

Kindergarten

Health Objective 5.03

Identify reliable sources of information regarding medicines and substances.

Math Objective 3.01

Describe likenesses and differences between and among objects.

Materials Needed:

Appendix 1 - transparency of Matching Items

Appendix 2 - Yes/No cards - copy and cut apart for each student

Focus:

Display the Matching transparency. Go over the choices and ask the students who they would contact if they had each of these problems: car, sick, math, library books, and fire. Draw lines or make connections between each of the matching items. Another option is to create matching cards from the handout for small groups and allow the students to read the statements aloud and match the statement with a picture card.

Teacher Input:

Discuss the following points with students:

- Think of a time when you were sick and the doctor told you to do several things to make you feel better. For example: rest, drink lots of water or liquids, and take a specific medicine.
- There are several different ways to receive medicine (pills, shots, ointments that you rub on the skin).
- Think of a time when you had to take medicine, who helped to give you the medicine - a parent, caregiver, nurse or doctor?
- A doctor's role in prescribing medicine: When a doctor prescribes medicine for you, he or she prescribes it just for you, because of your body size, your symptoms, and your medical history.
- A parent's (or other designated adults) role in providing medicine: Doctors often ask parents to be responsible for making sure children receive the proper amount of medication at the correct time.
- It is important to never take medicine or any substance from a stranger or anyone that your parents have not designated as a person who will give you medicine when you need it.
- It is dangerous to take medicine or a substance by yourself or from a friend. It is important that a doctor, parent, or designated adult assist you when taking any medicine and never share medicines with friends or other family members because medicines are designed for the person taking them, not for others.

The following activity will help students understand why medication should not be shared. Ask students to examine their similarities - eye color, shoe size, hair color and chart the categories and tally the numbers on the board. Discuss how you determine the number of students in each category and review the total number of students in each category.

Examine unique qualities - such as teeth shape and size, fingerprint, body size/shape - discuss how it is difficult to develop categories for these characteristics because there are so many differences from person to person.

Explain to students that because we are each unique, doctors have to prescribe medicine just for us. Parents and other designated adults have directions to follow that are specific to each young person's needs. Review the importance of taking medicines only from parents or other designated adults (school nurse, grandparent, care giver). Reinforce the dangers of sharing a medicine with a friend or a brother or sister and the dangers of taking a substance that is unidentified and when offered medications by someone other than a parent or designated adult or a substance that is unfamiliar it is important to reject the items by saying no and walk away and tell a teacher, parent, or other trusted adult.

Practice & Assessment:

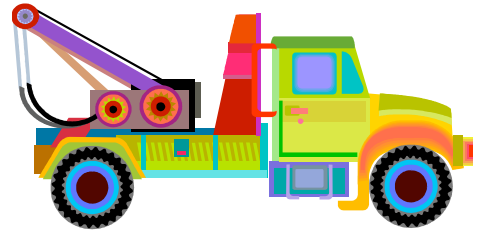
Distribute an x mark and a smiley face to each student. Read each of the following statements and ask the students if they should take the medicine/substance in each situation and if they feel it is safe to take the medicine they will raise the smiley face sign - yes and if they don't think it is safe they will raise the 'x' - no sign.

- Your mother has given the school nurse a copy of your prescription, directions, and a special medicine that you need to take at school each day. The school nurse gives you your daily medicine at the same time and same place. Should you take the medicine from the school nurse?
- Your friend offers you one of his pills. Should you take your friend's pill?
- You are sick and your older sister offers you some of her medicine because it helped her feel better. Should you take your sister's medicine?
- You have been sick and the doctor prescribed a medication to make you feel better. Your mom gives this medicine to you at breakfast. Should you take it?
- A stranger at the park offers you some blue dots and he says that it is good candy. Should you take it?
- Students on the school bus are sharing something that looks like candy but you are not sure what it is - should you try it?
- You are staying with your grandmother for the weekend and your mom left your medication with her. Your grandmother gives you the medicine right before bedtime just like your mom does. Should you take it?
- You know where your medicine is and decide it is o.k. to take it by yourself today. Is this safe?

Car problems



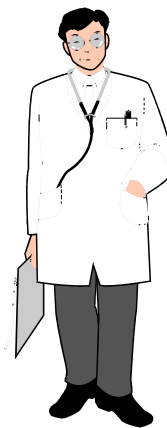
Sick



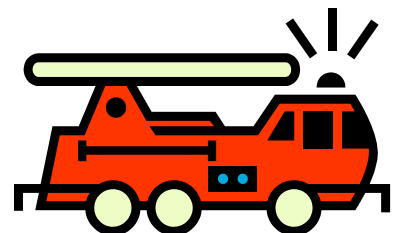
Need a book



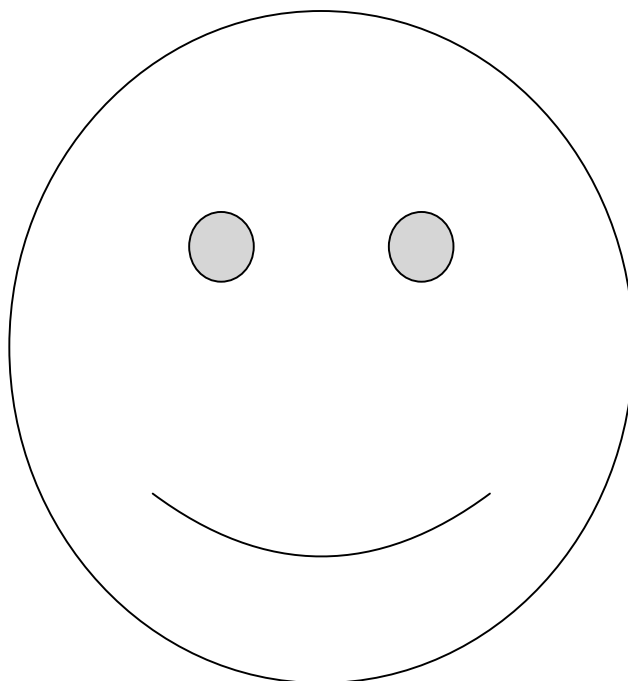
Need help with math



Fire in the back yard



YES



NO

