

# ACTIVITY BOOK



## **ACKNOWLEDGMENTS**

This booklet was developed for use in conjunction with the Building Blocks for a Healthy Future material. Numerous people contributed to the development of these materials (see appendix).

## **DISCLAIMER**

This document and the entire set of Building Blocks for a Healthy Future material were developed under Contract No. MDMS Contract No. 277-98-6014 with the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). Gwyndolyn Ensley served as the Center for Substance Abuse Prevention (Division of Prevention Education) Project Officer. The content of this publication does not necessarily reflect the views or policies of CSAP, SAMHSA, or HHS.

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## **ORIGINATING OFFICE**

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*The Building Blocks for a Healthy Future characters are trademarked and copyrighted and are used herein with permission of the owner. This product is part of a larger set of products for children 3 to 6 years old. The set includes a Family Guide, Character Cards, an ABC Coloring Book, a music CD, Know Kit Cards, and an Activity Book. All of these products work together to help get your child off to a Healthy Start.*

*To order additional publications, contact the Substance Abuse and Mental Health Services Administration's National Clearinghouse for Alcohol and Drug Information at 1-800-729-6686 or <http://bblocks.samhsa.gov>.*

GAMES! PUZZLES! FUN!



This Building Blocks for a Healthy Future Activity Book gives you and your child games, puzzles, and fun, plus information to help promote a healthy lifestyle and positive self-image for children ages 3 to 6. All they will need are pencils, markers or crayons, and scissors. Their imaginations will do the rest.

Your child can benefit most from the Building Blocks for a Healthy Future program when you participate by listening, supporting, encouraging, and educating. Easy-to-follow suggestions help you and your child talk about the ideas in each activity.

- Wally Bear characters give simple directions.
- “Tell Me More” provides tips for further discussion.

You can use the activities to share information with your family. Listening closely and responding positively will reinforce the information and support a healthy lifestyle for your child.

These activities can be used with the Wally Bear and Friends CD. For variety, mix up the songs, activities, and “Tell Me More” discussions.

Want to talk more about a particular topic? Pick a card from the Know Kit to find the best discussion starter.

- My Self
- My Feelings
- My Body
- My Family
- My Friends
- My World

Remember, children learn by playing, talking, and watching. Help them with the activities by working together! You can learn about your child in the same way. Play and talk together and watch for physical and emotional growth and needs.





## TABLE OF CONTENTS

The activities are divided into age sets—one set is geared toward 3- and 4-year-olds, the other for 5- to 6-year-olds. Feel free to use what is age appropriate for your child and modify as he or she gets older.

- |  |  |
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| <p><b>7, 19 Smile At Your Neighbor</b><br/>Each of us is different; each of us is special.</p> <p><b>8, 20 Power Positive</b><br/>I like my face, I like my body, and I like the things I can do.</p> <p><b>9, 21 I Feel Many Different Ways</b><br/>I have lots of different feelings: happy, sad, silly, angry, naughty, tired, thankful.</p> <p><b>10, 22 Healthy Snacks</b><br/>Choose healthy snacks to make your body grow strong.</p> | <p><b>11, 23 Watching and Waiting</b><br/>Growing takes care and time.</p> <p><b>12, 24 Moving In a Circle</b><br/>Move, dance, keep your body strong.</p> <p><b>13, 25 Weather Wise</b><br/>Know when to follow and when to lead.</p> <p><b>14, 26 The Lion and the Mouse (The Golden Rule)</b><br/>I treat you the way I'd like you to treat me.</p> <p><b>15, 27 Goodbye</b><br/>It's been fun playing with you and all my friends.</p> |
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# AGES 3-4

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# Smile At Your Neighbor

"All of my friends are different. All of us are special. Draw lines to match and complete the pictures to learn more about us."



Ali Rabbit



Miguel Tiger



Kristi Kitty



Thurgood Turtle



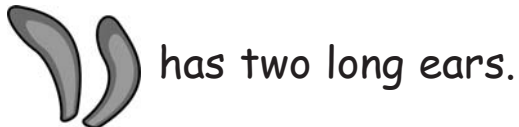
Sandy Squirrel



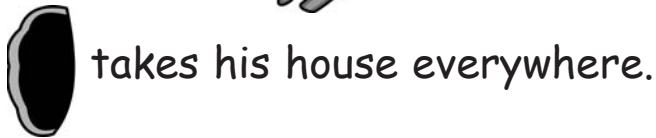
Mee Possum



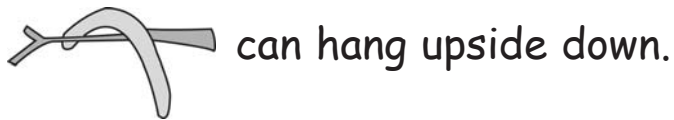
Wally Bear



has two long ears.



takes his house everywhere.



can hang upside down.



