

McGruff's Kindergarten Activity Booklet



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The information below will help you determine the most appropriate ways to teach young children about drugs. Of course, you know your children best; circumstances in your community will dictate what you discuss with your children and in what manner. The following is provided as a guideline for discussion with your children.



DRUG PREVENTION:

What Is Appropriate For Communicating With Kindergartners

Kindergartners usually do not need specific information on drugs, except to know that most people do not use illegal or "bad" drugs. Instead, parents and teachers should:

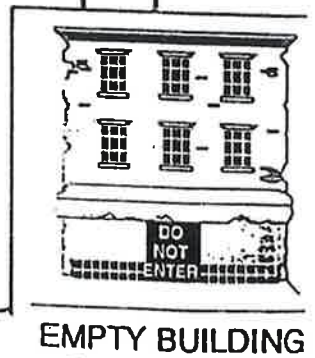
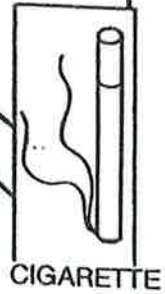
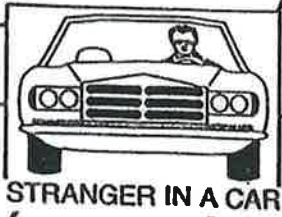
- ◆ **Emphasize Health, Diet, and Exercise.** Help children develop positive, healthy habits such as washing their hands and brushing their teeth.
- ◆ **Teach Your Children the Basic Functions and Locations of Major Body Organs Along With Ways To Take Care of One's Own Body.**
- ◆ **Discuss Behaviors That Promote a Healthy Lifestyle.** By helping children learn healthy behaviors, you will make it easier for them to say "Yes" to healthy behaviors and "No" to harmful behaviors.
- ◆ **Provide Guidance to Children About What To Do When They Are Not Feeling Well.**
- ◆ **Explain to Children What Medicines Are.** Explain how medicines can be both helpful and harmful, and from whom they can take medicines.
- ◆ **Tell Your Children How To Recognize Poisonous Products, Especially Those Found in the Home.** Teach children to stay away from unknown substances and to tell an adult if something dangerous occurs.
- ◆ **Provide Examples of What Is Good and Bad, Right and Wrong, Healthy and Unhealthy, Legal and Illegal.**

Children at this age also need to cultivate positive self-esteem. Teach your children to:

- ◆ **Value Each Person as an Individual.** This will help your children not to harm themselves or another.
- ◆ **Develop Their Own Self-Concept.** Adults can help to make this concept positive by encouraging the children, giving them opportunities to do things well, and offering them positive feedback. Children with a positive self-concept will be better able to relate to and help peers, teachers, parents, and other caregivers.

Most important, remember to spend time LISTENING to and talking with your children about the things they want to discuss.

THE END!

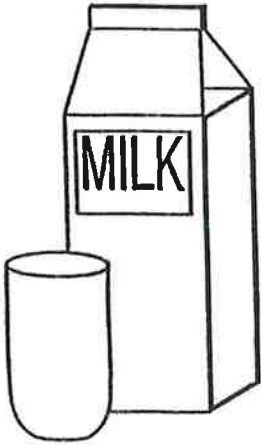





NOTE FOR TEACHER AND PARENT: Ask the children to show McGruff and his friends how to get to the park safely as they avoid unsafe things. Discuss the unsafe things shown and why they are unsafe things. Explore what they would do if they stumbled for real across these unsafe things. Stress the importance of seeking the help of a trusted adult. Discuss that, just as with the maze, there is more than one way to do things.

WHAT DOESN'T BELONG IN THE RECTANGLES BELOW?

RECTANGLE A

RECTANGLE B

	 <p>CORN</p>
 <p>BREAD</p>	 <p>BEER BEER</p>

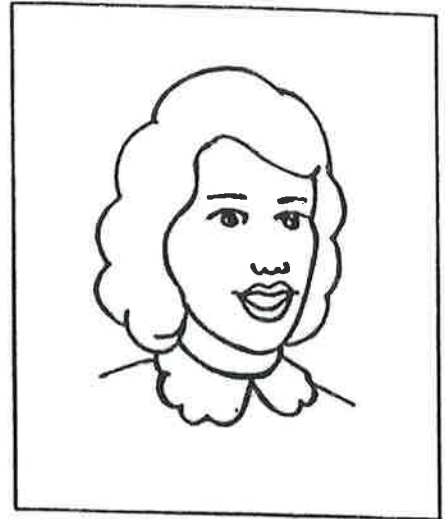
 <p>WEARING YOUR SEATBELT IN THE CAR</p>	 <p>RIDING WITH SAFETY EQUIPMENT</p>
 <p>PLAYING SPORTS</p>	 <p>PLAYING WITH MATCHES</p>

NOTE FOR TEACHER AND PARENT: Discuss what the items in rectangle A and rectangle B are and if they are good or bad. Have your children cross out the items which do not belong with the three in that rectangle. Color the good items. **HINT:** It may be helpful to separate rectangle A from rectangle B by folding the page in half or copying one rectangle at a time.

