Grade 2 Sample Lesson Plan: Effects of Drugs on the Body

Description

Please see attached handout for a lesson submitted by a Virginia teacher

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

VIRGINIA BEACH CITY PUBLIC SCHOOLS
CHARTING THE COURSE

GRADE: 2 Lesson 3	*Department of Teaching and Learning* **ATOD Health Education**	**TIME:** 30 minutes

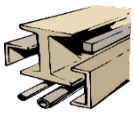
LESSON FOCUS:
To identify the harmful effects of OTC and prescription drugs, alcohol, and tobacco on the body.

STATE STANDARD:
2.2.h Recognize the harmful effects of drugs, alcohol, and tobacco.

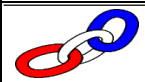
DESCRIPTIVE STATEMENT:
Harmful effects of drugs, alcohol, and tobacco with the focus on maintaining good health by avoiding substances that might harm the body.

LEARNING TARGET:
I can tell the harmful effects of drugs, alcohol, and tobacco on the body.

KEY TERMS:
- Side Effect
- Nicotine
- Alcohol



MATERIALS NEEDED:
- Strategies for lesson listed in **red** within the lesson. All strategy procedures listed at the bottom of the learning plan.
- Effect/Symptom Cards for collaborative group work located at the bottom of the lesson
- Large Butcher Paper and marker



LINK (activate prior knowledge/lesson intro
Teacher says: We have been talking about prescription and over-the-counter medications. We talked about their possible side effects, which is an unwanted change in the body such as: becoming dizzy, sleepy or sick to your stomach. That was the reason why adults should be supervising children when they are taking medications, so they can monitor for possible side effects.

Think/Pair/Share

Why do you think side effects happen in different areas of the body?

Teacher says: Locate the heart by putting a hand on your chest. This is where the blood goes after it is pumped through the heart. (If available, use diagrams or anatomical models to explain how the blood travels around the body.)

Teacher says: Place one hand over the stomach and the other hand over your ear. If you were to take medicine for an earache, it would enter the bloodstream near the stomach and the blood would carry the medicine to all parts of the body. (Teacher and students move their hands from the stomach to different parts of the body.) The body is like a machine where all the systems and parts must work together. A change in one system can cause a change in another.

(Note: The following are suggestions to pick from that demonstrate the action of drugs moving throughout affecting the body after being taken.

- Demonstrate using dominos to show the action of affecting the body. Using tape, put the name or picture of a body part on each domino. Sequence the dominos in the order medicines or other drugs pass through the body. Stand the dominos upright in the correct order. Place a domino marked “drug” at the beginning of the line and let it fall. Point out all the body parts that the dominos knocked down (or that were affected by the drug).
- Demonstrate by using bowling pins and a ball. Align the bowling pins one behind the other. Conclude the activity by asking students what might happen to the body if one organ or system is damaged because drugs are not used correctly? (Reinforce that drugs change the way the body works.)

Teacher says: Today we are going to introduce two more types of drugs and see how they affect the body. Our learning target is: I can tell the harmful effects of drugs, alcohol, and tobacco on the body.

ENGAGE AND EXPLAIN (direct instruction/guided practice):

Teacher says: Cigarette smoking is the most common form of tobacco and tobacco contains a substance called nicotine. Nicotine is a very addictive drug meaning, it's hard to stop putting nicotine into your body once you've started. Nicotine affects the body in different ways:

- It can affect the heart by increasing how fast it beats.
- It also changes blood pressure and that is important because that pressure forces blood to flow around the circulatory system so oxygen and nutrients can get to the organs in our bodies.
- It can affect the brain and cause dizziness.
- It can affect sleep making us feel tired during the day.
- It can cause an upset stomach.
- It can cause shortness of breath.
- Over time it can cause yellow teeth and bad breath.
- It can cause cancer of the lungs, mouth, and neck.
- It can cause heart and lung disease.

Alcohol is found in beer, wine, and liquor, and all forms of alcohol are dangerous.