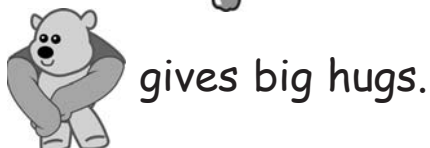
is soft and fluffy.



has a fluffy tail.



runs fast.



gives big hugs.

Tell Me More



"Tell me some special things about you and your friends."

# Power Positive

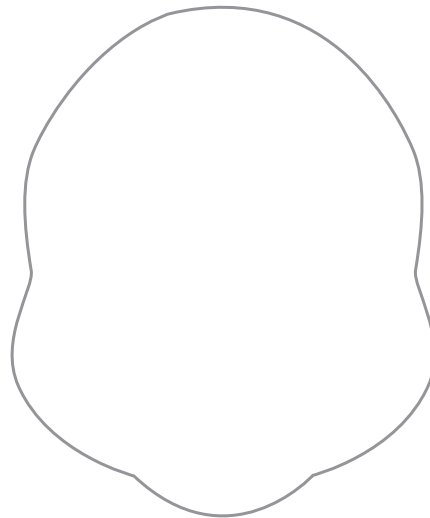
"I like being me. I bet you like being you!  
Here's my face and paw prints. Draw in your  
face, hair, hands, and feet."



## Tell Me More

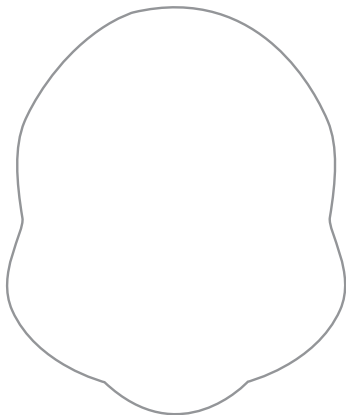


"Write around your picture all the things you like about yourself. Or cut out the drawing of your face, feet, and hands and glue them to the top, sides, and bottom of a blank sheet of paper. Place 'yourself' on the refrigerator. Every time you think of something new you like about yourself, ask someone to write it on your paper 'body.'"

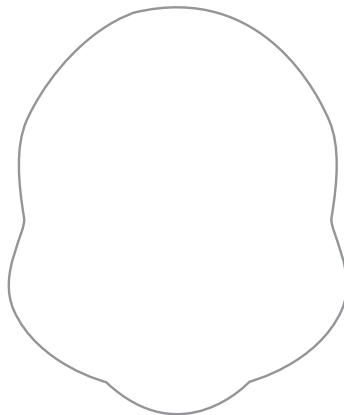


# I Feel Many Different Ways

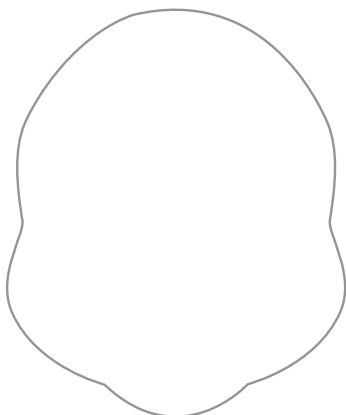
"Feelings on the inside show on the outside. I love to act out how I feel. Make faces in the mirror to show your feelings. Then, draw how you look in the faces below. Look at me giggling."



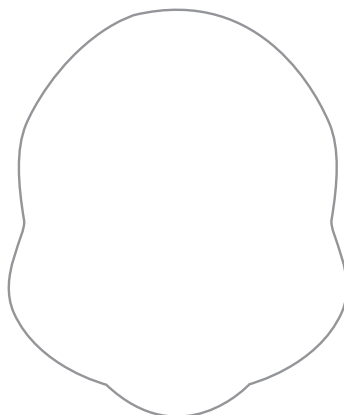
Happy



Sad



Silly



Mad

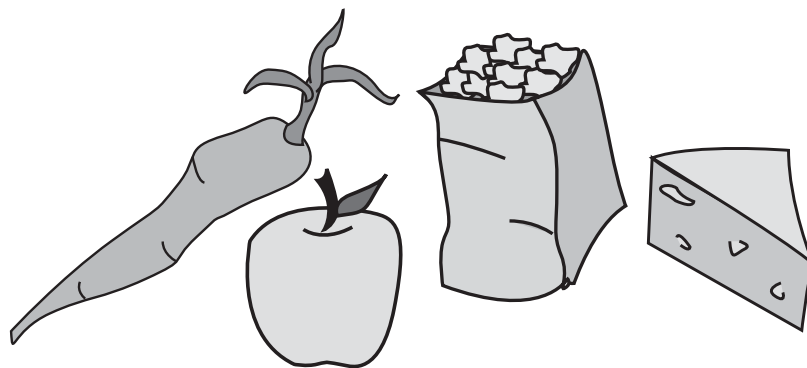
**Tell Me More**



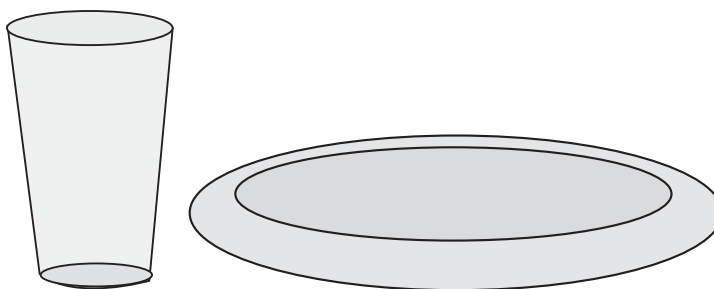
"What makes you feel happy, sad, silly, mad, or naughty? What do you do when you feel \_\_\_\_\_?"

