



Too Good for Drugs *Grade 1*

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 with a lesson about setting positive goals. We learned that we are more likely to achieve our goals when we write or picture our goals, share them with someone else and display them where we will see them every day.

Please help to teach your child this important skill. Ask your child to set a goal to read a book about a topic s/he is interested in. With your child, fill in the chart below, and post it on your refrigerator. On your next visit to the library or book store, bring the chart and help your child find books about these topics. Then read the books together. When your child has completed all the books, sign the chart and have your child return it to school.

Then invite your child to set a new goal to read books on another topic that interests him or her. Thank you for helping to teach your child that we are all "Too Good for Drugs."

Sincerely,



My goal is to read books about animals.
The animals I want to read about are:

1. _____
2. _____
3. _____



Child's Name

Parent's Signature



Looking for More?

Supplemental Activities & Resources



Language Arts Extender - Goal for the Week

This week the class goal will be to listen to an audio tape. Select an appropriate story on CD or audiotape. Play a section each day, so that by the end of the week, the class has listened to the entire story. At the end of the week, ask your students questions about the story. Who was the story about? Where did it take place? When did it happen? How did the story end?



More Language Arts Extenders

(1) Play a game with verbal instructions, such as Simon Says or Twenty Questions.
(2) Read a short story to the class. Then have your students tell you what happened in the story.



Music Extender

Check out a CD or audiotape recording by Hap Palmer for musical listening activities. "Colors in Motion" (Can Cockatoos Count by Twos? Hap-Pal Music, Inc., 1996) is just one of many songs for this age group.



Math Extender

Tell your class that you will be going on a listening walk. Invite them to predict what sounds they will hear: birds chirping, horns honking, dogs barking, teachers talking, etc. Create a chart on the board listing each sound, and have your students copy it. On the listening walk, have your students keep a tally of how many times they hear each sound. When they return to the classroom, show them how to set up a graph which shows which sounds they heard most often and which sounds they heard less frequently.



Recommended Reading

From Head to Toe, Eric Carles. HarperCollins Children's Books, 1999. This interactive picture book invites children to copy animal antics such as stomping, wiggling, stretching and bending. It strengthens listening skills while encouraging exercise.

Listen, Buddy. Helen Lester. Houghton-Mifflin, 1997. A lop-eared rabbit named Buddy finds himself in trouble with the Scruffy Varmint because he never listens. Will Buddy learn to listen, before it's too late?



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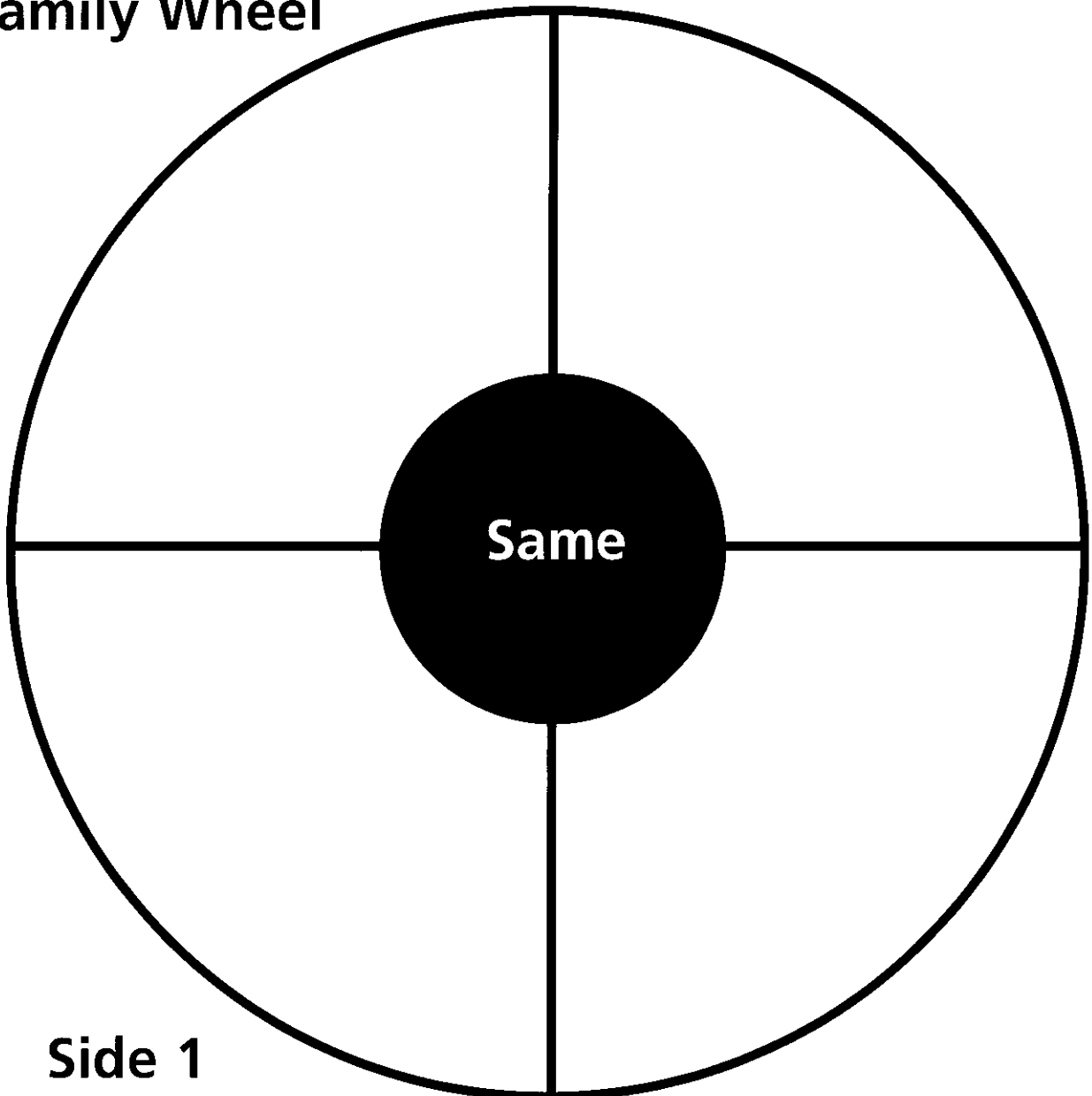
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We are learning that friends and family members are the same in many ways and different in many ways. You can help by creating a Family Wheel with your child.

