



Too Good for Drugs Kindergarten Home Workout

for Parents and Kids

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

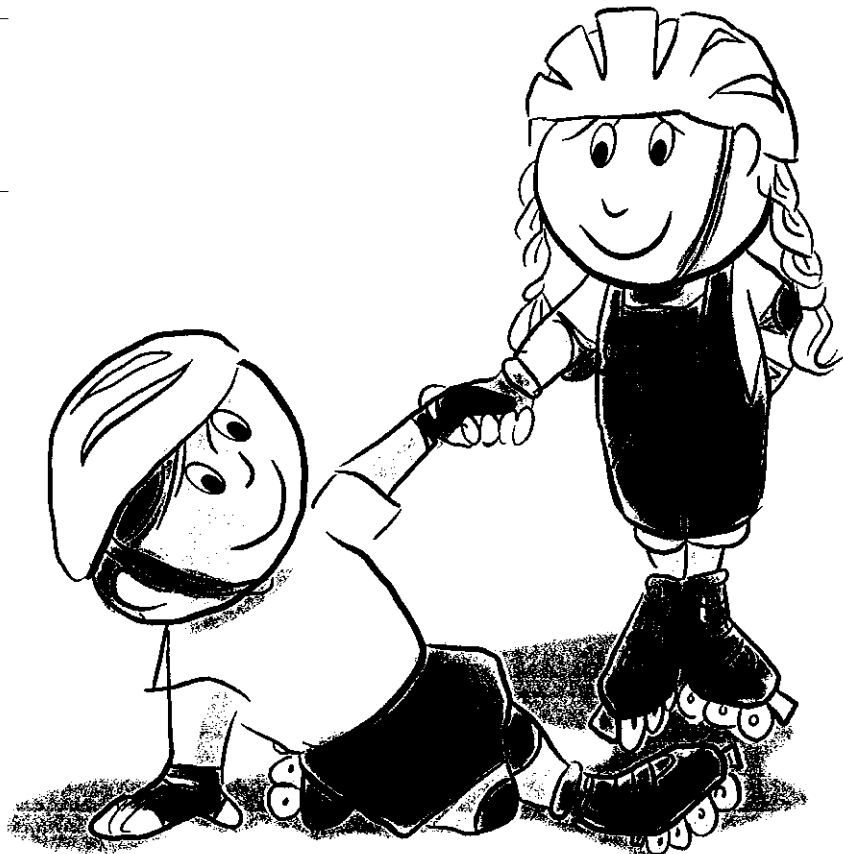
help

share

take turns

Parent's friend

Child's friend



Looking for More?

Supplemental Activities & Resources



Language Arts Extender

Select a student volunteer to come to the front of the room. Fan the feeling cards, and invite the volunteer to pick a card without showing it to the class. Whisper the name of the feeling to the student and help him or her to act out the feeling named on the card. Repeat several times with different volunteers. Invite advanced students to write a sentence using one of the feeling words.



Physical Education Extender

Have the children sit in a circle. Name a feeling as you toss a beanbag or roll a ball to a student. As the student catches the beanbag or ball, he or she should use a facial expression to show that feeling, and then toss the beanbag or ball back.



Recommended Reading

Tough Boris, Mem Fox. Harcourt, 1998. This award-winning book shows that all pirates are tough and scary, and that all pirates cry when they are sad.

Andrew's Angry Words, Dorothea Lachner. North-South Books, 1997. This book shows children how their words can affect others.

Understanding: What Is It?, Sandra Ziegler. Scholastic, 1989. This book builds empathy, encouraging children to understand the feelings of others.

What Is a Feeling? by David W. Krueger. Parenting Press, 1996.* This book explains feelings simply and gives examples that are easy to understand.

Dealing With Feelings Series, by Elizabeth Crary. Parenting Press, 1992. This series includes the following titles: *I'm Mad*, *I'm Frustrated*, *I'm Proud*, *I'm Furious*, *I'm Scared*, *I'm Excited*, Seattle: Parenting Press, 1993.*

* These books may be ordered from Parenting Press, Inc. P.O. Box 75267, Seattle, WA 98125. 1-800-992-6657.



Suggested Video

I Get So Mad! Sunburst. This video shows students that anger is a natural emotion that everyone experiences sometimes. Offers easy-to-understand ways to cope without inappropriate or destructive behavior. To order or preview, call 800-431-1934.