# Healthy Snacks

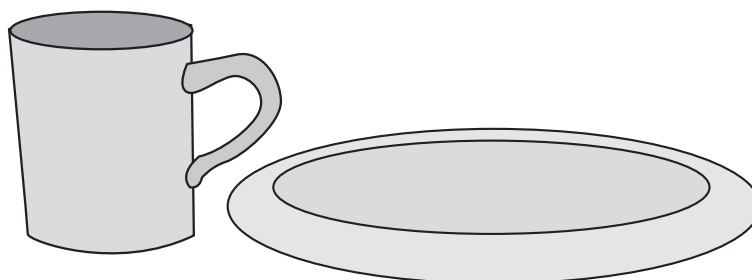
"I love to snack a snack because there are so many good things to choose. Nuts, celery, carrots, raisins, hot chocolate, fruit, peanut butter, milk, cheese, popcorn, and so much more!"



What do you like to snack on in the summer?



What are your favorite snacks on a cold winter's day?



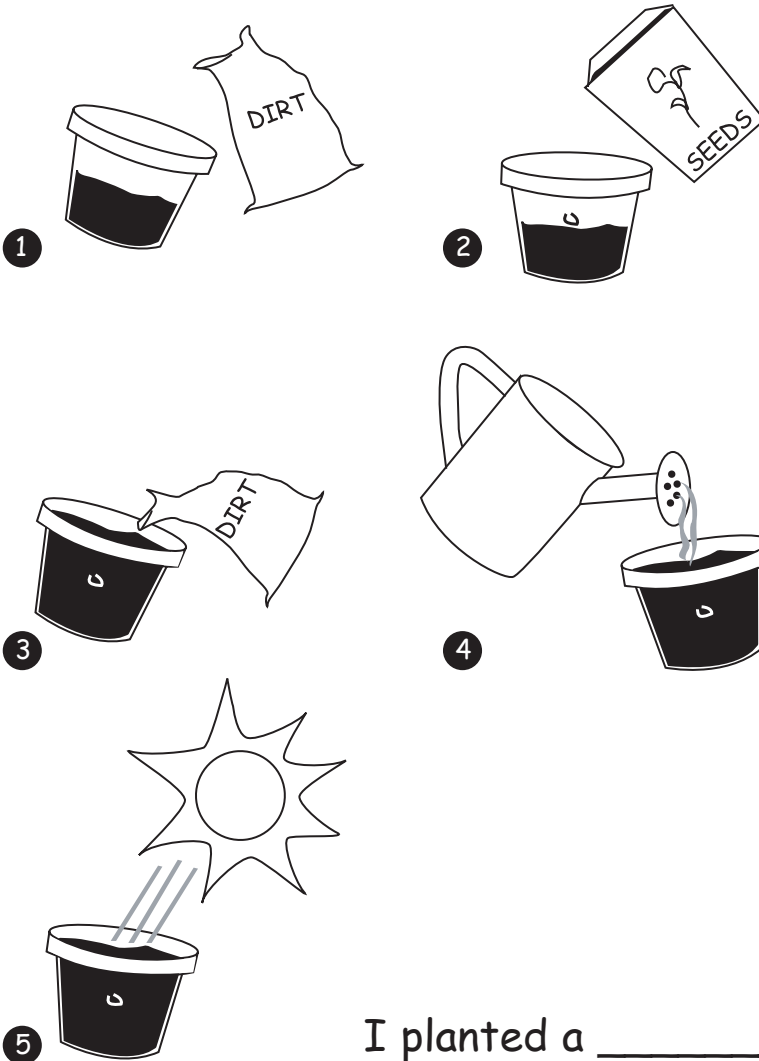
**Tell Me More**

"Keep track of your snacks. See how many different kinds of healthful snacks you eat during a week."

# Watching and Waiting

"I love to help plants grow. But I have to take care of them and wait for them to grow. Plant a seed and watch it grow."

What do you need to grow a plant?



Tell Me More



"What will your plant look like when it grows?"

