

Healthy Alternatives for Little Ones In-Class Activities

Lesson 8: No Harmful Drugs

This week we are learning **about the effects of harmful drugs on the body**. The objective of Lesson 8 is for each child to be able to identify that drinking alcohol, smoking, and using drugs are harmful to our bodies and mind, to say “NO” to harmful things, and to have fun by acting silly in a safe and healthy way. Here are some activities you can do with your class to reinforce this week’s HALO lesson!

Healthy Vs. Harmful Flash Cards

This activity will reinforce knowledge of healthy and harmful alternatives.

Materials: Index cards or construction paper cut into halves, crayons/markers *or* cut-out pictures from magazines and glue

Directions: Have children create their own healthy vs. harmful flash cards by either drawing healthy and harmful pictures on the index cards *or* selecting healthy and harmful magazine pictures and gluing the pictures onto index cards. On the back of the cards, have children draw a smiley face on healthy cards and a sad face on harmful cards. Then, the cards may be used in class and at home to reinforce healthy and harmful alternatives.

Someone’s in the Middle

In this movement activity, children can practice having fun and being silly in a safe and healthy way.

Materials: Space to gather in a large circle.

Directions: Gather with the children in a large circle. Sing “Someone’s in the middle, middle, middle. Someone’s in the middle, moving like that.” Replace “Someone” with a child’s name and repeat the song. Have that child go into the middle of the circle and do something silly. Allow other children to try to copy the silly movement. Repeat for each child.

