





## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Helping Hands We Can Count On

#### Objectives:

Students will:

- Identify up to five adults whom students can turn to for help with making healthy choices and solving problems
- Trace their handprints and write the names of the adults they can count on in the fingers
- Make a chain of the hands and display them around the classroom

#### Materials:

- Construction paper
- Art supplies (colored pencils, markers, crayons)
- Yarn or string
- Scissors, hole punch

#### Class Time:

45 minutes

#### Activity:

People drink alcohol for many reasons. Sometimes they drink it at dinner or at get-togethers or parties. Other times people drink to try to forget about their problems or to fit in with their friends. To have a healthy lifestyle that doesn't include alcohol, we need to identify adults who can help us make healthy choices and solve our problems.

Today we'll make a handprint that has the names of adults we trust as a reminder of who can help us make healthy choices. First, trace your hand on construction paper and write the names of up to five people you can go to for help or who are role models who live healthy lifestyles. Then we'll cut our "Helping Hands We Can Count On" tracing and link the handprints together with string to decorate our classroom and show that we have a lot of helping hands.

#### Extensions:

1. Students join hands in a circle and name one person they wrote on their "Helping Hands We Can Count On" tracing.
2. Invite a school counselor, therapist, pediatrician, clergy member, police officer, or parent to speak to the class about making good choices for a healthy lifestyle, specifically concerning alcohol.



## Where Does Alcohol Go?

### Objectives:

Students will:

- Show the parts of the body that alcohol can harm

### Materials:

- Art supplies (pens, markers, crayons)
- “Where Does Alcohol Go?” handout
- Overhead of “Where Does Alcohol Go?” handout
- KidsHealth articles

### Class Time:

1 hour

### Activity:

Today we’ll look at the parts of the body that alcohol can harm. Look at the overhead of the body on the board. We’re going to identify the parts of our bodies that alcohol harms. Alcohol is a drug that’s in some drinks. It can change the way you act, feel, speak, and make decisions. It also can hurt your health. When I point to a part of the body, can you guess what it is? (Point to the brain, stomach, heart, liver, blood vessels.) Now let’s label your handout. As I label it on the overhead, you can label the body part on your handout. When we’re finished labeling, you can draw a face and hair.

### Extension:

1. Have students bring home their completed handout to share and talk about with their parents or caregivers.

## Reproducible Materials

### Handout: Helping Hands We Can Count On

[KidsHealth.org/classroom/prekto2/problems/drugs/alcohol\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/problems/drugs/alcohol_handout1.pdf)

### Handout: Where Does Alcohol Go? (unlabeled for students)

[KidsHealth.org/classroom/prekto2/problems/drugs/alcohol\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/problems/drugs/alcohol_handout2.pdf)

### Handout: Where Does Alcohol Go? (labeled for teachers)

[KidsHealth.org/classroom/prekto2/problems/drugs/alcohol\\_handout3.pdf](http://KidsHealth.org/classroom/prekto2/problems/drugs/alcohol_handout3.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Helping Hands We Can Count On

Instructions: Trace your hand in the space below. Next, write your name in the center. Then, in each finger, write the name of a trusted adult who can help you make healthy choices and solve problems. You can use a different color for each name. Don't worry if you can't fill in all of the fingers. After sharing time, you can add more names if you'd like. When you're finished, cut out your hand tracing.



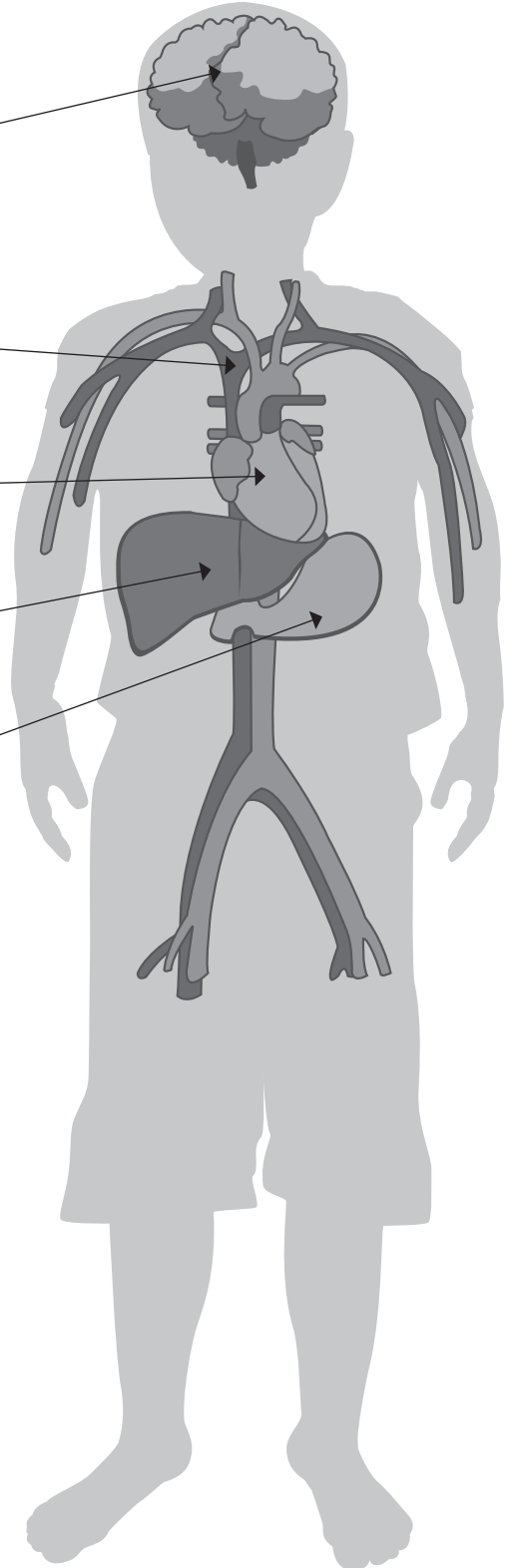


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Where Does Alcohol Go?

Instructions: Label each body part. Then draw a face and hair!





## Where Does Alcohol Go?

Instructions: Print on overhead paper.

*Brain*

*Blood vessels*

*Heart*

*Liver*

*Stomach*