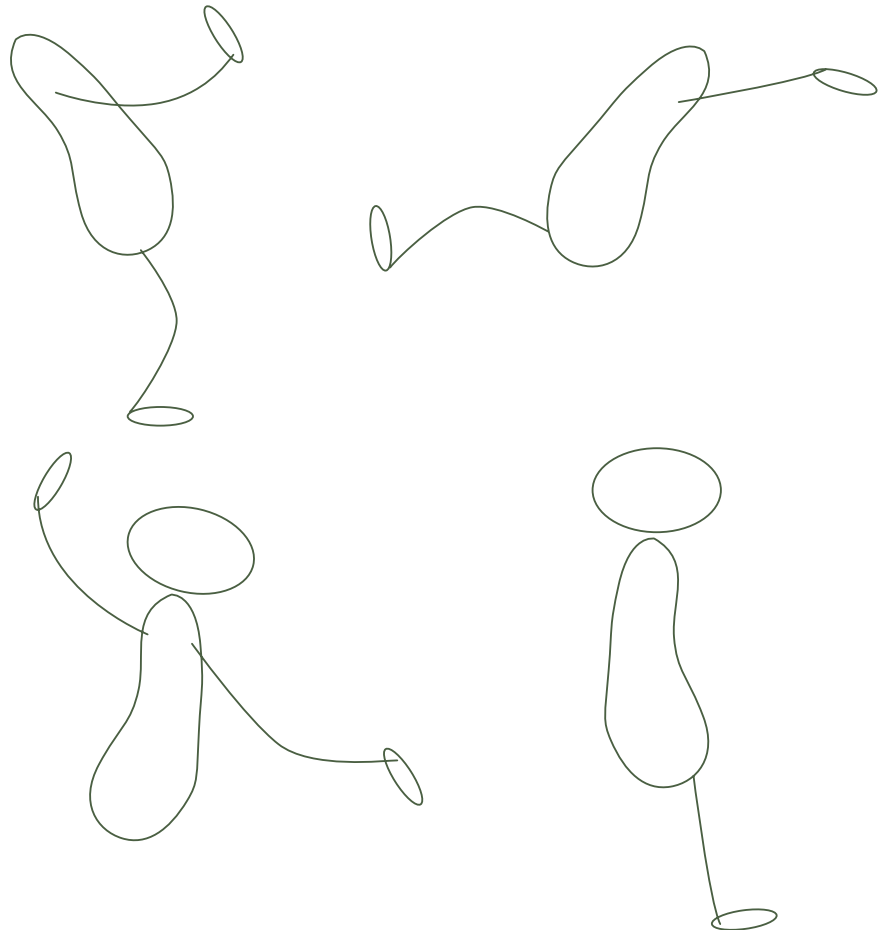
I planted a \_\_\_\_\_.

# Moving In a Circle

"How silly can you dance? What do your legs do? What do your arms do? How does your head move? Add legs, arms, and heads to the bodies on this page to make the stick figures move to the music."



Thurgood Dancing



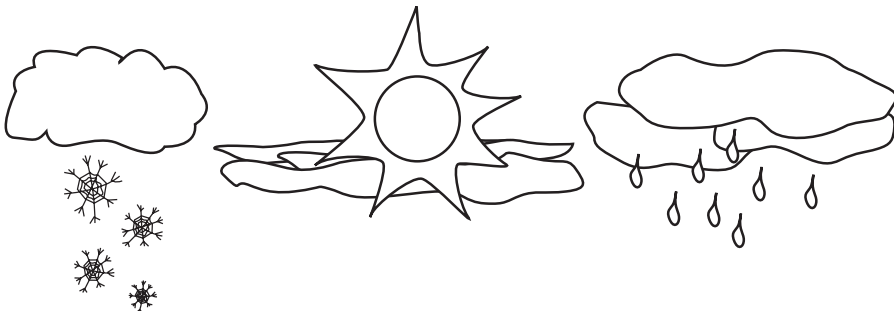
## Tell Me More



"Turn on the music. Can you dance like Thurgood? Can you dance the dance you drew?"

# Weather Wise

"My friends say I don't know how to lead when it comes to dressing right for the weather. Can you help?"



**Tell Me More**


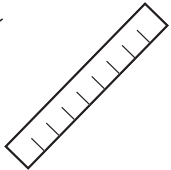





"Be the leader in your family. Check the weather each morning and show others what you're planning to wear."


# The Lion and the Mouse (The Golden Rule)

"I love to read books, especially picture books. Can you read this message made out of pictures? See the secret code for help."



The   means  


**u** the   'd 

**u** **2**  me.

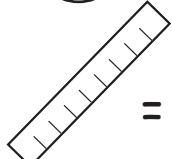
## Tell Me More



"Listen to the Golden Rule song, or read the lyrics in the back of the CD jacket. Talk about times you followed the Golden Rule and add a verse to the song."

