



Too Good for Drugs Kindergarten 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.

Today we learned that one way to have a great day is to help someone. Studies suggest that children who have opportunities to help or contribute in meaningful ways are less likely to become involved with tobacco, alcohol and other drugs. They are also more likely to lead successful, satisfying lives.

Please help to teach your child this important skill. Invite your child to look at the pictures on the chart below and say how each picture shows helping others. Ask your child to set a goal to help others at home by circling one of the pictured tasks. Post the chart on your refrigerator. Show your child how to check each day as s/he completes the task. When the chart is complete, invite your child to color in the starburst "I did it!" Sign the chart and have your child return it to school.

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

Sincerely,



My goal is to help others at home:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Child's Name

Parent's Signature





MENDEZ FOUNDATION

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We are learning about our wonderful bodies and how to take good care of them so they will last a lifetime. Please help your child by doing the following activity.

Directions: (1) Use a crayon to circle three healthy things you do for your body every day—or almost every day. (2) Invite your child to circle three healthy things s/he does using a different color crayon. (3) Discuss with your child other ways to keep our bodies healthy.





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Read each sentence aloud. Have your child circle all correct answers.

1. I can find a friend ...

at school

at the park

in the neighborhood

2. Friends can be ...

classmates

neighbors

teachers

coaches

3. Friends like to ...

laugh

help

share

take turns

Parent's friend

Child's friend



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We are learning to make good decisions. Read the words: stop and think. Invite your child to trace the words. Then read the situations below. With your child, help Tuggles make a good decision.

- 1 Tuggles was playing ball. His ball rolled into the street. Stop and think. Should Tuggles chase the ball into the street?
- 2 Tuggles was walking to school. A man he did not know said, "Would you like a ride?" Stop and think. Should Tuggles ride with the man?

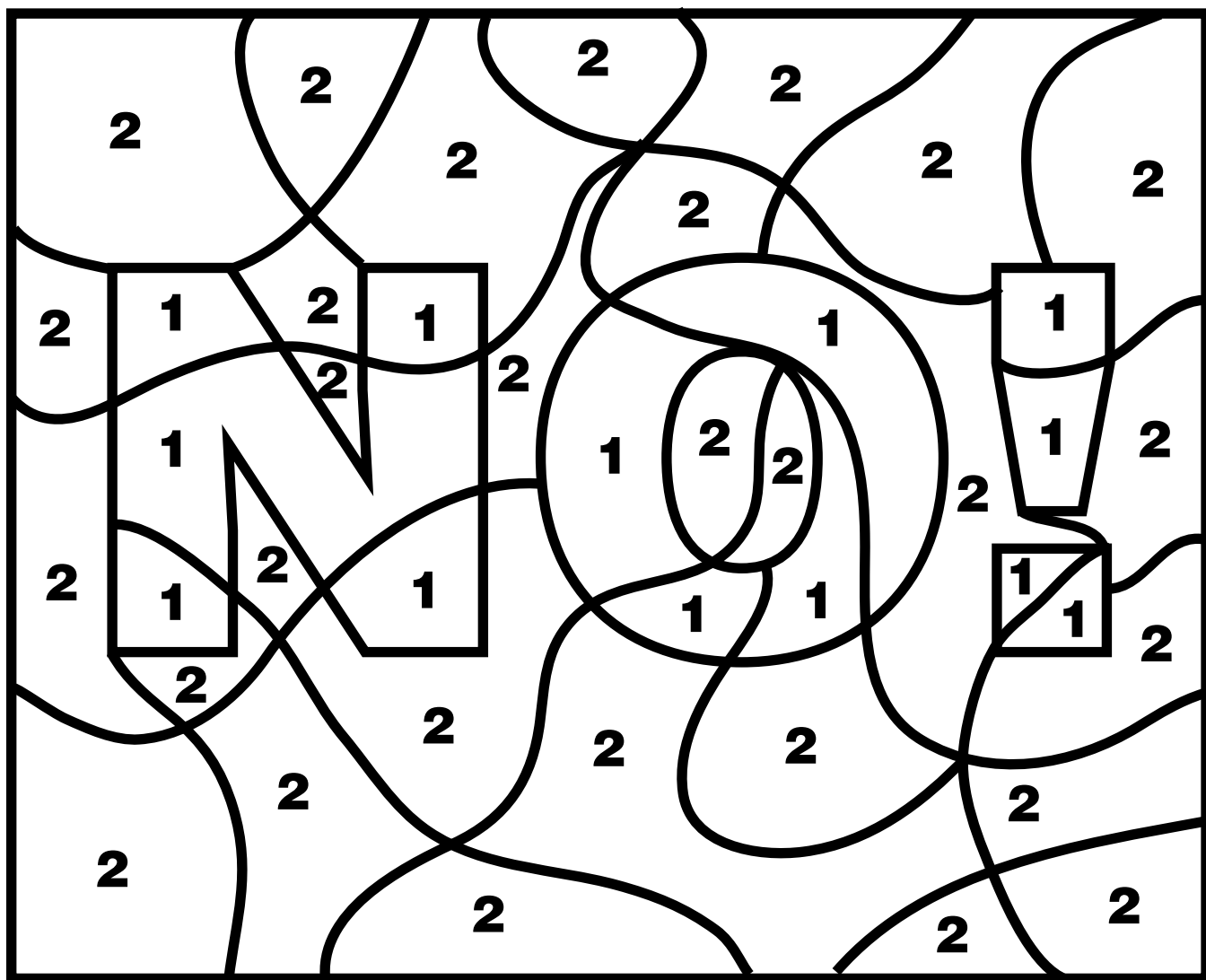




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We are learning what to say to our friends when they want us to do something unsafe or unhealthy. Please discuss with your child times when it is important to say no to a friend. Then read the directions below and help your child to uncover the hidden message.



Puzzle Directions: Color all the 1s yellow and all the 2s green.