

McGruff's Activity Booklet for Girls & Boys

(Grades 3 & 4)



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DRUG PREVENTION:

What Is Appropriate For Communicating With Third And Fourth Graders

Third and fourth graders should be encouraged to focus on their strengths — the things they do well — and should be guided with suggestions for building upon those strengths. Children at this age are faced with more and more decisions; they need to cultivate decision-making and problem-solving skills to help them make appropriate choices. Children may face negative peer pressure and need enough self-control and self-esteem to choose what is best for them while still maintaining friendships. They need help determining and living with their own healthy choices, which may be different from those reflected by peers, television, or older siblings.

Parents and teachers:

- ◆ **Teach Children How To Know Which Adults Are Responsible Persons**, such as parents, teachers, and police officers to whom one may go to ask questions or seek help.
- ◆ **Teach Children That They Have a Responsibility To Tell an Adult About Strangers, Problems, and Unknown Things or Substances.**
- ◆ **Encourage Children To Recognize That Each Choice They Make Has Consequences, Positive and/or Negative.** People who use drugs face negative consequences.
- ◆ **Explain the Long-Term Effects of Decisions and the Importance of Setting Goals** and striving to attain them, whether in school, on the playing field, or at home. Help children recognize the good feeling achieving a goal brings them, while also stressing that setbacks and disappointments are normal parts of life.
- ◆ **Help Children To Understand That Their Actions Can Affect Others and That Others' Actions Can Affect Them.**
- ◆ **Show Children Helpful Ways To Handle Negative Emotions** and feelings such as anger, frustration, anxiety, fear, and jealousy by doing such things as talking with others, relaxing, or taking part in an alternative activity.
- ◆ **Teach Children To Identify the Message of an Advertisement and Explain the Purpose of Advertising.** Children are exposed to many television, radio, and print advertisements. [Help children to recognize that some ads try to get people to do things that may not be good for them or their bodies.]

When You Don't Use Drugs You Are...

R D G U Y H T L A E H H
 G T C M B A A J R U A T
 T H I N K C L E A R L Y
 R G A R E T A L S T I R
 M I J P Y M E R V E V E
 F R D W P B E S T M E E
 H B R T L Y T O E O C R
 S E V E E R Y S O C E F
 T R T A O D I I K S R E
 R E N N I W B L E M S M
 A N G R O W I N G A E I
 M B A A W G S E A E F R
 S D N E I R F E U R T C
 M E E E R F G U R D N L

