

ADOPT-A-DOC™/ADOPT-A-NURSE™ is designed to be implemented throughout the school year. Each month, doctor and nurse volunteers will present different topics on health, safety, and personal power to kindergarteners through second-graders. Program volunteers reinforce the basics of prevention in health and safety through seven core lessons. The program is designed to supplement and reinforce existing school health education programs. Its purpose is to *enhance*, not *supplant*, existing health education curricula.

Each lesson plan is designed for a 30-minute presentation by the volunteer and consists of an introduction to the topic, dialog between the students and volunteer, including visual aids, and at least one developmentally-appropriate, hands-on learning activity. The scripted presentations, classroom activities, and child activity sheets work hand-in-hand to reinforce the development of health and safety knowledge and skills. The take-home Parent Resource pages facilitate parent involvement in their child’s learning, while providing the parent with important information about the various curriculum topics, how children learn, and how to enhance their child’s learning and promote their health and well-being. Lesson plans are independent of each other so that a volunteer can select the order of presentation that best fits the needs of the school and children. Volunteers undergo orientation and are provided with scripted lesson plans, visual aids, child activity sheets, family resource guides, and qualitative evaluation forms. Topics, goals, student learning objectives, lesson plans, children worksheets, family resource guides, and qualitative evaluation forms have been developed and reviewed by an Editorial and Advisory Committee comprised of nationally-recognized leaders in early childhood health education. All topics are included in nationally-recognized and evaluated comprehensive health education curricula and are appropriate for doctors and nurses.

About Our Curriculum

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- ◆ Developmental Process, page 4

- This is about to change -



100 children were asked what doctors and nurses do. None said they teach you.



Because Nothing Matters More

SEVEN CORE LESSONS, GOALS, LEARNING OBJECTIVES

I. Personal Health

This lesson begins to define good health, teaches students that their behavior and habits affect their health, and identifies healthy habits. It also begins to establish a familiar and trusting relationship with a health care professional by spelling out what a doctor does and what happens in an office visit.

Learning Objectives: At the end of this module, students will be able to:

- Recognize the characteristics of being well and being sick
- Understand that their choices and behavior affect their health
- Know what types of behavior promote good health
- Experience a level of comfort with the health care professional
- Understand what a doctor does
- Realize that they and their doctors are partners in their health care
- Understand the purpose of basic medical instruments used in a doctor visit



**Let's Learn About Health
& Stay Healthy Together!**

II. Healthy Habits and Disease Prevention

This lesson teaches students the concept of communicable ("catchable") diseases like colds and flu, how these diseases are spread, and ways to reduce their spread.

Learning Objectives: At the end of this module, students will be able to:

- Explain that germs can be spread by touch or through the air
- Recognize methods to reduce the spread of germs
- Demonstrate proper hand-washing techniques
- Know how to reduce the spread of germs when coughing or sneezing
- Understand how their behavior and habits can promote health
- Distinguish between immunizations and medications (Grade 2)
- Understand the difference between communicable ("catchable") diseases and diseases that are not (asthma, diabetes, injuries) (Grade 2)

III. Healthy Habits and Nutrition

This lesson teaches students how eating habits can affect their health, emphasizes the importance of nutritious food for developing a strong and healthy body, helps them identify healthy food, and highlights the need for variety in their diet.

Learning Objectives: At the end of this module, students will be able to:

- Understand that nutritious food is important for strong, healthy bodies
- Understand the importance of eating a variety of foods
- List a variety of healthy foods
- Identify ways that different foods have different benefits
- Recognize normal serving sizes of food (Grade 2)

IV. Healthy Habits and Fitness

This lesson teaches students the importance of regular physical activity for the health of their muscles and internal organs and describes various forms of exercise.

Learning Objectives: At the end of this module, students will be able to:

- List ways to keep their bodies healthy
- Understand the importance of regular physical activity
- Explain how exercise helps their growth and development
- Demonstrate different forms of exercise (aerobic, strength, flexibility)
- List the benefits of regular exercise
- Identify ways to exercise safely (Grade 2)

CURRICULUM TOPICS, GOALS, LEARNING OBJECTIVES (cont'd)

V. Healthy Habits Means "No To Drugs" (later grades)

This lesson teaches students the difference between drugs and medicine, the proper use of medicine, the harmful effects of nicotine and alcohol, and the critical health benefits of being drug-free.

