



Additional Activities - Unit 9: Healthy Choices (Drugs Are Dangerous)

In this lesson, children will learn begin to understand that drugs and needles are dangerous. Children will learn the difference between medicine for illness and drugs that are harmful to the body. Here are some activities you can do with your little one to strengthen the HALO at Home lesson!

Medicines Can Be Harmful

This activity will help your child identify medications and how to distinguish between how they can be helpful or harmful.

Materials:

- Magazines or newspaper ads
- Scissors
- Glue
- Construction paper

Directions: Write “Do Not Touch Medications” on top of the construction paper. Have your child look through magazines or ads and cut out pictures of medications and glue them onto the construction paper. Explain to your child what the medications are and what they are used for. Tell them that they should NOT take these medications unless they are given to them by a doctor or parent. Discuss how medications from the doctor are healthy and make us feel better but anything not prescribed to them can be harmful!

Fun Field Trip (Creating Teachable Moments)

This is an awareness activity designed to assist children in recognizing healthy versus harmful things in their environment.

Materials:

- no special materials needed

Directions: This activity does not have to be conducted as a formal activity. This type of learning can be done repeatedly and taken advantage of in very subtle ways as learning opportunities present themselves (teachable moments). For example: while taking a walk around the block, point out the many wonderful healthy things like fresh air, wind, water, etc. Discuss the possibility of being presented with something harmful, like finding a needle. Quiz your child on what they should do if this happened. Reinforce to them, it is never okay for children to pick up a needle and they should report it to an adult immediately. This scenario could also be carried

out in a local grocery store or drug store. While touring the facility, point out and discuss the many dangerous or harmful things for children on the shelves.

Environmental Labeling

This activity is designed to help your child identify harmful things within their own home environment.

Materials:

- Danger symbol cut out (see below)

Directions: Provide your child several danger symbol cut outs. Present common household items to allow your child an opportunity to place the symbol on the dangerous items. You can also allow your child to place the symbols on a closet or cupboard drawer that contains dangerous things. This activity could allow the entire family to be more aware of the dangers that can be found around the house and help remind children to avoid them.

