

K-5th Grade Curriculum Topics and Lesson Outline



- Learning sessions are based on a typical class period for each grade level.
- Animation and video lesson alignment is included in the second table of this document.
- The Emily's Hope song is included at the end of each lesson to support the important concept of keeping brains healthy and safe.
- Each grade level has a chapter book. Each chapter in the grade-level book corresponds to the lesson for that topic. The chapter books are in a physical format and also in e-book format within the digital lesson.
- The K-5th Grade Scope and Sequence includes the student "I can..." Statements and alignment to standards for each grade level lesson.

Curriculum Topic and Lesson Outline

Grade & Lesson Title	Brief Lesson Description	Learning Sessions
Kindergarten		
K.1 - My Body	Through an interactive book, graphic organizers, and an introduction to the Emily's Hope song, students will engage in learning about their main body parts.	1
K.2 - Your Health/My Health	Students will develop an understanding of the importance of healthy habits, identify healthy habits, and participate in an activity that demonstrates how germs can spread.	1
K.3 - Emotions	Using a variety of vocabulary works, graphics, and discussion, students will recognize, label, and identify emotions in themselves and others.	1
First Grade		
1.1 - My Body	Through vocabulary instruction, an interactive game, and discussion, students will learn about their internal and external body parts. This lesson focuses on the lungs, heart, and brain.	1
1.2 - My Brain	Introduction to the brain, its shape, basic functions, and importance. Students will use new vocabulary from the children's book and have the opportunity to work with a partner to demonstrate their understanding of the brain.	1
1.3 - Your Health/My Health	Using a graphic organizer and the children's book, students work on recognizing healthy and unhealthy choices and the importance of healthy habits for the brain, heart, and lungs.	1
1.4 - Medication	This lesson focuses on trusted adults, identifying the trusted	1

Safety	adults in the student's life, and understanding safety with medications. Through an original animation and interactive activity, students will be able to differentiate between candy and medicine.	
1.5 - Emotions	Using multiple texts and vocabulary phrases/definitions, students will recognize and identify emotions and what causes them. A focus on making good choices vs bad choices and how that may impact emotions is part of the discussion.	1
Second Grade		
2.1 - My Body	Students will review body parts from first grade and explore the five senses with an interactive activity.	1
2.2 - My Brain	Using a variety of graphics and a creative activity, students will learn about the neocortex (thinking brain), the limbic system (feeling brain), and the primary function of each.	1
2.3 - Your Health/My Health	Celebrating similarities and differences in each of us is important. During this lesson, students will recognize that each individual has unique qualities that make them special.	1
2.4 - Emotions	Through a vocabulary review/discussion, graphic organizers, and journaling, students will recognize the different emotions. Students will begin to analyze positive/negative responses.	1
2.5 - Pressures	Using graphics, the children's book, and a media animation, students will discuss the difference between passive and assertive, and how to stand up for themselves.	1
Third Grade		
3.1 - My Body	Students will review the body parts and senses from previous lessons. They will complete a self-assessment and reflect on how they can keep their bodies safe and healthy.	1
3.2 - My Brain	Using an animation and interactive activity, students will learn about the 3 main parts of the brain (cerebrum, cerebellum, and brain stem and how the brain delivers messages to our body.	1
3.3 - My Brain on Substances	Students will engage in an initial discussion of substances and how substances affect the brain and its functions, the brain's reward system (dopamine), and how substances mimic that chemical in an unhealthy way.	1
3.4 - Your Health/My Health	Students will learn about a strategy called Pause-Think-Act (P-T-A) to help make safe and healthy decisions. During this lesson, they will develop an understanding of what an emergency is and how to respond.	1
3.5 - Medication Safety	Using new vocabulary and definitions for prescription medications and over-the-counter (OTC) medications, students will learn about Fentanyl and the dangers of fentanyl in this lesson.	1
3.6 - Substance Use Disorder	This lesson is the beginning discussion of what a substance use disorder is, how it develops, and how the brain is impacted. This	1