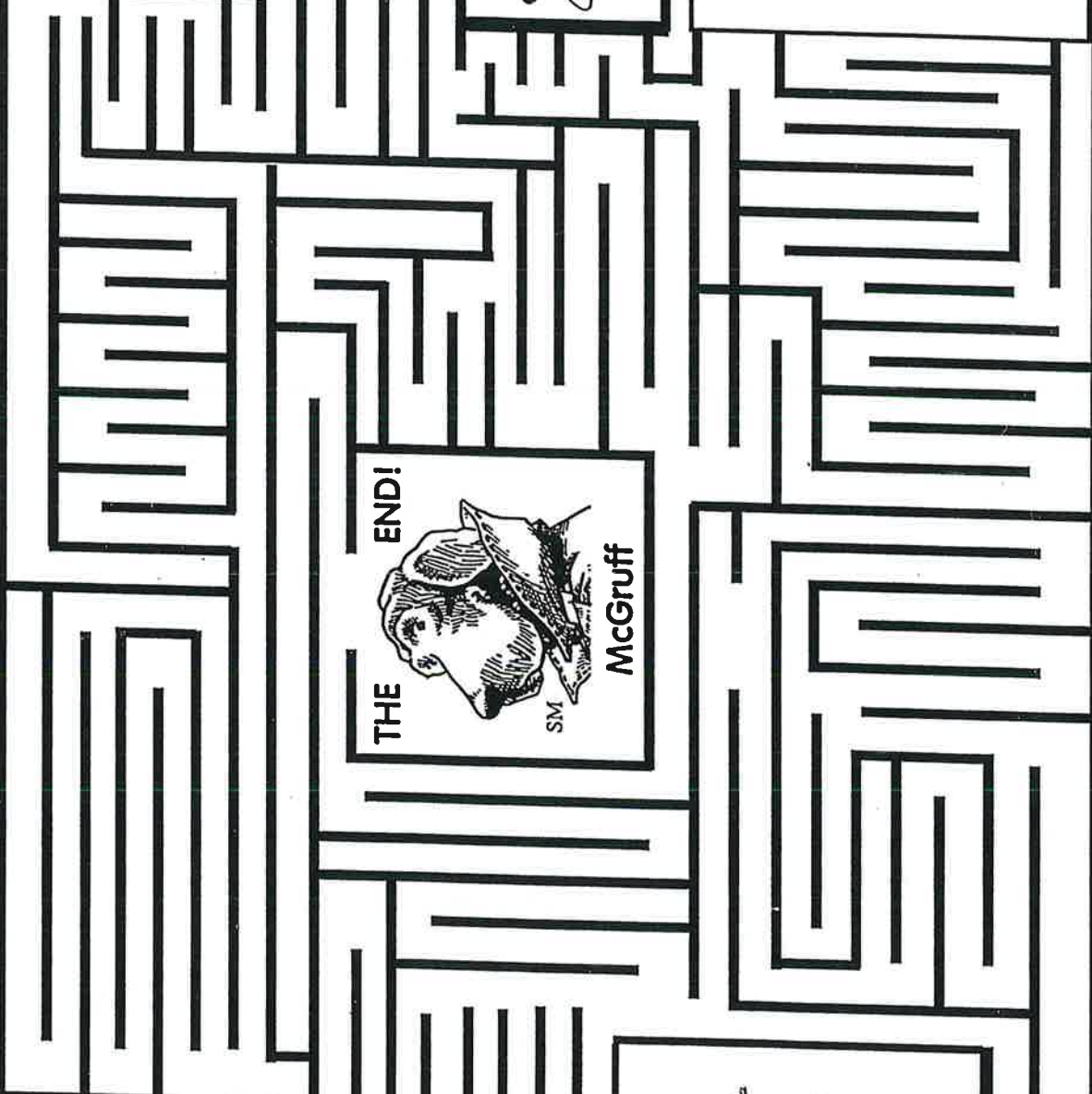
Find These Fun Activities: The words and phrases below are in the puzzle, but they are written up, down, sideways, backwards, and diagonally! Can you find them?

- | | |
|-------------|--------------------------------------|
| ALIVE | (able to make your) DREAMS COME TRUE |
| SMART | GROWING |
| HEALTHY | TRUE FRIENDS |
| (your) BEST | STRONG |
| (a) WINNER | BRIGHT |
| WISE | (able to) THINK CLEARLY |
| DRUG-FREE | HAPPY |
| CRIME-FREE | |



NOTE FOR TEACHER AND PARENT: This word search asks children to think of what kind of good things will happen when they remain drug free. Discuss these things with your children and what other things they will enjoy when they choose not to use drugs and remain healthy.