 = Golden

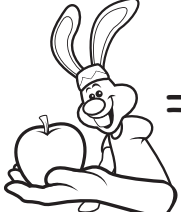
**u** = you

 = Rule

 = way

 = I

 = like

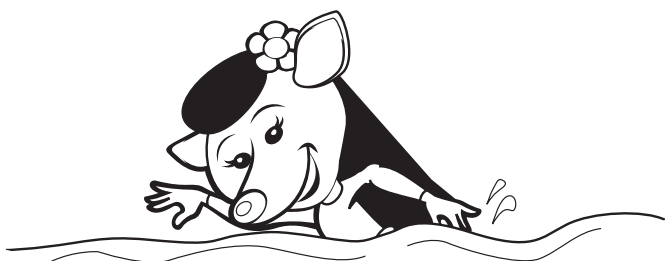
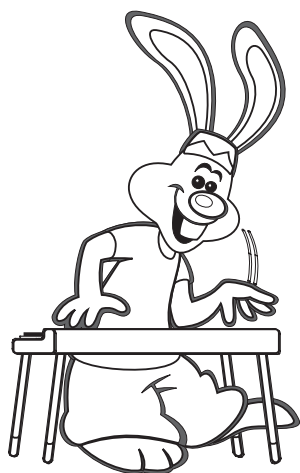
 = treat

**2** = to



# Goodbye

"I'm glad we got the chance to play together. You do so many things my friends and I do. And, all of them are good for you. Circle the things you like to do."



Tell Me More



"What is your favorite thing to do? Why is it good for you, too?"



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# AGES 5-6

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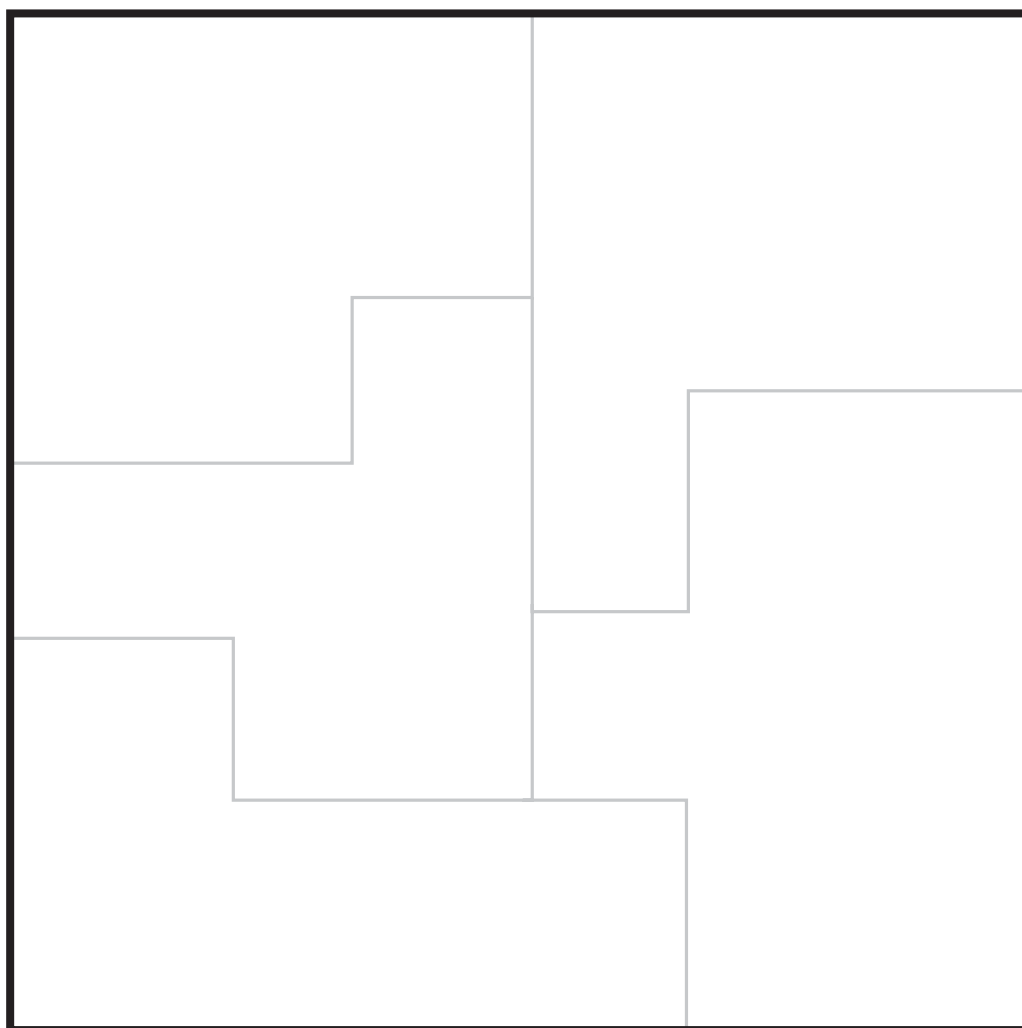




# Smile At Your Neighbor

"Follow the directions below and you will have a picture puzzle of your friends."

1. In the square below, draw and color a picture of yourself with your friends or family.
2. Cut and glue the picture on a piece of cardboard.
3. Cut along the dotted lines to make the puzzle pieces.
4. Now, see if you can put the puzzle back together.



**Tell Me More**



"Name the ways you and your family fit together like pieces of a puzzle."