Directions: (1) Talk with your child about ways that the two of you are the same and ways that the two of you are different. Examples: hair color, things you are good at etc... (2) Together, draw or write one way that you and your child are the same in each section of the Family Wheel. (3) Then turn the wheel over.

Family Wheel



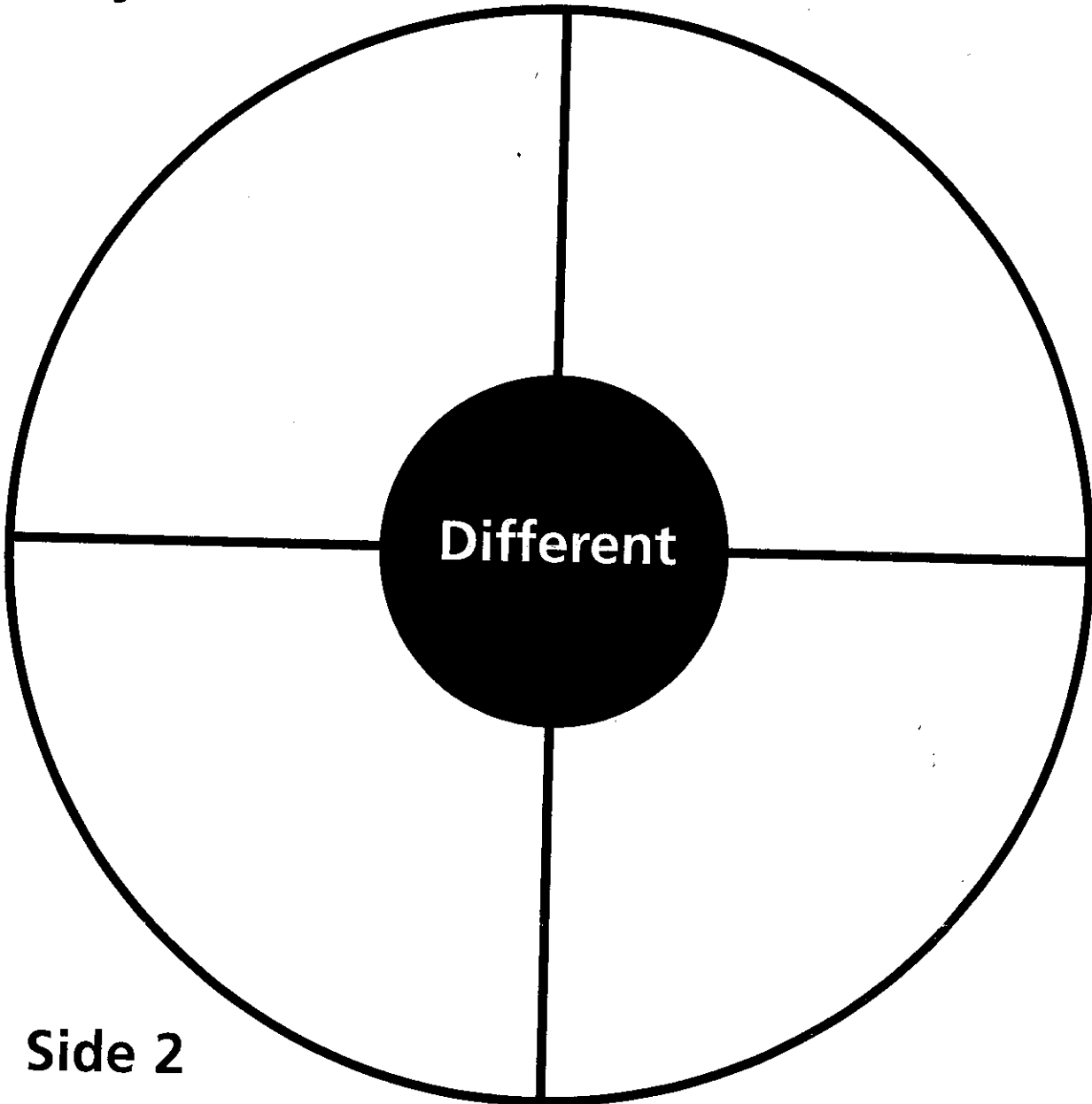


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Directions continued:

Together, draw or write one way that you and your child are different in each section of the wheel.

Family Wheel



Side 2