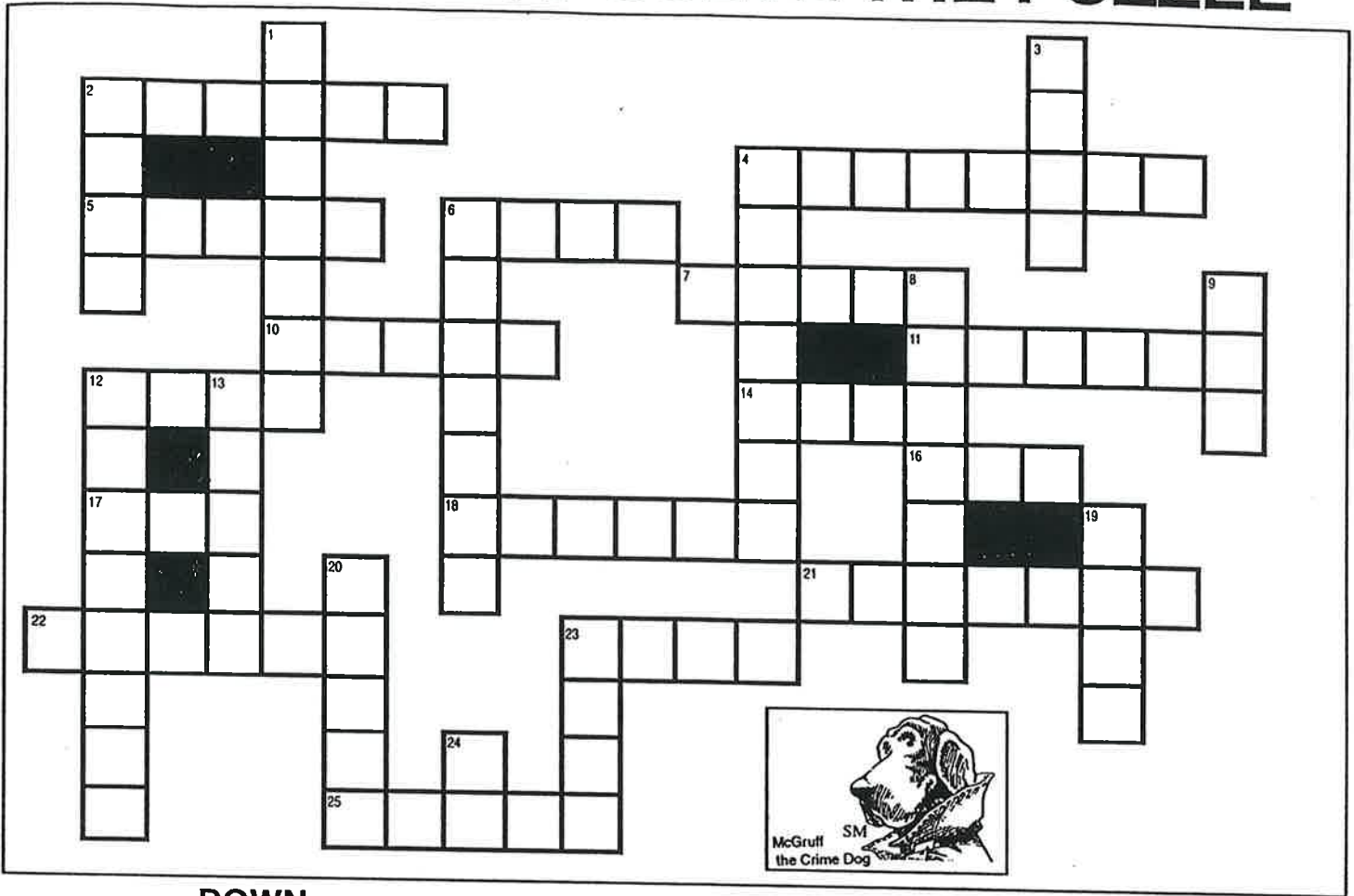
Find Your Way to McGruff and Have Fun Doing Healthy Things!



ART HERE!

NOTE FOR TEACHER AND PARENT: Have your students complete this maze and get to McGruff in the middle. Discuss with them their favorite drug-free activities. HINT: They must pass every activity. Have them draw their favorite activity on a separate sheet of paper after they complete the maze.

HELP McGRUFF SOLVE THE PUZZLE



DOWN

ACROSS

1. ___ play with each other after school.
2. Smoking can make you ___.
3. Don't be a fool! Drugs aren't ___.
4. Cigarettes are not ___.
6. ___ says "Take a Bite Out of Crime".
8. I am ___.
9. If you ___ drugs on the ground, don't touch them.
12. Only take ___ from someone you know.
13. If someone asks you to use drugs, ___.
19. If a friend is in trouble, you should get ___.
20. You should keep your room ___.
23. ___ bright clothes when riding your bike.
24. I enjoy watching shows on ___.
2. Baseball, soccer, football.
4. Everyone needs to do their ___.
5. If a stranger ___ to your door don't let him or her in the house. Tell an adult.
6. The ___ I know, the smarter I am.
7. We play ___ at recess.
10. Beer and wine coolers are ___.
11. Ask the ___ for help when you or friends are in trouble.
12. Drugs can make you ___ your shot in basketball.
14. Be home at the ___ you are told to be home.
16. Don't get into a ___ with a stranger.
17. Have a good ___!
18. Mom, Dad, Sister, Brother.
21. My ___ helps me learn new things.
22. When I'm sick, I stay home from ___.
23. Studying helps me to do ___ in school.
25. ___ put drugs or something dangerous in your mouth.

