

## Kids in Control

\* The following lessons are designed grades 3-9

Lesson Title	Pg	Grade Level	Academic Standards	Activity Description
<b>Part 1: Know the rules</b>	<b>4</b>			
Rules at home	4	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D	Discuss rules children have to live by at home
When playing outside...	5	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 10.3.3 A; 10.3.6 A	Discuss rules for being outside to stay safe
Good guidelines for personal safety	6	3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 10.3.3 A; 10.3.6 A	Discuss tips for being safe at home, answering the door, answering the phone, and using the internet
Worksheet 1: Knock-Knock Quiz		3-8	1.6.3 D; 1.6.5 D; 1.6.8 D; 10.3.3 A & B; 10.3.6 A & B	Discuss answers for how to deal with several scenarios for dealing with people at the door when students are home alone
<b>Part 2: Handling emergencies</b>	<b>10</b>			
"Help"	10	3-6	10.3.3 B; 10.3.6 B	Go over emergency phone numbers and how to use them
"The Emergency Game"	11	3-6	10.3.3 B; 10.3.6 B	Recognize levels of emergencies
Worksheet 2: Look Carefully!	12	3-9	1.6.3 D; 1.6.5 D; 1.6.8 D; 10.3.3 A; 10.3.6 A; 10.3.9 A	Identify and discuss how to prevent unsafe situations
Emergencies and First Aid	13	3-9	10.3.3 A & B; 10.3.6 A & B; 10.3.9 A & B	Go over what to do in different emergency and first aid situations (Fire, Minor cut/bruise, Nosebleed, Minor burn, Storms and light failure, Choking)
Making a First-Aid Kit	16	3-9	10.3.3 B; 10.3.6 B; 10.3.9 B	Make a first-aid kit
Worksheet 3: Safety and First-Aid Crossword Puzzle	17	3-9	10.3.3 A & B; 10.3.6 A & B; 10.3.9 A & B	Do a crossword puzzle that is a review of safety and first-aid strategies

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<b>Part 3: Get it together</b>	<b>18</b>			
Cooperation Situations	19	3-9	10.2.3 D; 10.3.3 C; 10.3.6 C; 10.3.9 C	Use the SOCS decision making process to figure out what to do in sibling conflict situations
Homework Hints	20	6	11.2.6 B	Consider the best time to do homework and do it
Worksheet 4: My Plan	21	6	11.2.6 B	Make an after-school schedule
Worksheet 5: What Should I do Now?	23			Make a bag with suggestions for what to do when bored (Chores and Fun activities)
Other Ideas for When You're Bored	25			Various suggestions for things to do when bored
When I Get Home - I'm Hungry!	26	3-6	11.3.3 B; 11.3.6 B	Go over various safety and tidiness rules for food preparation
Worksheet 6: Kitchen Safety	27	3-9	10.3.3 A; 10.3.6 A; 10.3.9 A; 11.3.3 B; 11.3.6 B	Identify various unsafe situations in a kitchen setting
Nutritious Snacks	28			List snacks permitted to eat and able to make
Worksheet 7: Can You Find The Nutritious Snacks?	29			Find names of healthy foods in a puzzle
Recipes	30	3	11.3.3 F	Various recipes are listed
<b>Part 4: Keeping it together</b>	<b>32</b>			
Overview	32	3	10.3.3 C	Go over ways to say "no" to peer pressure
Self Notes	33			Students list things that make them special and unique
Worksheet 8: Give a Compli-Gram!	34			Write a compliment and give it to someone
Let's Act	35	3-9	10.3.3 A & C; 10.3.6 A & C; 10.3.9 A & C; 11.3.3 B; 11.3.6 B	Review what to do in various safety and conflict situations
<b>Part 5: Parent pages</b>	<b>36</b>			
This section lists strategies parents can use to make sure their children are ready to be at home alone.				

Academic Standards for Reading, Writing, Speaking and Listening met:
Speaking & Listening: 1.6.3 D; 1.6.5 D; 1.6.8 D

Academic Standards for Health, Safety and Physical Education met:
Healthful Living: 10.2.3 D
Safety & Injury Prevention: 10.3.3 A-C; 10.3.6 A-C; 10.3.9 A-C

Academic Standards for Family and Consumer Sciences met:
Balancing Family, Work, & Community Responsibility: 11.2.6 B Food Science & Nutrition: 11.3.3 B & F; 11.3.6 B