



# ELEMENTARY SCHOOL

K-6TH GRADE



Art & Music

English

Math



## COUNTDOWN LINKS

Create a paper chain with links of colorful paper. Create the same number of links as there are days until the next holiday (or other special event). Allow the class to remove one link as a countdown every day until the holiday approaches. As they remove a link from the chain encourage them to make healthy choices, as well as, how to be healthy on the holiday they are preparing for.

### Variation

Have students write a healthy activity on each of the paper links for an entire month (31 links with a message on each). When the students cut off a link with a healthy activity written on it, encourage the youth in the class to focus on or participate in that activity for the day.

## DRUGS R GARBAGE!

Have an art class create "Drugs are Garbage" signs which can be placed on the garbage cans or trash dumpsters at schools, parks, community centers, garbage trucks, etc.

## DRUG-FREE DECOR

Create drug free art, logos, bumper stickers, banners, door decorations, shirts and collages to be displayed throughout the school.

### Variation

Group project – Have the students draw healthy activities they have done so far during the day (e.g., running, biking, playing football, dancing, drinking milk, eating fruits/vegetables, etc.).





# RHYME REMIX

Have the class create new lyrics to an already known song (e.g., Mary had a Little Lamb) filled with a positive, healthy message. The class can then sing the newly created song while others play musical instruments.

# JUNK FOOD ELIMINATION

## Objective

Healthy lifestyles: Students distinguish between “good” foods and “bad” foods

## Materials

- Red crayon/pencil
- Green crayon/pencil
- Printable worksheet for each student (see end of this document)

## Direction

Students use the red pencil to cross out named/pictured “junk food” and use green pencil to circle “healthy foods.”

## Take Home Message

It is important to put good things in your body and stay away from things that could harm you. This includes staying away from alcohol, tobacco, and other drugs. Put healthy things in your body so you grow up to be strong and you can do all the things you want to do like “Live Your NO.”

## Variation

*Group Discussion- Ask students to list different foods or their favorite foods and write them on the board. As a group, go through the list and cross out “junk foods” or group similar items into categories. This activity can be paired with the “Drugs are Garbage.”*

# ROSES ARE RED ...

## Objective

Students write poems about why they choose to be alcohol and drug-free

## Materials

- Crayon/pencil
- Paper

## Direction

Students make up their own poem using the “Roses are red, violets are blue...” poem. Have students write poems and post them on a wall, have students read them at assembly, read one a day on the intercom, or submit to the local paper!

## Samples

Roses are red, Violets are blue, I won't ever take drugs, How about you?

Roses are red, Night is black, I won't take drugs, Cause I'm smarter than that.

Roses are red, Trees are forest green, taking lots of drugs could make me real mean.

Roses are red, sheets are white, someone offers me drugs, I'd say that is just not right.

Roses are red, Some bears are brown, Taking drugs any time would make my parents really frown

## Variation

*Use different colors, or have students try other styles of poetry such as Haiku tongue twisters, or limericks to describe the results of drugs or things to do besides drugs!*

## Variation (include music)

*Play the “My Favorite Things” song from the “Sound of Music” and ask students to listen closely. As a group, list some of the things to do mentioned in the song. Ask the students if any of the things in the song are their favorite things too. Have each student list their favorite things on a piece of paper and then break students into groups to share and discuss whether or not their favorites contribute to wellness. Ask groups to share with the class and discuss. Have students draw a picture of their healthy, favorite thing to do and discuss with each other how alcohol and other drugs would prevent them from being able to do these things.*



## CHEERS! CHOOSING 2B DRUG-FREE!

Have students create a classroom chant about their choice to be healthy and stay alcohol- and drug-free. You can also make this a school-wide, grade challenge, and decide this year's best cheer, chant, or rap at an assembly!

Helpful site: <http://www.songsforteaching.com/chantsraps.htm>

## LIVE YOUR NO...VERB?

### Objective

Healthy Lifestyles and Healthy Choices

### Materials:

- Crayon/pencil
- Printable "Live Your NO" template (see end of this document)
- Printable "Live Your NO" verbs (see end of this document)

### Direction

On the template, students identify what their passion is ("I live my no by \_\_\_\_\_"). Without letting the group know what is written or drawn on the paper, choose one student at a time to act out their "no" or identified passion. The classmates or group will take turns trying to guess what the individual is acting out. Once guessed, the student holds up their paper and tells the class about their healthy choice.

### Variation

List an activity, or call on a student to name their passion. Have the student name all of the verbs associated with that activity. For example, to play basketball, you need to stay healthy. What are some of the verbs required to play basketball? Jumping, walking, running, throwing, listening, etc. For older elementary age, discuss what are physiological and physical abilities necessary to perform these activities and what are some ways that alcohol, tobacco, and other drugs inhibit these abilities.

