

Potential Integration:
ELA

Health
3.ATOD.1.2 Recall rules for taking medicine at school and at home.

Materials:

- Book: *Taking Diabetes to School*, Kim Gosselin
- Internet connection, Focus Step video
- Appendix 1, Rules for Taking Medicine at School and at Home

Focus Step:

Play the video, “Wise Owl's Drug Safety Kit: What is a Medicine?” (1:27)
(http://www.youtube.com/watch?v=9OK6_OdWxTA)

Ask the following

What happened to Wendy?

Who did Wendy ask for help?

What did Wendy’s mom do?

Why should children always ask for help with medicine?

Statement of Objectives:

In today’s lesson we will recall rules for taking medicine at school and at home. By then end of this lesson you will be able to explain why it is important to follow these rules.

Teacher Input:

Share Appendix 1, Rules for Taking Medicine at School and at Home. Ask students for any questions. Tell them you are going to read them a story about Jayson, a kid with diabetes, who must take medicine to keep himself healthy.

Read aloud the picture book, *Taking Diabetes to School* by Kim Gosselin.

Summary of book: Jayson is a kid living with diabetes. Everyone has a pancreas, but Jayson's pancreas doesn't make enough insulin anymore. Because of that, he gets too much sugar in his blood. He didn't do anything wrong and you can't catch diabetes from him. He wears a special bracelet that says he has diabetes so people know that in case of emergency. It is important for Jayson to follow a meal plan to stay healthy. He uses a small computer called a meter to test how much sugar is in this blood. He gets shots of insulin every day and someday when he is older, he

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may wear an insulin pump. When a diabetic's blood sugar is low, the person may act differently. Kids with diabetes are a lot like other kids but must do special things to keep themselves healthy and safe. A Kids' quiz and teacher tips included at the end of the book.

Ask students the following questions:

- What is the story about?
- What is the main idea of this story?
- Who are the characters in the story?
- What happened to the characters?
- How did that affect their health and/or well being? Could that happen to you?
- How does the main idea of the story contribute to health and well-being?
- What are some other medications that children might need to take at home or at school?
- Who keeps these medicines safe until a child needs to use them?
- Why should other children not take someone else's medicine?

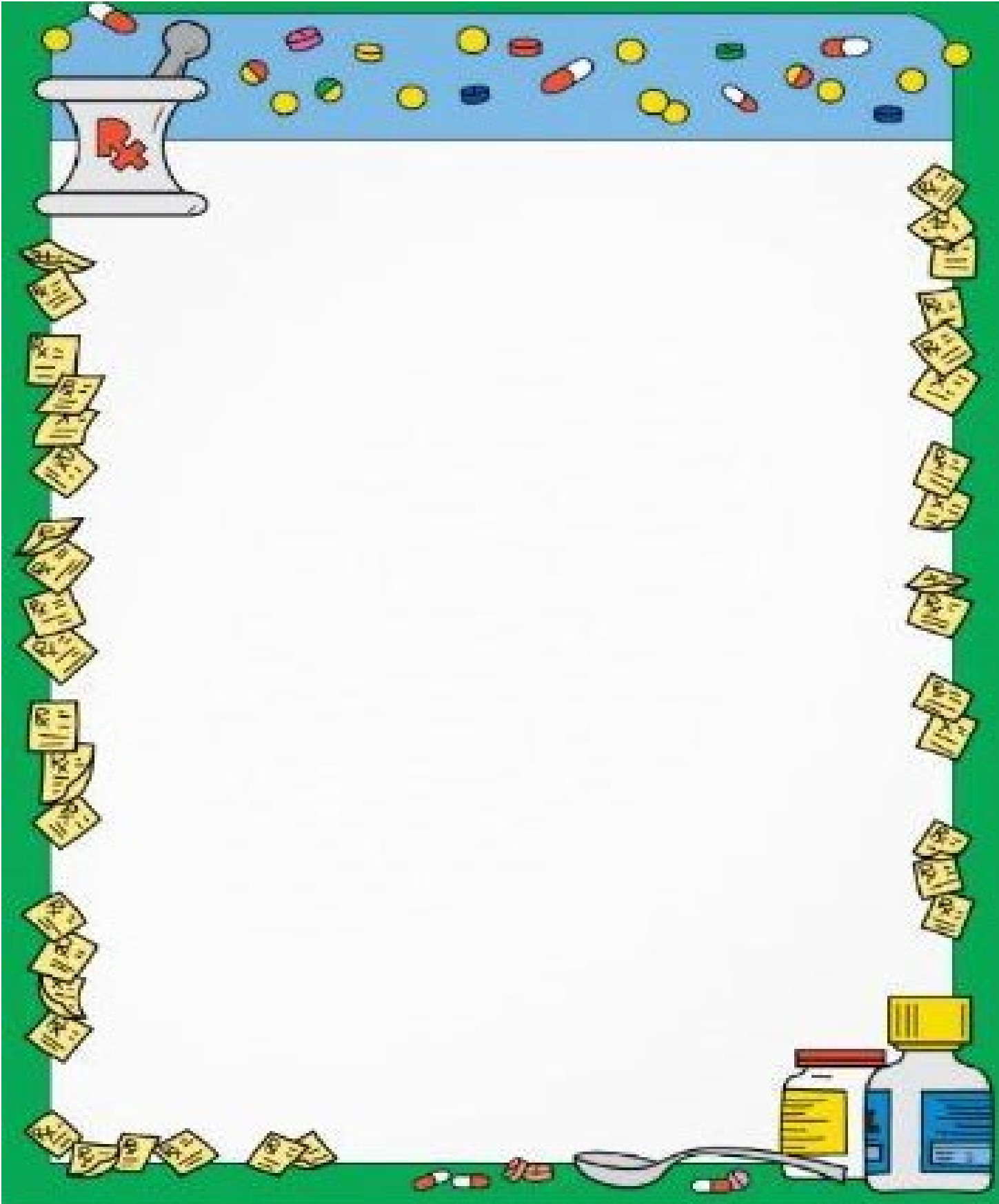
Assessment:

Distribute a copy of the word search to each student. Tell them, using the bank of words below, circle each of the 17 words listed. Then they are to write one sentence about medicine safety using five of the words listed.