Learning Objectives: At the end of this module, students will be able to:

- Distinguish between drugs and medicine
- List examples of medicine, legal "drugs" such as nicotine and alcohol, and illegal drugs
- Understand the harmful effects of nicotine and alcohol
- Understand the harmful effects of illegal drugs
- Know that they should take medicine only from trusted adults
- Understand that they need to tell someone if medicine makes them feel worse (Grade 2)
- List products containing nicotine (Grade 2)
- List harmful effects of nicotine on the body (Grade 2)

VI. Safety and "Gear Up"

This lesson teaches students how to stay safe by adopting behavior that promotes personal safety, particularly by using seat belts and helmets.

Learning Objectives: At the end of this module, students will be able to:

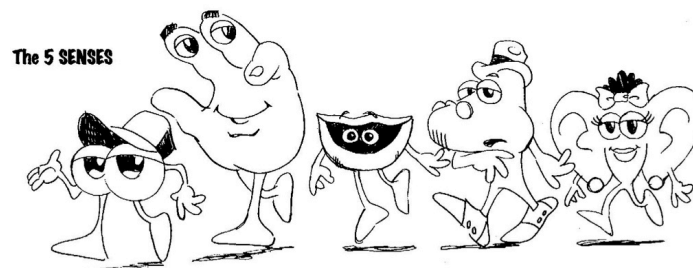
- Understand that they have a personal responsibility to stay safe
- Define the difference between safe and dangerous behavior
- Adopt behavior that promotes personal safety
- Describe how seat and shoulder belts can prevent injury
- Know when and why they should wear a helmet
- Identify safety gear for specific activities and understand how the gear protects their bodies (Grade 2)

VII. Safety and Emergency Help

This lesson teaches students how to identify emergency situations that require adult help, how to summon help in those situations, and how to stay safe during them.

Learning Objectives: At the end of this module, students will be able to:

- Identify situations that require immediate adult help
- Identify who can provide emergency help
- List different ways they can get emergency help
- Get emergency help when necessary
- Understand that their first priority is to stay safe in emergencies
- Make an emergency phone call



ADOPT-A-DOC™/ADOPT-A-NURSE™ CURRICULUM DEVELOPMENT PROCESS

Dr. Charlotte M. Hendricks, HSD, CHES, was the lead author of the Adopt-a-Doc™/Adopt-a-Nurse™ curriculum. Dr. Hendricks is nationally-recognized for her work in the area of early childhood health education since 1980, and has co-authored several nationally-recognized comprehensive health education curricula for young children, including preschool.

The purpose and objectives of the program reflect the expertise of Dr. Hendricks, three reviewers nationally recognized in their respective fields, and members of the Advisory Committee. Once the purpose and objectives were finalized by the Advisory Committee, the process of developing the curriculum began, as outlined below:

Selection of Topics, Goals, and Student Learning Objectives

The seven topics, goals, and student learning objectives are based on: (1) recommendations regarding comprehensive school health education as presented by the American School Health Association and the American Association for Health Education; (2) inclusion of same in nationally-recognized and evaluated comprehensive health education curriculums; and (3) areas of expertise of the targeted volunteers.

An important consideration in selecting these topics, goals, and objectives was that the Adopt-a-Doc™/Adopt-a-Nurse™ curriculum is designed to **supplement and reinforce existing school health education**. It is not intended as a “stand-alone” curriculum, or to replace existing health education curriculum or requirements.

The topics, goals, and objectives underwent three complete review rounds by the reviewers and the Advisory Committee.

Development of Curriculum Design

The lesson plans are based upon formats that have proven successful in other curriculum, such as the *Michigan Model for Health Education; Growing Healthy; Growing, Growing Strong; and Know Your Body*. The lesson plans were drafted, then subjected to three rounds of review and revision by the reviewers and the Advisory Committee members.

Each lesson plan includes an introduction to the volunteer and the Adopt-a-Doc™/Adopt-a-Nurse™ program, introduction to the topic, dialogue between the students and volunteer, including visual aids, and at least one hands-on activity that emphasizes and reinforces learning of the key concept for that topic and grade level.