

# Medicine Rules to Follow

GRADES K–1

45 MINUTES

## Lesson Overview

This lesson discusses medicine rules and how they help us. Students deepen their understanding of medicine rules and how to follow them through video, discussion and illustration activities.

## Essential Questions

- What are some rules about medicine?
- Why do we have rules about medicine?

## Student Learning Goals

- I can name some rules for using medicine safely.
- I can explain why we have rules about medicine.

## Related Standards

### Health Standards

**K.SUB.2** Understand that some medicines and substances can be poisonous.

**K.SUB.3** Identify family and school rules about medicine use.

**1.SUB.2** List family, cultural, and school values and rules about medicine use.

### Transformative SEL Standards

**Standard 2: Self-management and Agency** Use management strategies to build personal and collective agency that lead to achieving goals and aspirations.

**Standard 5: Responsible Decision-making and Curiosity** Demonstrate curiosity and analysis of oneself and society in order to make caring choices that impact personal, social, and collective well-being across situations and environments.

## Lesson Materials

- Slide deck
- Chart paper and markers
- [“For Kids 5–8 Years Old: Using and Keeping Medicine Safe”](#) video
- “I Can Follow Rules About Medicine” handout

## Lesson Plan

### Preparation

Use chart paper and a marker to create a T-chart. Label the top left corner of the chart with the heading “Medicine Rules.” Label the top right corner of the chart with the heading “How Rules Help Us.” Prepare a copy of the “I Can Follow Rules About Medicine” handout for each student.

### Learning Sequence

#### Activity 1. Welcome and Lesson Overview | 3 minutes

1. Read the essential questions (Slide 2) to students.
2. Read the student learning goals (Slide 3) to students.

#### Activity 2. Activate Prior Knowledge and Reflect | 7 minutes

1. Ask students to turn to a partner and share any medicine rules they know (Slide 4).
2. Listen to student conversations and note their existing knowledge and areas for growth or clarification.
3. Ask students to share their ideas and write them in the “Medicine Rules” column of the chart.

#### Activity 3. Deepen Content Knowledge and Engage in Learning | 15 minutes

1. Play the “For Kids 5–8 Years Old: Using and Keeping Medicine Safe” video (Slide 5). Share that the video describes important medicine rules that they need to know. Ask students to listen carefully to the rules because you will discuss them afterward.
2. Review the medicine rules from the video (Slide 6). Ask students to help you add more rules to the “Medicine Rules” column of the chart. Examples might include
  - Don’t try to open medicine containers.
  - Don’t mess with medicine bottle safety caps.
  - Trusted adults should measure medicine carefully.

3. Turn students' attention to the "How Rules Help Us" column of the chart. Explain that rules can be helpful—prompt students to think about how medicine rules can be helpful. Ask students what might happen if they don't follow the rules. Use a different marker to write their answers in the "How Rules Help Us" column next to the corresponding rules. Examples might include
  - Medicine rules keep us safe.
  - Medicine rules help us take medicine only when we need it.
  - Medicine rules keep problems or accidents from happening.

#### Activity 4. Apply Learning | 15 minutes

1. Ask students to think about the medicine rules you discussed and choose one rule they can follow in their own lives (Slide 7). Provide each student with the "I Can Follow Rules About Medicine" handout and ask students to illustrate themselves following one of the rules.
2. Form small groups of 3–4 students and prompt them to share their illustrations. Ask students to share the medicine rule they chose and describe their illustration.

#### Review Key Lesson Takeaways | 5 minutes

1. Review the lesson's essential questions (Slide 8) and learning goals (Slide 9) with students.
2. Ask students to think about one medicine rule they want to remember (Slide 10).
3. Ask for student volunteers to share their ideas.

## Formative Assessment Opportunities

#### Listen and Look For

1. Listen for students sharing their existing knowledge—note areas for growth and provide clarification as needed.
2. Review student illustrations on the "I Can Follow Rules About Medicine" handout and provide support as needed.