

Healthy Alternatives for Little Ones In-Class Activities

Lesson 9: Drugs are Dangerous

This week we are learning **that all drugs are dangerous if used improperly**. The objective of Lesson 9 is for each child to be able to state that all drugs are dangerous; identify needles, pills, and other medicines and know not to touch them; state that medicine is to be taken only when sick; identify that drugs can make healthy people sick by damaging their organs; and know that the more often a drug is used, the more damage is done. Here are some activities you can do with your class to reinforce this week's HALO lesson!

"Do Not Touch" Quilt

This activity will encourage children to identify things that are dangerous and reinforce the "do not touch" message.

Materials: Colored construction paper, markers/crayons, and a stapler.

Directions: Give each child a sheet of construction paper and coloring utensils. Have children think about something that is dangerous that they should not do or touch, then draw it in a picture. Label the pictures. Staple these pictures together to form a quilt. Use extra construction paper at the top to label the quilt "Do Not Touch ". The quilt can be hung up and used during circle time to discuss dangerous things and reinforce the "do not touch" message.

Field Trip Fun

This activity will assist children in recognizing healthy and harmful things in their environment.

Materials: No materials are necessary to create teachable moments, but may use props such as empty medicine bottles or pictures of dangerous items.

Directions: This does not have to be conducted as a formal activity. This type of learning can be done whenever teachable moments present themselves such as while walking around campus, to and from the playground, etc. Discuss the possibility of coming across something harmful, such as a needle on the ground or cleaning supplies in their play area. Quiz the children on what they should do if this happened. Reinforce the message that it is *never okay* to pick up a needle and they should report it immediately to an adult.

A more formal activity could involve setting up pretend scenarios in the classroom such as a grocery store or doctor's office using props or pictures. Point out things that are healthy and things that are dangerous. Discuss what to do when confronted with dangerous things.