	lesson includes an introduction to the brain's natural chemicals of serotonin, dopamine, endorphins, and oxytocin.	
3.7 - Emotions	This lesson provides an Introduction to the Emotions and Feelings Wheel, the connection between emotions and the decisions we make, and how we can use the Pause-Think-Act (P-T-A) strategy to help us when we are experiencing negative feelings or emotions.	1
3.8 - Pressures	This lesson includes a discussion on friendship and why it is important to have good friends. A peer pressure role-play activity helps students learn how to identify positive and negative influences.	1
Fourth Grade		
4.1 - My Body	Review and discuss how the brain and body work together through labeling internal body organs. Students will discuss how drugs can affect different systems in the body.	1
4.2 - My Brain	Through discussion, media animation, and the "Head to Toe" book, students will discuss how the brain interacts with our internal body organs. They will play an interactive game of 'telephone' to illustrate how our brain sends messages to other parts of the body.	1
4.3 - My Brain on Substances	Through a vocabulary review, journaling, and an interactive game, students will build a deeper understanding of how substances can impact their brain and body. They will discuss ways to keep their brain healthy and safe.	1
4.4 - Your Health/My Health	Review the P-T-A Strategy and explain the difference between asking an adult for help and when a medical emergency is taking place, and they need to dial 911.	1
4.5 - Medication Safety	Students will review and discuss the vocabulary from previous lessons and gauge good and bad choices through an interactive game. Fentanyl and medication safety are emphasized.	1
4.6 - Substance Use Disorder	Using media animation and an interactive game, students will review and discuss how substances affect their brains and reflect on ways they can keep their brains and bodies safe.	1
4.7 - Emotions	The "Feelings Wheel" is discussed and reviewed through this lesson as students develop a life timeline and identify how events in their lives can impact their emotions and growth. Students think about what strategies can help them through difficult emotions.	1
4.8 - Pressures	Students identify ways they can say no and discuss how there are positive and negative influences in their lives. Using the "Head to Toe" chapter and an interactive game, students practice saying the important skill of saying 'no.'	1
Fifth Grade		
5.1 - My Body	Students will focus on 4 out of the 11 systems that make up our bodies. Through a vocabulary review/discussion, a graphic novel, and an interactive activity, students will identify ways to keep themselves healthy.	1

5.2 - My Brain	Using a variety of guided notes, students will develop a deeper understanding of how the brain sends information to other parts of the body. Through movement, students will play a game to illustrate how to manage impulse control.	1
5.3 - My Brain on Substances	An introduction to dopamine and how the brain's reward system works. Through continued conversations using the graphic organizers and animation, your students will engage in discussion and determine what they can do to keep their brains healthy.	1
5.4 - Your Health/My Health	Through review/discussion about trusted adults and how to handle an emergency, students will work with a partner to review scenarios and role-play to become more prepared. The P-T-A Strategy will be reviewed and discussed during this lesson.	1
5.5 - Medication Safety	Content will be reviewed from 4th-grade lessons to reiterate prescription medication vs OTC medication. Students will utilize the graphic novel, a Venn diagram, and home visualization to ensure they can seek help when necessary.	1
5.6 - Substance Use Disorder	Students will develop a deeper understanding of addiction through new vocabulary words: tolerance and withdrawal. Through a guided activity, they will discuss feelings you may have when you become more dependent on substances (both legal and illegal).	1
5.7 - Emotions	After reviewing the feelings wheel, students will watch a video (approx. 13 min) to reflect and journal about positive/negative feelings they have had and how our emotions impact our daily lives. This activity illustrates journaling, drawing, and poetry as tools to manage our emotions.	1
5.8 - Pressures	Through vocabulary discussion/review, the graphic novel, and an original animation, students will identify ways to say 'no' when they are feeling pressured or uncomfortable. Students have the opportunity to engage in a Jeopardy Review game to review all of the information learned throughout the lessons in Emily's Hope Substance Use Prevention Curriculum.	1-2

Informational Animations and Videos Lesson Alignment

The following will provide the animation or video title, the lesson they are currently incorporated in, and suggestions for additional lessons where they could be used appropriately.

Animation/Video	Included in Lesson(s) #	Optional/Additional Use
Emily's Hope Song	Each K-5th grade lesson	
Medication Safety	1.4 - Medication Safety	
Pressures	2.5 - Pressures	
How Your Brain Works	3.2 - My Brain	
Emotions & Pressures	3.8 - Pressures	
My Brain	4.2 - My Brain	
Substance Use Disorder	4.6 - Substance Use Disorder	
My Brain on Substances	5.3 - My Brain on Substances	
Emotions Poet Video	5.7 - Emotions	Guided Journal Writing
Pressures	5.8 - Pressures	

Note:

There may be additional videos or podcasts that are included in the Resources section of several lessons that can be used as additional educator and parent resources.