



## **Additional Activities - Unit 8: Healthy Choices (No Harmful Drugs)**

In this lesson, children will learn how to differentiate between healthy and harmful substances by understanding that drugs and alcohol are always harmful for children, even if adults say it feels good or makes them have fun. Here are some activities you can do with your little one to strengthen the HALO at Home lesson!

### **Healthy vs. Harmful Flash Cards**

**Materials:**

- 3 x 5 index cards
- Magazines
- Scissors
- Glue
- Marker/crayons

**Directions:** Have your child cut out pictures of healthy and harmful choices from the magazines and glue each one on an index card. Ask your child which pictures represent healthy choices and which are harmful. On the back of each index card, have your child draw a smiling face on the healthy choices cards and a sad face on the harmful choices cards. Allow your child to play and practice with the flash cards.

### **Healthy Lifestyles**

This activity is designed to allow children opportunities to practice acting silly in a safe and healthy way.

**Materials:**

- Open area that allows children to move freely
- Colored scarves or any colorful lightweight fabric
- Music

**Directions:** Encourage your child to act silly. You may choose to play some music encouraging them to dance and move freely in whatever way they wish, as long as it does not pose any danger. As your child moves, encourage them to throw the scarves/fabric into the air or simply move around with them. Feel free to involve other family members in the house as well. After the activity, discuss with your child how they felt to move freely. Let your child know how important it is for all of us to act silly at time and there are many ways in which we can do it safely.

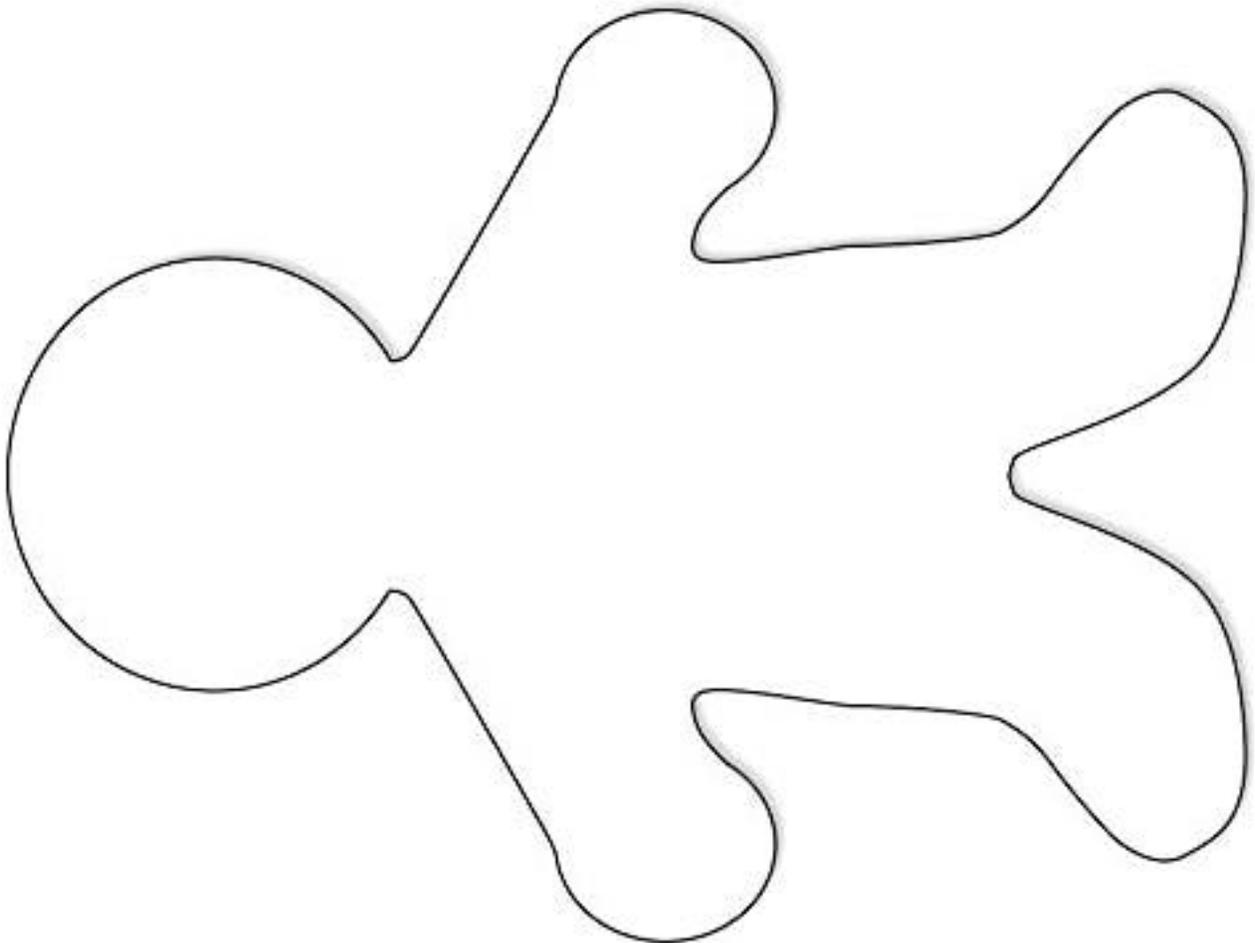
## Understanding Addictions

This activity provides a concrete way for young children to begin understanding addiction using magnets.

### Materials:

- Magnets
- Paper clips
- Paper doll cutouts (see below)

**Directions:** Remind your child that drugs are dangerous because they harm your body and mind. Explain that they are also dangerous because people can become addicted. Have your child put the paper clip on the paper doll cutout and allow them to observe what happens when it is placed near the magnet. Discuss with your child that addiction means a person can get “stuck” to the drug just like the paper clip sticks the paper doll to the magnet.



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Healthy Alternatives for Little Ones