# Medicine

## Learning Objectives

- I can identify medicine as a pill or liquid.
- I can describe how medicine can be taken to help me feel better when sick with help from a grownup.
- I can describe ways that medicine can be harmful if misused.

## Teacher Notes

- Follow along with the video.

- This lesson will include pauses that will involve student response or time to complete the activity. Please pause the video as instructed for as long as needed.

## Lesson Steps: Video Outline K.1i Video

### Step 1 Introduction

- Do you know what medicine looks like?
- Did you know medicine can be seriously harmful if misused?

### Step 2 Activity

- Make a list of 4-5 things you can do by yourself when you are sick to help yourself feel better.

- Make a list of 4-5 things you need a grownup to help you with when you are sick to help you feel better.

- Activity: All students will start standing. Using the lists you created the teacher will read one of the items. If it was something you said you need a grownup to help you with (going to the doctor, taking medicine, etc.) you will sit in your chair and raise your hand to show you need help with that. If the teacher reads an item from the list of things you can do on your own when you are sick you will do your best to act it out (pretend you are sleeping, taking a drink of water, washing your hands, etc.).

### Step 3 Closure

- Do you know that although medicines are made to help us, they can also be harmful if not used correctly?

## Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge

- Post: The activity will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.

## Extensions/Connections/Applications

- The teacher can have more discussion as desired with students about ways medicines could be harmful if misused.

## Resources/References

- Health Smart VA
- Kids Health