

BUILDING BLOCKS
FOR A HEALTHY FUTURE

You are holding **Know Kit Cards**. They are designed to help you boost your child's self-esteem, strengthen good health habits, and jump-start ways to share feelings. Start talking now to help young children fight unhealthy influences in the future.

Cards are divided into six categories:

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

On the front of each card, you will find a question based on a Wally Bear and Friends character. Both you and your child should share your answers to this question.

On the back of each card, **Talk About It** provides talking tips that explore and expand on the idea introduced on the front of the card. **Try This** gives simple activities your child can do indoors and out.

KNOW KIT CARDS
AGES 3-4

BUILDING BLOCKS
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MY BODY

What do you do when you feel sick?

MEE

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MY BODY

How do you take care of your teeth?

WALLY

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MY BODY

What time do you sleep?
What time do you play?

ALI

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MY BODY

What do you like to eat that makes you big and strong?

MIGUEL

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MY SELF

How would you act if you wore one of these hats?

THURGOOD

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MY SELF

What's your favorite story?

SANDY

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MY SELF

What do you do best?

MEE

TALK ABOUT IT:

Whom can you tell?
When do you take medicine?
What do you do if a friend offers you some medicine?

TRY THIS:

Learn to recognize the poison symbol. Help make "Don't Touch" symbols to place on child-proof latched cabinets.



Important materials to have on hand:

- Old magazines that can be cut up
- Safety scissors
- Glue
- Markers and paper
- Odds and ends: buttons, yarn, cotton balls, scraps of cloth, etc.

How to use the cards:

There is only one rule to this game: Listen and share.

When to use the cards:

Anytime is a good time, whenever you and your child have a few moments alone. The questions don't have to take a lot of time to discuss, and you can follow through with **Try This** later.

Tips: Pick a "My Feelings" card if your child is sad or hurt, or a "My Self" card to talk about all the wonderful things about him or her. Choose a "My Body" card if your child is not eating or sleeping well. Family issues, such as helping around the house, could call for a "My Family" card.

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 online store at 1-877-SAMHSA-7 (1-877-726-4727) or <http://store.samhsa.gov>.

TALK ABOUT IT:

What's your favorite breakfast? Lunch? Dinner? What are your favorite foods for snacks? What do you like to do to help in the kitchen?

TRY THIS:

Plan a menu and help shop for the ingredients. Make a snack or part of a meal for the whole family.



TALK ABOUT IT:

What's your favorite thing to do outside? When do you play outside? What do you do to get ready for bed? When do you go to sleep?

TRY THIS:

On two large clock faces, one for morning and one for night, label times for sleep and play. Draw pictures of yourself sleeping and yourself playing. Place the correct picture on your bedroom door to show what you're doing.



TALK ABOUT IT:

When do you brush your teeth? What can you eat that will help your teeth grow strong and healthy? When did you get your first tooth? How many teeth do you have now?

TRY THIS:

Make faces in the mirror to show your healthy teeth and gums. Draw or find and cut out from magazines large, toothy smiles and open mouths. Practice brushing the paper teeth using an old toothbrush.



TALK ABOUT IT:

Tell me how you do what you do best. When do you do it? Do you do it alone or with other people?

TRY THIS:

Teach your friends or family members how to do what you do best. Show them step-by-step. How can you help them learn to do it even better?



TALK ABOUT IT:

Who is in your favorite story? What's your favorite part of the story? Tell me why. Where do you like to read best? When do you like to read most?

TRY THIS:

Go to the library and look through picture books to find ones that are like your favorite stories. Check these out. Dress up like your favorite character. Act out the most exciting part of the story.



TALK ABOUT IT:

How do you feel when you wear the hat Thurgood wears? How would you feel if you put on the _____ hat? Are there other hats you'd like to wear? Tell me about them.

TRY THIS:

Draw a picture of yourself and dress it with hats cut from magazines. Talk about each hat.



BUILDING BLOCKS FOR A HEALTHY FUTURE

MY SELF

How can you tell that you're growing?

KRISTI

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY FEELINGS

What would you do if a dragon bumped into you?

KRISTI

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY FEELINGS

What do you do when you get angry?

MEE

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY FEELINGS

What makes you happy?

ALI

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY FEELINGS

How do you feel when you learn to do something new?

MIGUEL

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MY WORLD

What do you say to a stranger on the phone?

SANDY

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MY WORLD

What animals live in your neighborhood?

MIGUEL

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY WORLD

If you were lost, whom would you ask for help?

KRISTI

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY WORLD

What do you do when you aren't watching TV?

WALLY

TALK ABOUT IT:

What makes you angry? Is it okay to be angry? Tell me why. What does "angry" feel like inside of you? What do you look like when you get angry? How do you stop being angry?

TRY THIS:

Make angry faces in the mirror. Tell the story of "angry" to friends or family.

**TALK ABOUT IT:**

What does the dragon look like? What would the dragon say to you? What would you say to the dragon? Does the dragon scare you? Tell me more.

TRY THIS:

Act like a dragon. Make a dragon with cotton balls, like the clouds. Add bits of paper, string, buttons, and other things found around the house.

**TALK ABOUT IT:**

What favorite clothes have you outgrown? What used to be your favorite toys? What new things have you learned to do? Tell me how you learned.

TRY THIS:

Measure and record your height and weight. Compare the numbers on your next birthday. Go through your clothes or toys to find those that you no longer use. Pack them away for a younger brother, sister, cousin, or friend.