# Power Positive

"Now that you're getting older, there's so much you can do! Look at what I can do! Can you do it, too? Try it."



How far can you jump? \_\_\_\_\_



How long can you run in place? \_\_\_\_\_

How high can you reach? \_\_\_\_\_



How many times can you hop? \_\_\_\_\_

How high can you build a block tower? \_\_\_\_\_

## Tell Me More



"Keep track of the things you can do. Place the list on the refrigerator and add to it as you learn and grow."

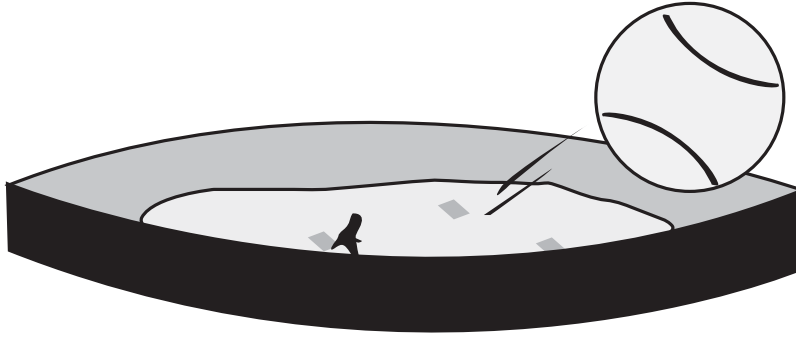



How long can you stand on one leg? \_\_\_\_\_


How high can you count? \_\_\_\_\_


# I Feel Many Different Ways


"I feel happy when I hit a home run.  
I feel sad when we lose the game. Show me  
what makes you feel different ways."




happy  
I feel  when \_\_\_\_\_.

sad  
I feel  when \_\_\_\_\_.

silly  
I feel  when \_\_\_\_\_.

nervous  
I feel  when \_\_\_\_\_.

mad  
I feel  when \_\_\_\_\_.

I feel \_\_\_\_\_ when \_\_\_\_\_.

**Tell Me More**



"Tell a story about  
when you felt  
happy, sad, silly,  
nervous, or mad."

# Healthy Snacks



"Snacks are my favorite things to make. I like to make them for my whole family. My favorite is 'Ants on a Log.'"

## **"Ants on a Log"**

Take celery pieces. Fill them with peanut butter. Stick raisins onto the peanut butter. Easy!

Now, follow the directions below to let me know your favorite healthful snack recipe.

## *Recipe*

Name of snack \_\_\_\_\_

Picture of ingredients

Picture of what you do

Picture of your snack ready to eat

### **Tell Me More**



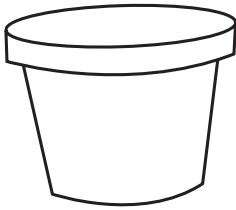
"Now is a great time to start your own Snack Recipe Book. Continue to add new recipes to your book and share them with friends and family."



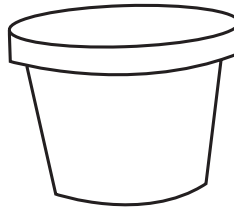
# Watching and Waiting

"I planted my seed on Thursday.  
On what day did you plant your seed?"

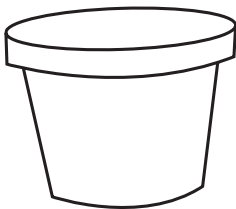
Show me what your plant looks like on each day below.