### Variation

Give each student the "Live Your NO" verbs sheet and have them cut out to create cards. Ask students to select five of the cards that describe their passion. Have students hold up each card (as a hint) and ask their classmates to guess what their NO is...if classmates don't guess, hold up another hint card, and so on.

## WORD PROBLEMS

### First Grade

(Did you know that eating healthy foods will help your body feel good and strong?) Chad's favorite things during Halloween are the healthy treats. On Halloween night Chad went for a walk down his street. He found 10 houses giving apples on one side of the street and 2 houses giving bananas on the other side of the street.

How many houses were giving healthy snacks for Halloween? \_\_\_\_\_

Write the math equation: \_\_\_\_\_

*Hint: If it helps, draw the fruits in the space below.*

### Second Grade

Mrs. Johnson's second grade class has turned their classroom into a pumpkin patch for the school's Halloween party. They have invited students from other classes to come and visit. In the first hour 61 students came to visit. In the second hour 45 students went through the pumpkin patch.

How many students total visited the pumpkin patch? \_\_\_\_\_

Write the math equation: \_\_\_\_\_

### Third Grade

Amanda is making lemonade and selling it at her lemonade stand. She is charging 50 cents per glass. On Saturday she sold 19 glasses. On Sunday Amanda sold 12 glasses.

How much did Amanda earn on Saturday? \_\_\_\_\_

How much did Amanda earn on Sunday? \_\_\_\_\_

How much money did Amanda earn in total? \_\_\_\_\_

### Fourth Grade

Mr. Thomas is looking after the community skating rink this winter. He floods the rink every Thursday night with a hose that pumps 37 liters per minute. This past Thursday, Mr. Thomas spent 54 minutes flooding the rink.

How many liters of water did Mr. Thomas put on the outdoor rink? \_\_\_\_\_

Write the math equation: \_\_\_\_\_

### Fifth Grade

Mary is going to the hardware store to buy some tools to tend to her new vegetable garden. She would like to buy a rake for \$20.26 and a hoe for \$17.59. Mary will also need a shovel at a cost of \$27.83.

How much will the three tools cost Mary? \_\_\_\_\_

Write the math equation: \_\_\_\_\_





## COUNTING AND COUNTDOWNS

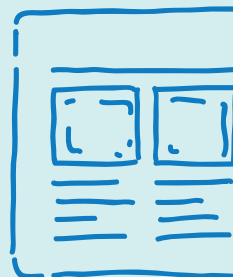
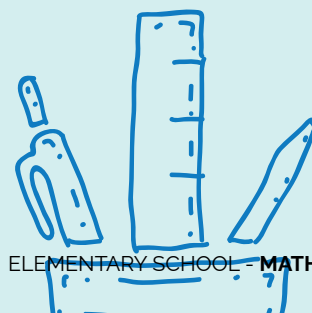
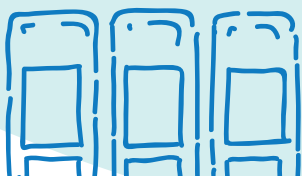
Have students count how many fruits and vegetables they have eaten so far today to keep their bodies healthy and growing strong.

At the beginning of the day, have the students count the number of days until the weekend. Once they have reached Friday, have them list all of the healthy and safe activities they can participate in over the weekend.

Put buttons, rocks, etc. in a jar and have the class/school/community guess the correct number. (Choose a healthy snack or prize for the winner who guesses most accurately.)

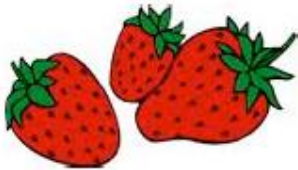


school



# RESOURCES







**Hot Dog** CANDY ORANGES

Yogurt Soda **Apple Juice**

**Milk** Ice Cream

Chicken McNuggets Carrots

**Granola Bar** TURKEY SANDWICH

Chocolate Bar PIZZA

**Potato Chips** String cheese

spaghetti **vegetable soup**

**French Fries** watermelon

**I “Live my NO” by ...**





# VERB LIST

creep	crawl	walk	run	jump
skip	hop	slither	climb	dig
squirm	fly	sit	stalk	stomp
tiptoe	gallop	blow	dance	glide
swim	wash	play	throw	drink
eat	chew	sing	shout	growl
bark	buzz	laugh	smile	cry
go	moo	quack	talk	yell



scream	screech	squawk	squeal	glow
listen	paint	look	read	knit
sleep	draw	shine	watch	kick
dive	find	build	work	explore
shop	clean	catch	shake	



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