Closure:

Today we've talked about the need for medications and the rules for their use. As a result of this lesson, you all know how to take medications safely while in school or at home.

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Rules for Taking Medicine at School and at Home

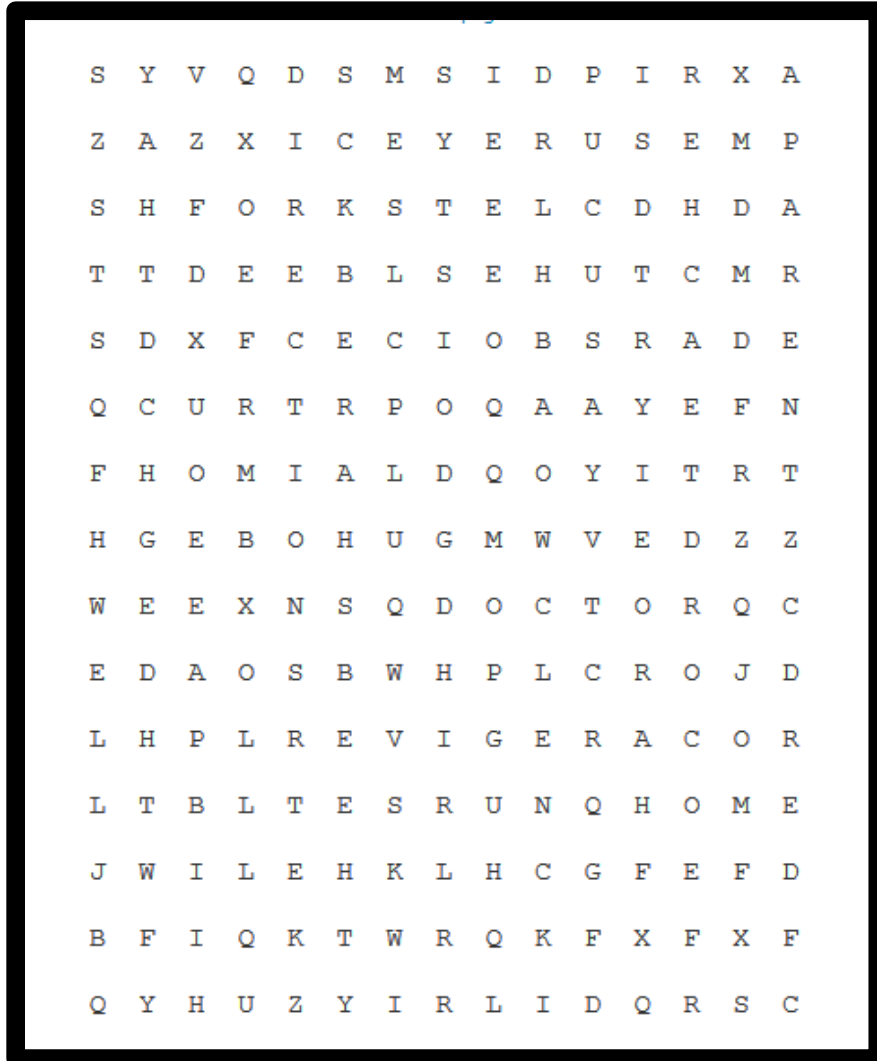
1. Only take medications from trusted adults
(parents, caregivers, teachers, doctors, nurses)
2. Only take medications that have been
prescribed for you by a doctor
3. Only take medications of which your parents
are aware
4. Know the rules for keeping medications at
school
5. Do not share your medications
6. Only take medications as directed

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Medicine Safety Word Search

(<http://puzzlemaker.discoveryeducation.com/>)

Using the bank of words below, circle each of the 17 words listed. Then, write one sentence about medicine safety using five of the words listed.



ASTHMA	CAREGIVER	DIABETES	Teacher
DIRECTIONS	DOCTOR	FOOD	Well
HEALTH	HOME	NURSE	
PARENT	PRESCRIBED	RULES	
SAFE	SCHOOL	SHARE	

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Solution

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S + + + D S + S + + P + R + A
+ A + + I + E + E R + S E M P
+ + F + R + + T E L C + H + A
+ + + E E + + S E H U T C + R
+ + + + C E C + O B S R A + E
+ + + + T R + O + A A + E + N
+ + + + I A L + + + + I T + T
H + + B O H + + + + + D + +
W E E + N S + D O C T O R + +
E D A + S + + + + + + + + D
L + + L R E V I G E R A C O +
L + + + T E S R U N + H O M E
+ + + + + H + + + + + F + + +
+ + + + + + + + + + + + + +
+ + + + + + + + + + + + + +
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(Over,Down, Direction)

ASTHMA(10,6,NE)
CAREGIVER(13,11,W)
DIABETES(13,8,NW)
DIRECTIONS(5,1,S)
DOCTOR(8,9,E)
FOOD(12,13,NE)
HEALTH(1,8,SE)
HOME(12,12,E)
NURSE(10,12,W)
PARENT(15,2,S)
PRESCRIBED(11,1,SW)
RULES(12,5,NW)
SAFE(1,1,SE)
SCHOOL(12,2,SW)
SHARE(6,9,N)
TEACHER(13,7,N)
WELL(1,9,S)