**CIRCLE THE PEOPLE WHO CAN GIVE YOU MEDICINE
AND X OUT THE ONES WHO CAN'T!**



YOUR DOCTOR



YOUR MOTHER



YOUR FRIEND



YOUR GRANDMOTHER



A STRANGER

NOTE FOR TEACHER AND PARENT: The message of this game is that there are some people from whom it is OK to take medicines, and there are some people from whom you should not take things. Before giving this sheet to your children, have a discussion on this subject and then give the activity to them to reinforce the message.

DRAW A PICTURE OF YOURSELF WITH McGRUFF!

McGruff

You

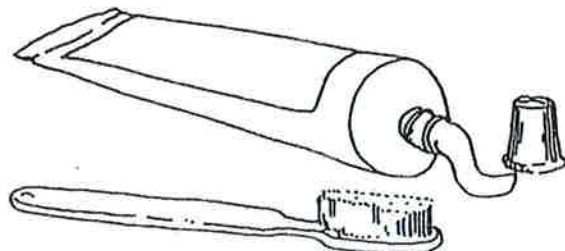
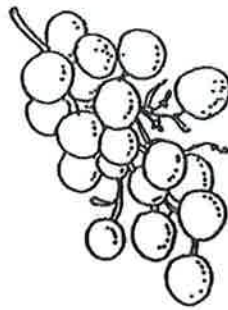
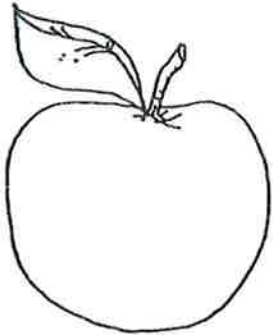
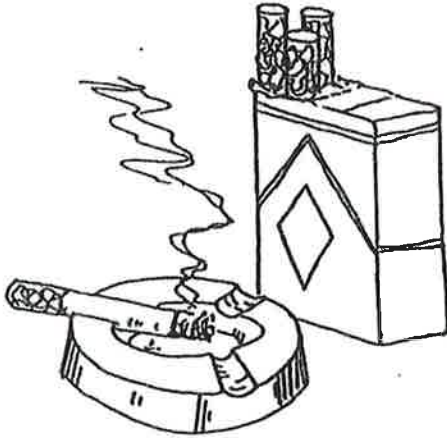
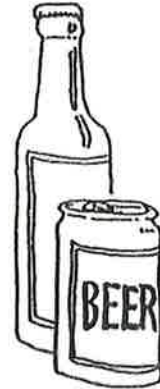
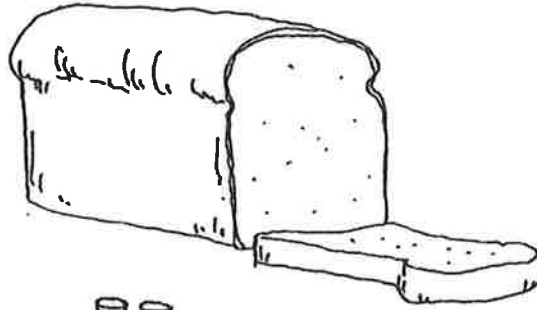


McGruff the Crime Dog

NOTE FOR TEACHER AND PARENT: McGruff is a trusted and well-recognized figure to young children. Have your children draw a picture of themselves and then color the picture. Hang the pictures in your classroom and help your children to learn more about McGruff and what he does. Discuss McGruff's safety messages, including the importance of not getting in a car with a stranger, putting unknown things in their mouths, etc. Hang the picture up at home to share with the entire family.

What's Good? What's Bad?

DIRECTIONS: Put an "X" over the bad things to put in your mouth. Color the good things to put in your mouth.



Say No!

DIRECTIONS: Color the ring and slash red to show "No!" to alcohol, tobacco, and other drugs.