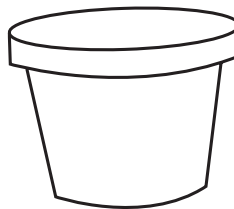
Day 2



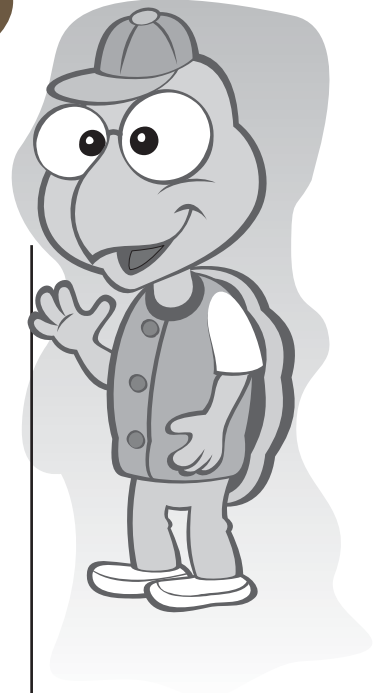
Day 4



Day 6



Day 8



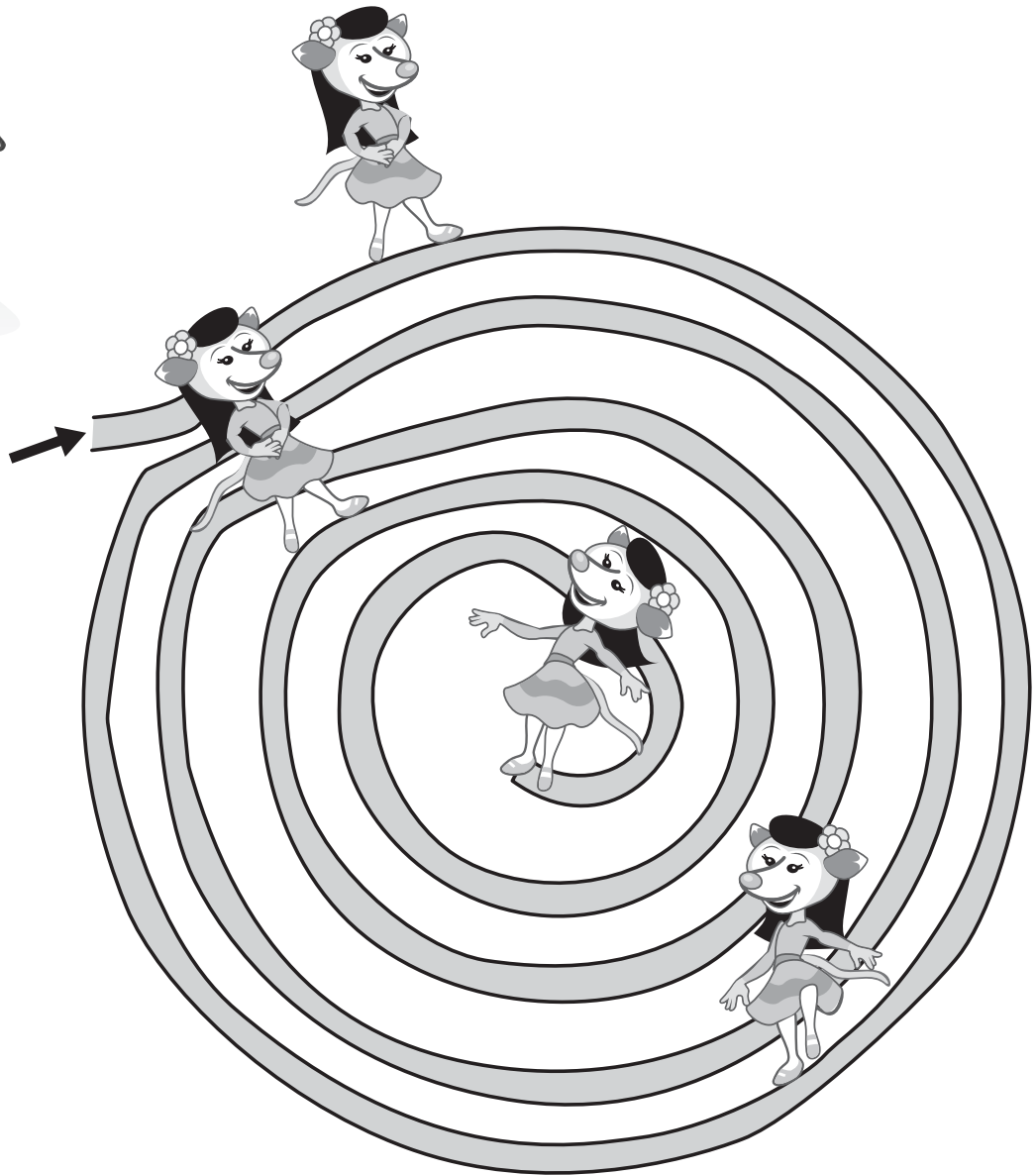
**Tell Me More**



"If you could plant outside, what would you grow? How long would it take to grow?"

# Moving In a Circle

"Follow me as I dance through the maze. Remember, the only way to get to the end of the maze is to move in the circle in the right order."



## Tell Me More



Play "Moving in a Circle" and dance with Mee. How else do you move and exercise your body? Add it to the maze and add a new verse to the song.

# Weather Wise

"These words have all the right letters, but they're not in the right places. Unscramble each word and find the leaders you would follow."



CHATEER

T \_ \_ H \_ R  
12 2

DRIFEN

F R \_ \_ D  
1 10

SYMLEF

\_ Y S \_ \_ F  
7

THROME

M \_ \_ H \_ \_  
6 11

THRAFE

\_ \_ T H \_ R  
5 3 8

STARPENNGRAD

G \_ \_ N D \_ \_ R \_ \_ S  
13 9 4

Fill in the blanks to decode this special message from Wally Bear and Friends.

\_ \_ \_ \_ \_ W \_ \_ \_ \_ \_  
1 2 3 4 5 6 7 7 6 6 8 1 2 9 4 7 11 12 13

**Tell Me More**



"What makes these people good leaders? What makes you a good leader? What other people in your life should you follow?"