- It can cause an upset stomach.
- It can make people unable to walk safely so accidents can occur like tripping and falling.
- It can make it difficult to think very well so they have problems doing schoolwork or working at a job.
- It can cause people to make bad decisions because they are not thinking well in their minds, like whether the water is too deep or if there's a car coming too close.

ACTIVE LEARNING (collaborative learning/work):

Divide students into groups. Each group will trace the body outline of a peer on a large piece of paper. Teacher will give each group possible effects/symptom of alcohol, tobacco, OTC/prescription drugs on cards or pieces of paper. Cards located at the bottom of the lesson. Call out, one at a time: alcohol, tobacco, or OTC/prescription drugs. The groups will place the effects/symptom on the location in the body they occur after each of the words is called out. Assess each group's effects/symptom placement on the body or have groups compare answers before having the groups collect the cards and wait for the next word to be called.

List of the effects/symptoms for alcohol, tobacco, OTC/Prescription drugs:

Alcohol

- Upset stomach
- Tripping and falling
- Making bad decisions
- Sleepy
- Dizziness
- Don't think well

Tobacco

- Can't breathe well
- Changes blood pressure
- Increases heart rate
- Dizziness
- Don't sleep well
- Upset stomach
- Yellow teeth and bad breath
- Cancer of the lungs, mouth, and neck
- Heart and lung disease

OTC/ Prescription Drugs

- Rash
- Vomiting
- Diarrhea
- Can't breathe well
- Sleepy

REFLECTION (individual work):

As a second grader, why do you think it was important to learn the harmful effects of alcohol,tobacco, OTC/Prescription drugs on the body?

After students have had a moment to think, teacher will call on different students for their answers.

LESSON CLOSURE:

Reinforce the consequences of misusing OTC and prescription drugs and how in the future each of them might face peer pressure to try alcohol and cigarettes. How the decisions they make in these situations are up to them. Remind them that they are the only ones who can make healthy choices for their mind and body.

Strategies:

Think/Pair/Share

- Pose a problem or question
- Provide individual think time
- Pair -- Tell students to discuss answers with partners
  - Set a time limit
  - Consider having a stop signal
- Share -- Have students use active participation to share answers

Cards for Effect/Symptom collaborative work located below:

Upset Stomach

This Photo by Unknown Author is licensed under CC BY-NC

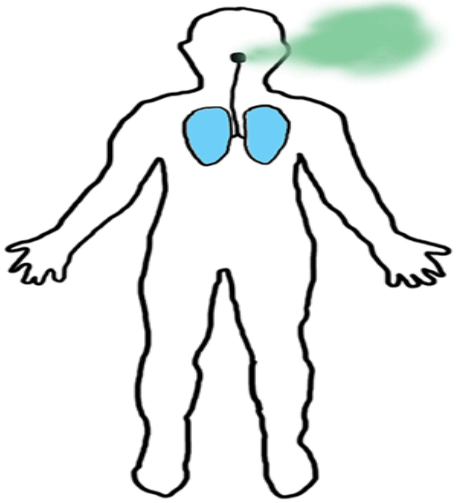
Dizziness

Feeling Tired

Because we didn't sleep well

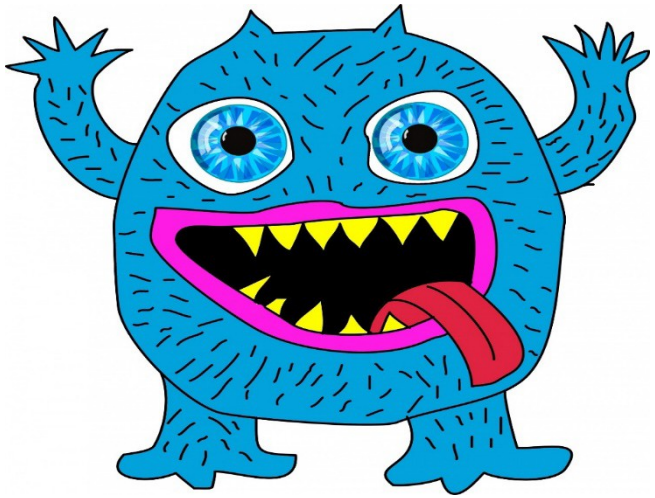
This Photo by Unknown Author is licensed under CC BY-NC-ND

