



Medicine Tastes Like Feeling Better — Lesson Plan

Grade: Pre-K–1 | Duration: 40–50 minutes | CASEL Domain: Self-Management

Objective: Students will understand medicine safety rules (only from trusted adults, only when sick), learn coping strategies for taking medicine, and practice reframing difficult experiences positively.

Essential Question: *"How can changing the story we tell ourselves change how something feels?"*

Materials: The personalized story, Paper and crayons, Toy medicine cups or spoons, Optional: applesauce or pudding for "brave sip" practice

Vocabulary: Medicine, Sick, Healing, Reinforce, Cooperate, Brave, Trusted Adult, Spoonful, Recovery, Body

ANTICIPATORY SET (5 MIN)

Ask: "Raise your hand if you've ever had to take yucky medicine." (All hands.) "Now raise your hand if you were brave about it." (Fewer hands, but rising.) "Today we're going to learn why taking that yucky spoonful is actually a HERO move."

DIRECT INSTRUCTION (15 MIN)

Read aloud. Pause at the brave sip. Pause when the healing army deploys. Emphasize the two safety rules: ONLY from a trusted adult, ONLY when sick. Practice the reframe: "It's not yucky — it's the taste of feeling better."

GUIDED PRACTICE (10 MIN)

Brave Sip Role Play with stuffed animals. Practice the Reframe Game as a class.

INDEPENDENT PRACTICE (10 MIN)

Draw the Healing Army vs. the Ickies. Write: "When I take medicine, I'm helping my body by ____."

CLOSURE (5 MIN)

Share drawings. Recite together: "Medicine is only from my trusted adults, and every brave sip sends my healing army to fight!"

ASSESSMENT

Can children state the two medicine safety rules? Can they reframe a negative into a positive? Exit ticket: "Who gives you medicine and when?"

DIFFERENTIATION

Support: Provide Healing Army drawing templates. Use sentence starters for reframing.

Extend: Create a "Brave Sip Guide" booklet for the school nurse. Research: how does medicine actually help our bodies?

HOME CONNECTION

Send home the two medicine safety rules and the reframing technique. Ask families to practice the brave sip countdown together.