



Too Good for Drugs Grade 3

Home Workout

for Parents and Kids

Dear Parent:

Our class is participating in *Too Good for Drugs*, a prevention program designed by the Mendez Foundation to teach skills for living healthy, drug-free lives. We are excited about this opportunity to teach goal setting, decision making, communication, peer pressure refusal and wellness skills. Children are twice as likely to learn, remember and use skills when their parents are involved. We invite you to be a part of this prevention program.

We began the program today by learning some important steps for setting and reaching a goal. Please help to make a habit of using this important skill. With your child, review the "Go for Your Goal" steps listed below:

Go for Your Goal

1. Name what you want to do.
2. Picture yourself reaching your goal.
3. Say, "I can."
4. Think how to do it.
5. Go for it!
6. Tell yourself, "Good job!"



Create an "I Can" Can. Inside the can, your child will put his/her goal for the week on an index card. Be sure to date the card. Check the can every day to track progress toward the goal. Praise small steps along the way. When your child reaches the goal, do something special to celebrate. Then set a new goal.

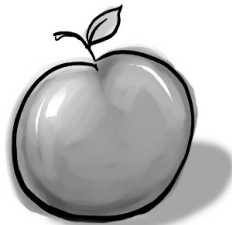
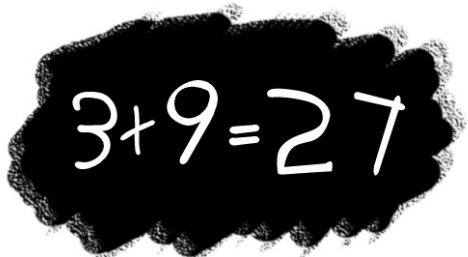
Keep a file of the goal cards your child has completed. Looking back at past successes encourages children to persevere.

Thank you for helping to teach your child that we are all "Too Good for Drugs."

Too Good for Drugs Grade 3

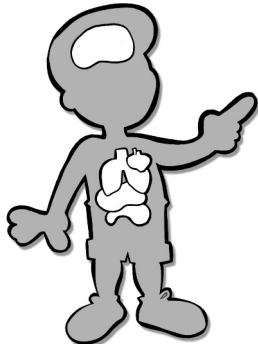
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We are learning to keep our bodies healthy by making good choices. Today we performed a skit about a boy named Charlie who made a very unhealthy choice. Ask your child to tell you what happened.

Help your child to learn to keep his or her body healthy. Together, write or draw 5 things you can do each day to keep your body healthy. Then set a goal to do them each day.

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We are learning healthy ways to cope with stress. Today we learned to relax our bodies by acting like rag dolls instead of robots. To help your child to learn this important skill, ask your child to talk to you about things s/he finds stressful.

Share some healthy ways you relax, such as going for a walk, watching a funny movie, listening to music or visiting a restful place.

CHILD:

The next time I feel stress, I know what to do.

a book I will read _____

a place I will go _____

an activity I will do _____

a song I will listen to _____

a friend I will talk to _____



PARENT:

The next time I feel stress, I know what to do.

a book I will read _____

a place I will go _____

an activity I will do _____

a song I will listen to _____

a friend I will talk to _____



MENDEZ FOUNDATION

Too Good for Drugs Grade 3 **Home Workout**

for Parents and Kids

We are learning to make good decisions. Today we learned to predict consequences before making a choice. Please help your child to learn this important skill by playing the Consequences Game. To prepare the game, cut cards apart on the dotted lines, mix them up and place them, face up, on a table. To play the game, pick a card that shows a choice and a card that shows the consequences of that choice. Take turns with your child until you have matched each choice with its consequence.

Choices Cards

Consequences Cards

Jay smoked a cigar

His eyes burned,
and his throat hurt.

Alice looked both ways
before crossing the street.

She crossed the
street safely.

Donna lied to her
friend Sue.

Sue does not trust her.

Paul felt frustrated, so he
asked for help with math.

Mom helped him, so he
does not feel frustrated
any more.

Ronda was caught cheating.

She got a zero on the test.

Max kicked Bill in the leg.

Bill will not play with Max.

Too Good for Drugs Grade 3

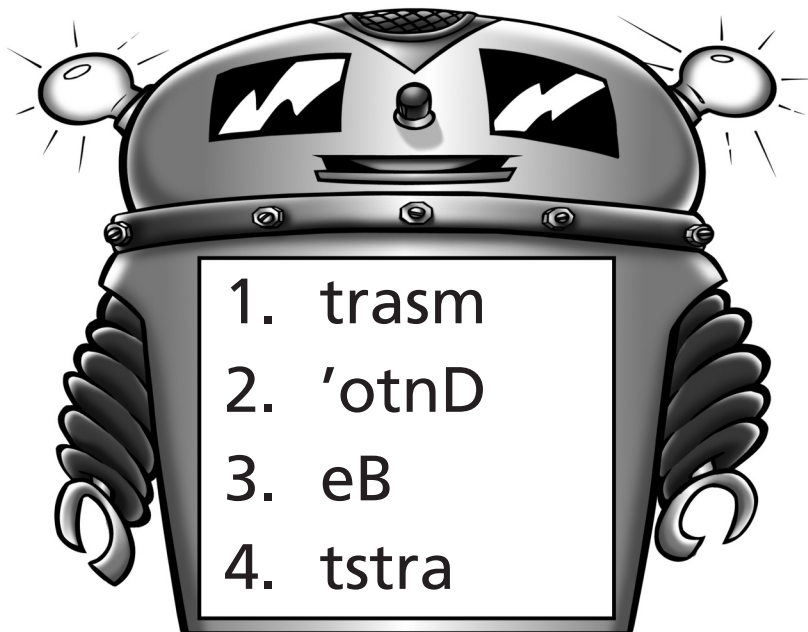
Home Workout

for Parents and Kids

Today we learned some important facts about alcohol. Please discuss the following facts with your child:

- Beer, wine, wine coolers and liquor all contain alcohol.
- Alcohol is a drug.
- It is against the law for children to drink alcohol.
- Drinking alcohol can affect the brain.
- Drinking alcohol can make it hard to see, walk, talk or make good decisions.

