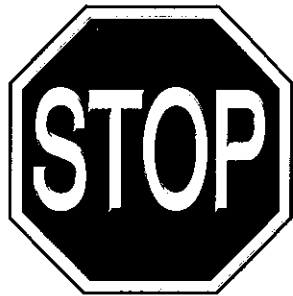


Too Good for Drugs Grade 2

Home Workout

for Parents and Kids

We are learning to stop and think before making a decision. Today we sang a so called "Stop and Think" song. The words to the chorus are inside the stop sign on this page. Please ask your child to sing the chorus of the song with you. Then read each scenario beneath the stop sign. Help your child to make a good decision about each one.



&

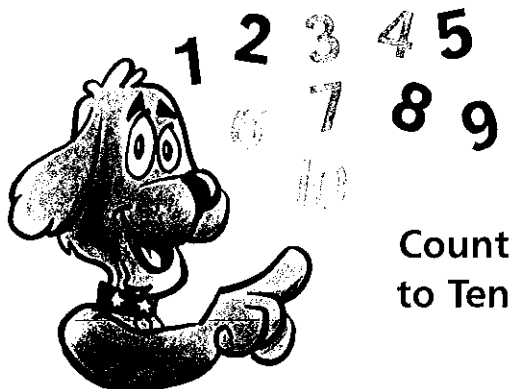


Stop and think
That's the important link.
For giving yourself some time
Before you make up your mind.

Stop and think...
When you're teetering on the brink.
It will help you make a good choice
If you'll stop and think.

- A stranger asks you to get in his car and show him where the grocery store is.
Stop and Think: What should you do?
- You have homework. Your friend comes over and wants you to play.
Stop and Think: What should you do?
- You promised your sister you would play a game. Your friend calls to talk on the phone.
Stop and Think: What should you do?
- You feel frustrated because you don't understand the math homework.
Stop and Think: What should you do?
- Your parent said you should walk straight home after school, but your friend wants you to stop at the playground on the way home.
Stop and Think: What should you do?

How to Handle Frustration Without Howling!



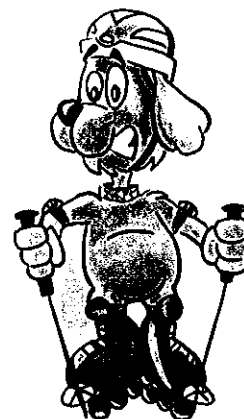
Take One Step at a Time



Take a Break



Try Another Way



Say How You Feel



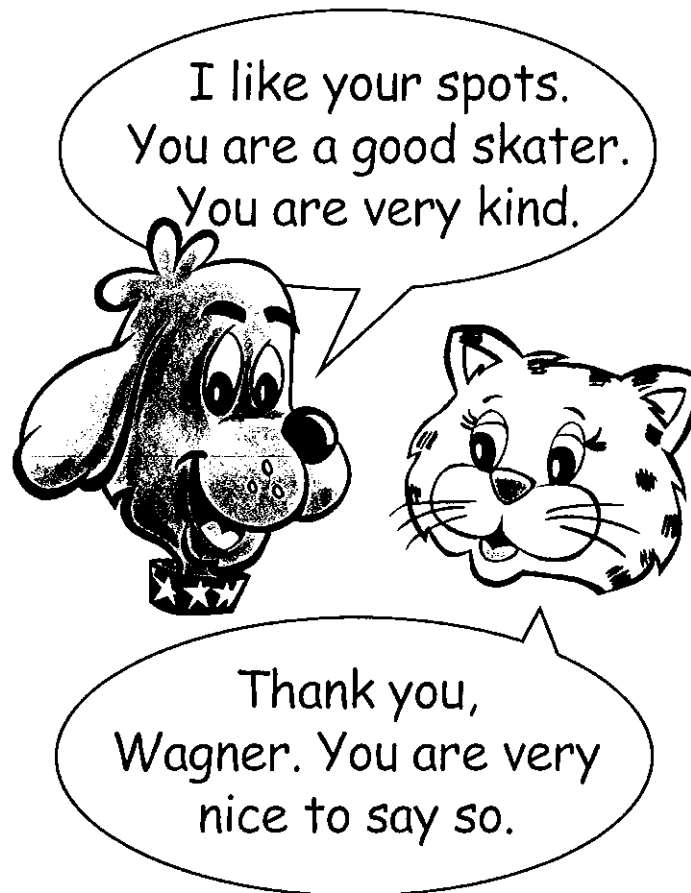
Ask for Help



Too Good for Drugs *Grade 2*

Home Workout

for Parents and Kids



Give your child three compliments:

- 1 compliment about how your child looks
- 1 compliment about a talent or skill your child has
- 1 compliment about a special way your child acts

We have been learning to smile and say "thank you" when someone compliments us. Does your child accept your compliments well? Do you?

Ask your child which compliment s/he likes the most. Tell your child you like to get compliments, too.