**TALK ABOUT IT:**

What if the grownup in the house can't come to the phone? What if the stranger says she's mommy's friend? What if the stranger asks you questions about yourself and your home?

TRY THIS:

Role-play telephone conversations with a grownup to practice ways to answer the phone and end a call.

**TALK ABOUT IT:**

How do you feel when:

- Something you want to do is easy?
- Something you want to do is hard?
- Something you want to do takes too long?
- Something you want to do takes two people?

TRY THIS:

Create ribbons or medals for yourself and others to say "good job" when you've learned something new.

**TALK ABOUT IT:**

Whom makes you happy? How? Whom do you make happy? How? What do you do when you're happy? How do others know when you're happy?

TRY THIS:

Draw a picture of yourself happy. Tell someone a happy story.

**TALK ABOUT IT:**

What are some of the ways you have fun indoors? What are your favorite things to do outdoors? Where do you like to play outdoors?

TRY THIS:

Pretend the TV is broken. Name three things you and your family could do together. Try one.

**TALK ABOUT IT:**

Where might you get separated from a grownup? How can you keep from losing the grownup you're with? What's your full name? What's my full name? If someone asked you what I looked like, what would you say? Name other people in your family.

TRY THIS:

Everywhere you go, point out the people who could help you if you were lost—store people, police officers, teachers, mothers with other children. Learn to describe them and what they are wearing.

**TALK ABOUT IT:**

Where do you find animals? What animals do you like most? Do some animals scare you?

TRY THIS:

Play "I'm an Animal": Run like a dog, leap like a cat, eat like a squirrel, sing like a bird, wiggle like a worm, creep like a spider. What other animals can you be? Take a walk with a grownup. Write down all the animals you see—dogs, cats, birds, insects, spiders. How many different animals do you see? What animals do you see most?



BUILDING BLOCKS FOR A HEALTHY FUTURE

MY FAMILY

How do you help around your home?

MEE

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY FAMILY

Who's in your family?

THURGOOD

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY FAMILY

What does your family like to do for fun?

SANDY

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY FAMILY

What do each of the people in your family like best about you?

MIGUEL

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY FRIENDS

What do you do if a friend takes away your favorite toy?

ALI

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MY FRIENDS

When are you the leader?

WALLY

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY FRIENDS

What do you do to make friends?

THURGOOD

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY FRIENDS

Do you have an imaginary friend?

SANDY

TALK ABOUT IT:

What's your favorite game to play together? Where's your favorite place to go with your family? What's your favorite thing to do at home with your family?

TRY THIS:

Go to an older family member and say: "Tell me about a time before I was born or when I was just a baby." Start a family story about playing together. The story doesn't have to be true. The first person starts the story and says "and then...." The next person adds to the story and finishes with "and then...."

**TALK ABOUT IT:**

How many people are in your family? Who lives in your home? Name one special thing you like to do with each family member.

TRY THIS:

Group family pictures: brothers/sisters, pictures with three people, etc. What are people doing? Arrange photos from oldest to most recent. What changes can you see? Glue copies of family pictures onto cardboard. Draw connected shapes on the back, like puzzle pieces. Cut these out. Then, ask your family to put the puzzles together. How is your family like a puzzle?

**TALK ABOUT IT:**

What do you do to help your family? What would you like to be big enough to do? How do others help you?

TRY THIS:

Draw pictures to show jobs you do. Use crayons to mark each time you've finished a job. Cut out magazine pictures of the tools your family uses in your home—broom, dust cloth, sponge, etc. Glue pictures on refrigerator magnets. When a job needs to be done, put the magnet on the refrigerator. Remove the magnet when the job is done.

**TALK ABOUT IT:**

Do you like to be the leader? Whom do you like to follow? What do they do that you like? Would you follow them anywhere? Would you follow everybody? Tell me why.

TRY THIS:

Play "Simon Says." Take turns being Simon. Remember, don't move unless "Simon Says." Play "Follow the Leader." Take turns being the leader. Try a game of "Repeat After Me." Repeat what someone says. Then, have the person repeat what you say. Try to make it hard for them to follow.

**TALK ABOUT IT:**

Who could help you get your toy back? What would you say to your friend? How could you share your toy?

TRY THIS:

Practice ways to talk to your friends about sharing toys: "Can we play with this toy together?" or "You can play with my toy later." Draw a picture of you and your friend playing with one of your favorite toys. Draw a picture of yourself playing with your toy alone. What do you like about each picture?

**TALK ABOUT IT:**

What do you like best about each person in your family? How have you made someone in your family happy? Have you ever made someone in your family mad? What did you do to make up?

TRY THIS:

Give a piece of paper to each of the older people in your family. Ask them to write three things they like about you. Put these positive words on your bedroom door. Each day, make sure to do at least one of these good things. Draw pictures of ways you make younger people in your family happy.

**TALK ABOUT IT:**

Do you ever talk to an imaginary friend? If you did, what would you talk about? What games would you play with your imaginary friend? Can you introduce me to your imaginary friend?

TRY THIS:

Cut out different color shapes—squares, rectangles, triangles, and circles. Glue the shapes on a large sheet of paper to build your extraordinary, imaginary friend. Now, make up stories about your friend.

**TALK ABOUT IT:**

Who are your friends? Where do you play with them? How do you play with them? What do you like best about each of them?

TRY THIS:

Use pipe cleaners to make different people shapes. Glue the shapes to paper and tell someone a story about how the friends like to play together. Draw balls, toys, and other things you like to play with around the friend shapes. Use paper, glitter, old buttons, ribbons, etc., to make awards for each of your friends.