With your child, unscramble the message below about alcohol and other drugs. First, unscramble each word.



____ _

____ _

____ _

____ _

Then write the words in the correct order in the blanks.

_____ !

_____ !



MENDEZ FOUNDATION

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Home Workout

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We are learning how advertisers try to influence our choices. To help your child learn this important skill, ask your child to find an ad from an old magazine. Together, answer the following questions:

What product is being advertised?

What does the company want you to think about the product?

What is the purpose of the ad?

Would you buy this product?

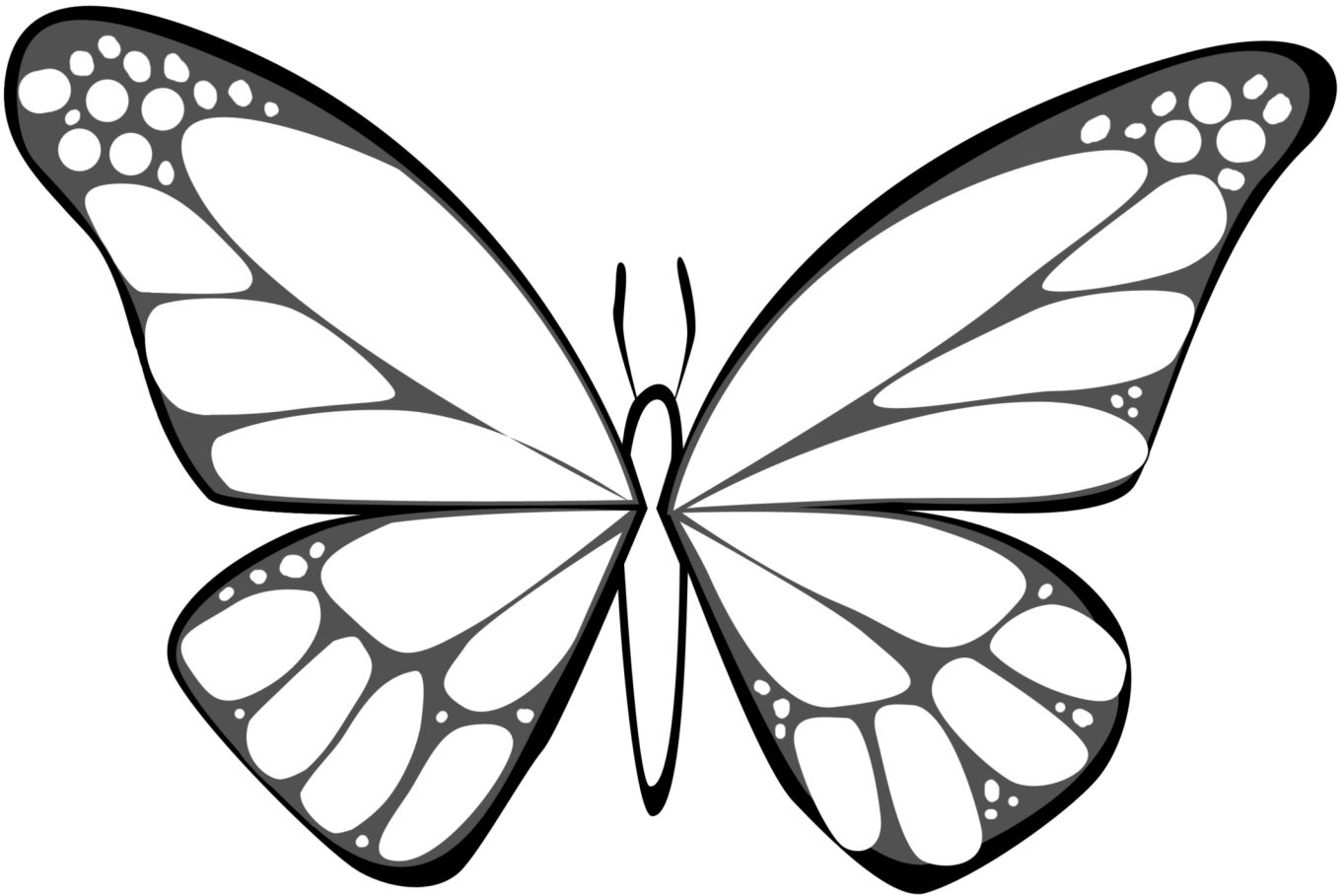
Why or why not?

After answering these questions together, invite your child to tell you what s/he has learned about cigarette advertising.



Earn Your Wings

Today we heard a story about Mac, a caterpillar who wanted to see the world when he became a butterfly. He let a friend talk him into trying marijuana. Using marijuana changed Mac. He forgot about his goal to see the world. At the end of the story, Mac's butterfly friends flew away, leaving him behind.



Help your child say no to peer pressure by doing the following activity. Post this butterfly on your refrigerator. Every time your child handles peer pressure successfully, s/he will tell you what happened. Congratulate your child and invite him or her to color in a section of butterfly wing. When your child has completely colored the wings, return the butterfly to school. We will post our butterflies on the bulletin board to show that we have "earned our wings" and know how to handle peer pressure.