

4-Day only
Rotation

2009-2010 HEALTH LESSON PLANS

Feb/March
2010

ROTATION WEEK # 4

GRADE 4 HOMEROOM Johnson, Mrs, Wynn

DAY 1

MAIN IDEA: Bullying Video

LESSON:

"What we learned about Bullying" - See video border for more information and details

Copy 2 worksheets - word scramble - #7 and Parent letter.
(Back-to-back) -

Put papers in folder

DAY 2

MAIN IDEA: Video - When it is Important to Tell

LESSON:

- 1) First talk about the poster ~~video~~ The 3 D's for telling. Children are often in a situation of friendship w/peers vs telling an adult
- 2) View video - discuss

Video -

After video What are your rules when being home alone? What are your rules for answering the phone? Remember an adult knows not to ask a child to get into a car w/ them

DAY 3

MAIN IDEA: Bad Textbook - Safe Drug Use

LESSON: Read and Discuss pgs D4-D13

DAY 4

MAIN IDEA: Video - 10 mins - Why I Won't Do Drugs

LESSON: Discuss

2 sheets -

- 1) Worksheet - Facts About Drugs - Fill in Vocab word. Grade together having a student read each sentence. - Put in folders

DAY 5

MAIN IDEA:

LESSON:

- 2) Drug Poster - On Front Make a Poster w/why you won't do drugs. May not finish this but you have a good idea of what they were doing. Put in folders

Word Scramble

Unscramble the letters to make a word that fits in each sentence. Use the words in the box as clues.

deal stand angry bullies
scared tough together themselves friend
inside tease weaker feelings

- Most bullies pick on someone _____ than themselves.
E E K W R A
- There are ways to _____ with a bully.
L D A E
- A bully is someone who likes to _____ other kids.
S T A E E
- A bully likes to hurt someone's _____.
S L E F G E N I
- Bullies usually don't like _____.
E S V T L H M E E S
- Being bullied can make you feel _____ or _____.
C R E D S A Y G A N R
- Lots of bullies don't feel good _____.
E I I D S N
- You can _____ up to a bully.
D T N A S
- Sometimes being a bully makes someone feel _____.
G T U O H
- Sometimes _____ feel bad about themselves.
L B L U S E I
- A good way to handle a bully is to get _____ with friends.
O T H R E T E G
- Sometimes a bully can become your _____.
D I R E N F

Dear Family Member,

Your child viewed a program called *Real Kids: What We Learned About Bullying*. This topic is one that all children are familiar with, because bullying is a common problem in school. Here are some questions you can ask your child to help open a discussion.

- Is there anyone in school who always seems to be picking on other kids?
- What sort of things does this bully do?
- How do the other kids react to this bullying?
- Have you ever been picked on by a bully?
- Have you ever acted like a bully to someone?

Here are some tips about bullying that you can reinforce through discussion of this topic with your child.

- There are lots of different kinds of bullying. A bully can be someone who picks on you, takes things from you, threatens you, hurts your feelings, or forces you to do things you don't want to do.
- Bullying is wrong, and the victims are not to blame.
- Many bullies really don't enjoy what they're doing. They act mean to others because they have some kind of problem that they need help with.
- If you stand by and watch someone being bullied without trying to help, you may be part of the problem.

Reinforce with your child the appropriate ways of handling bullying that were discussed in the video:

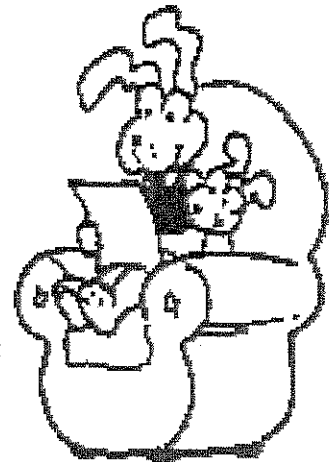
- Ignore the bully or walk away.
- Confront the bully and ask him or her to stop.
- Get together with friends and stand up to the bully as a group.
- Talk to an adult—a parent, teacher, or guidance counselor.

Let your child know that you are always available to talk about any problems he or she may have with bullying.

Here are some books you might like to read with your child:

Timothy and the Bully by Jeffrey Dinardo

How to Lose All of Your Friends by Nancy Carlson.



Poster

Worksheet 3



On the back of this page make a "Why I Won't Do Drugs" poster.

You might want to show fun things that would be difficult to do if you were using drugs. Or you might want to show what drugs can do to your body. When you are finished with your poster, show it to somebody and tell them about it.

Facts About Drugs

Worksheet 1

Complete the sentences with the following words.

lungs

blurry

heart

forget

brain

21 years old

dizzy

tobacco

cancer

law

1. Nicotine is the drug found in _____.
2. Alcohol can make things look _____.
3. Smoking tobacco makes it harder for your _____ to breathe.
4. Marijuana is against the _____ for everybody.
5. It is against the law to drink alcohol before you are _____.
6. Using tobacco can cause a disease called _____.
7. Marijuana can make you _____ things.
8. Alcohol can make you feel _____.
9. Your _____ controls your whole body and makes it work.
10. Smoking makes it harder for the _____ to pump blood.

Facts About Drugs

Worksheet 1

Key-

4th

Grade

Complete the sentences with the following words.

lungs ✓

heart ✓

brain ✓

dizzy ✓

cancer ✓

blurry

forget

21 years old ✓

tobacco ✓

law ✓

1. Nicotine is the drug found in tobacco.
2. Alcohol can make things look blurry.
3. Smoking tobacco makes it harder for your lungs to breathe.
4. Marijuana is against the law for everybody.
5. It is against the law to drink alcohol before you are 21.
6. Using tobacco can cause a disease called Cancer.
7. Marijuana can make you forget things.
8. Alcohol can make you feel dizzy.
9. Your brain controls your whole body and makes it work.
10. Smoking makes it harder for the heart to pump blood.

Poster

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