Can’t Breathe Well



This Photo by Unknown Author is licensed under CC BY-SA-NC

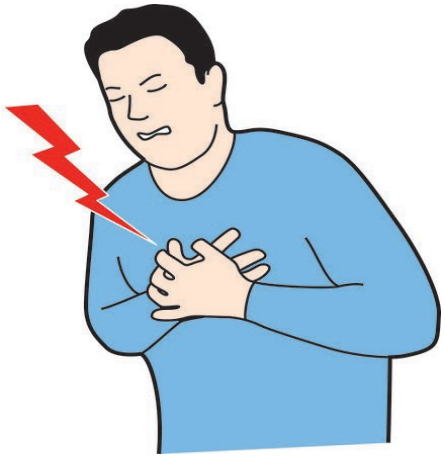
Yellow Teeth and Bad Breath



Cancer of the Lungs, Mouth, and Neck

This Photo by Unknown Author is licensed under CC BY-NC-ND

Heart and Lung Disease

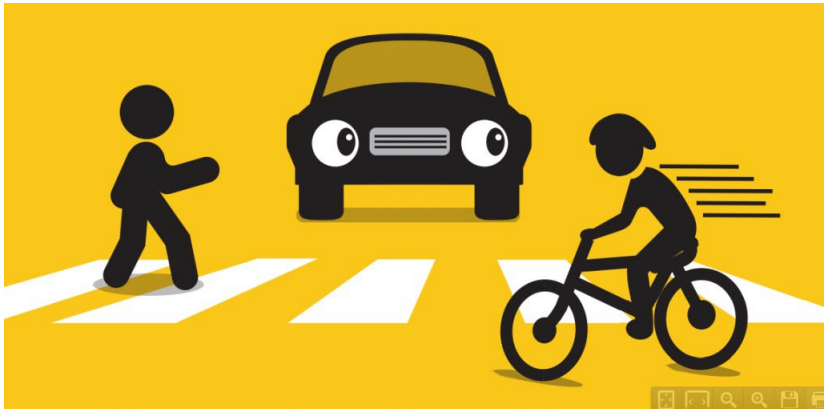


This Photo by Unknown Author is licensed under CC BY-NC-ND

Tripping and Falling

This Photo by Unknown Author is licensed under CC BY-NC-ND

Making Bad Decisions

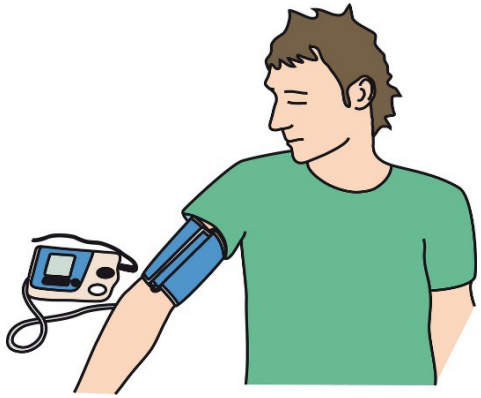


This Photo by Unknown Author is licensed under CC BY-NC-ND

Don’t Think Well

This Photo by Unknown Author is licensed under CC BY-NC-ND

Changes Blood Pressure



This Photo by Unknown Author is licensed under CC BY-NC-ND

Rash

This Photo by Unknown Author is licensed under CC BY-NC-ND

Increases Heart Rate

This Photo by Unknown Author is licensed under CC BY

Vomiting

This Photo by Unknown Author is licensed under CC BY-NC-ND

Diarrhea

This Photo by Unknown Author is licensed under CC BY-NC