# The Lion and the Mouse (The Golden Rule)

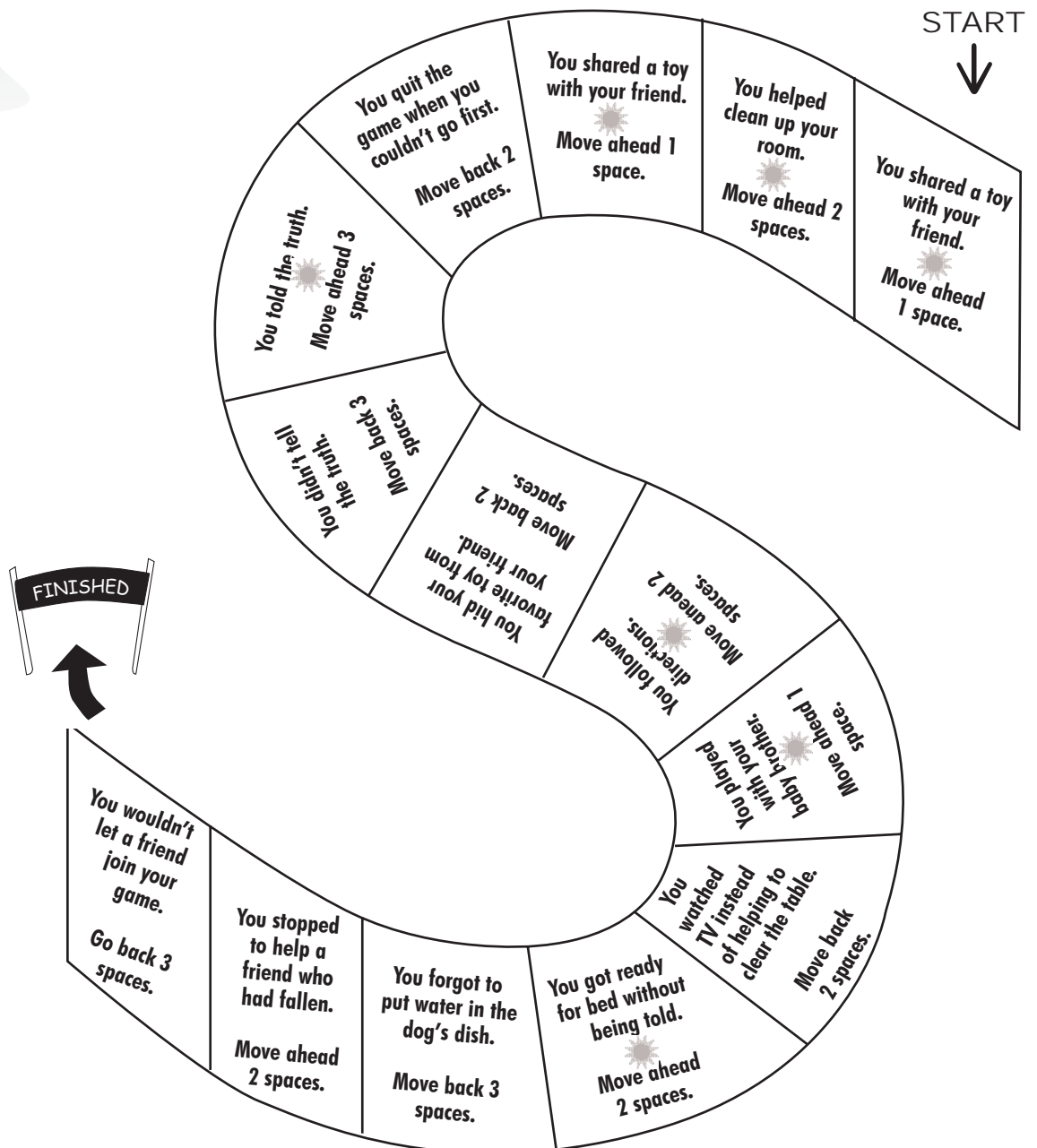
"The Golden Rule keeps you moving forward on the fast track. Follow the directions to be the first to cross the FINISH line."



**Get Ready** — Find a different coin for each player. Use one die from another game.

**Play** — Take turns throwing the die to find out how many spaces to move your game piece. When you land on a space after a roll, follow the directions for one turn, and then your turn is over.

**Win** — The first one to reach the FINISH line wins.



## Tell Me More



"Talk about why the actions on the game board do or do not follow the Golden Rule."

# Goodbye

"It's been fun playing with you and all my friends. You can show me how much you've learned by finding all our special words inside this letter puzzle. Remember, words can be across, down, backwards, forwards, and even on the diagonal!"



F C E H M E R M H  
R E X A L V E C Y  
I H E U K D D Q H  
E G R L I R A A T  
N U C C I Y E B L  
D H I N A N L F A  
S N S A G M G D E  
E N E D L O G S H

Tell Me More



"Why is each word in the puzzle important? What other important words would you put into the puzzle?"

Here are the words to look for:

EXERCISE	FEELINGS	GOLDEN	RULE
HEALTHY	LEADER	MEDICINE	FRIENDS





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Substance Abuse and Mental  
Health Services Administration

