do if your heart and lungs are healthy. On the back of your postcard, write a couple of sentences explaining why someone should stop smoking. You might write something like, "Keep your lungs clean. Stop smoking!" Or, "Keep your heart healthy. Don't smoke!" So first, let's come up with a list of activities that would be difficult to do if you smoked cigarettes. Now, let's get to work on our postcards!

Extension:

1. Make multiple postcards and mail them to people to get them to stop smoking. Distribute the postcards around the school as a campaign to help other students learn why it's important to never start smoking.

Reproducible Materials

Handout: Persuasive Postcard

KidsHealth.org/classroom/prekto2/problems/drugs/smoking_handout1.pdf



Health Problems Series Smoking

Name:

Date:

Persuasive Postcard

Instructions: Make a postcard that might convince someone to stop smoking. If you don't know anyone who smokes, you could create your postcard explaining why someone should never start smoking. On the front of your postcard, draw a picture of someone doing something active, something that you can only do if your heart and lungs are healthy. On the back of your postcard, write a couple of sentences explaining why someone should stop smoking. You might write something like, "Keep your lungs clean. Stop smoking!" Or, "Keep your heart healthy. Don't smoke!" Teachers may have to help younger children write their message.

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Health Problems Series

Smoking

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