Words In The Puzzle

CAR	SAY NO	MISS	HOMEWORK	HELP	CLEAN	NEVER	SPORTS
MORE	DRUGS	WEAR	SICK	POLICE	WELL	GAMES	McGRUFF
COOL	DAY	FRIENDS	HEALTHY	MEDICINE	SEE	SCHOOL	TV
TIME	TEACHER	FAMILY	COMES	SPECIAL			

NOTE FOR TEACHER AND PARENT: This activity challenges students to find the words to complete the crossword puzzle. It has a variety of safety, health and drug,

Add Up the Numbers Below Each Line, Then Find the Letter That Matches It To Get the Secret Message!

$$\overline{6 + 4}$$

$$\overline{1 + 2}$$

$$\overline{8 + 3}$$

$$\overline{9 + 9}$$

$$\overline{3 + 6}$$

$$\overline{4 + 1}$$

$$\overline{7 + 7}$$

$$\overline{0 + 16}$$

$$\overline{7 + 11}$$

$$\overline{6 + 9}$$

$$\overline{3 + 2}$$

$$\overline{10 + 10}$$

$$\overline{2 + 1}$$

$$\overline{13 + 9}$$

$$\overline{5 + 0}$$

$$\overline{1 + 1}$$

$$\overline{4 + 5}$$

$$\overline{15 + 1}$$

$$\overline{15 + 3}$$

$$\overline{3 + 7}$$

$$\overline{1 + 19}$$

$$\overline{10 + 2}$$

$$\overline{11 + 11}$$

!

KEY

1 - K

7 - J

12 - G

17 - C

22 - S

2 - F

8 - V

13 - R

18 - H

23 - U

3 - D

9 - E

14 - L

19 - W

24 - X

4 - P

10 - I

15 - Y

20 - N

25 - M

5 - A

11 - O

16 - T

21 - Z

26 - B

6 - Q

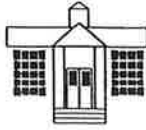
NOTE FOR THE TEACHER AND PARENT: This secret message is designed to help students practice their mathematics skills, and to provide a fun message to decipher (I do healthy and safe things!). Discuss what healthy and safe means, and what kind of healthy and safe things the children do.

WHAT INFLUENCES YOUR LIFE?

1. Unscramble the following words:

HINT: Use the pictures for clues.

LHOCOS



EDFNIR



LMYFAI



FRUFCMG



COTRDO



VSEETILNOI



CATEHRE



TROBHRE



RESTSI



2. Write your answer here:

S _ H _ _ _
2

_ _ _ N _
13 7

_ _ _ _ Y
16

_ _ C _ _ _
15 14

_ _ T _ _
12 4 9

_ _ L _ V _ _ _
8 11 1

_ _ A _ _ _
19 3 17

_ _ H _ _
10 5 18

_ _ _ R _
6

3. Decode message using the letters above:

1 2 3 4 5 6 7 8 9 10 11
12 13 14 15 16 17 18 19

McGruff
the Crime Dog



NOTE FOR TEACHER AND PARENT: Have your students unscramble the words to find the people and things that influence their lives. Discuss what "influence" means, how it can be good and bad, and how and why the students should resist bad influences.

Seek and Find: Fun Things To Do With Friends and Family

Find These Fun Activities: The hidden words go left to right, backwards, top to bottom, upside down, diagonally.

E J R W M A G G N I T A K S E C I S E A
 R U N A R A C E E C O B S S P D E F V B
 U E X A E E T W F S P I N T P I C N I C
 T N D P C X V Q I H R R E R V E N E R F
 C A Y P K E O N H O M E W O R K A M D R
 I D R O O R G A D P Q A M P P T D U A W
 P H O N E C A L L P L D O S R N T E R G
 A E T C F I G E O I V A C A T I O N O N
 W R S G B S A L C N A B W I M A A R F I
 A G A R D E N I N G C O O K N P M C O M
 R C L O J F C M X C A O O D S E M A G M
 D F L O C L M S O B I K E R I D E D L I
 L P E G N I M H C A E B E H T O T O G W
 S S T D P N O N O I T S E U Q A K S A S

Hidden Words:

HOMework
 SPORTS
 MOVIES
 SHOPPING
 PICNIC
 SWIMMING
 VACATION
 GARDENING
 EXERCISE
 GO TO THE BEACH
 PHONE CALL
 BIKE RIDE

COOK
 GO FOR A DRIVE
 DANCE
 SING
 DRAW A PICTURE
 READ A BOOK
 GAMES
 RUN A RACE
 ICE SKATING
 TELL A STORY
 ASK A QUESTION
 PAINT

TAKE A BITE OUT OF
CRIME



SM

NOTE FOR TEACHER AND PARENT: This word search asks the students to find the drug-free activities in the jumbled letters above. Discuss what fun and healthy things your children like to do either by themselves, with their friends, or with their families.