

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 5-6

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY BODY

How do you protect yourself from the sun?

WALLY

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY BODY

What foods do you like to snack on?

ALI

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY BODY

What things do you like to do outside?

KRISTI

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY BODY

How do you take care of your teeth?

SANDY

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MY SELF

What would you do if you were on stage?

MEE

BUILDING BLOCKS FOR A HEALTHY FUTURE

MY SELF

What's your favorite game to play?

SANDY

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MY SELF

Who's your favorite storybook character?

MIGUEL

TALK ABOUT IT:

What can you use to protect your skin from the sun? What kind of clothes should you wear? How can you protect your eyes? Where's the best place to play on a sunny day?

TRY THIS:

Choose clothes to protect yourself from head to toe on a sunny day. Shop for proper sunscreen and sunglasses.



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:

How often do you brush your teeth? When do you brush your teeth? Do you know how to floss your teeth? Have you ever visited a dentist? What did he or she do to take care of your teeth?

TRY THIS:

Look at your teeth in a mirror. Draw a picture of your face and show a great big, toothy smile. Tell someone how you care for your teeth. Ask her/him to write your instructions under your smiling picture.



TALK ABOUT IT:

Where outside do you like to play? Where are the safest places to play outside? How do you know? What do you do outside that makes your arms stronger? What do you do outside that makes your legs stronger? What can you do that helps your heart beat faster? Do you like to play by yourself or with someone else? With whom?

TRY THIS:

List things you could do outside. Try one of these things each week.



TALK ABOUT IT:

Tell me about the snacks you like. Why do you like them? What's your favorite? Which snacks could you make by yourself? Which ones have to be made for you? Are there snacks on your list you should eat only once in a while?

TRY THIS:

Help make a menu of snacks for 1 week. Cut out magazine pictures to make your menu. Label your menu pictures. Learn how to make your favorite snack; practice until you can make it yourself.



TALK ABOUT IT:

What's special about your favorite storybook character? What other book characters do you like? Name one special thing that you like about each. Make up a story about you as your favorite character.

TRY THIS:

Go to the library to find books about your favorite storybook characters. Use clothes and art supplies you can find around the house to dress up as your favorite storybook character. Act out a story for a friend or your family.



TALK ABOUT IT:

How do you feel when you win? When you lose? What do you do when you win? When you lose? What would you do to feel OK about losing? What could you do to help a friend feel OK about losing to you?

TRY THIS:

Ask someone to play your favorite game with you or teach you a new game.



TALK ABOUT IT:

Do you like to perform? Tell me about it. Do you like to perform alone or with a group? Who is your favorite performer? Tell me why.

TRY THIS:

Dress up and perform for friends, family, or the mirror.



BUILDING BLOCKS
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MY SELF
What do you want to be when you grow up?

KRISTI

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY FEELINGS
What do you do when a friend hurts your feelings?

WALLY

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY FEELINGS
What makes you laugh?

MEE

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY FEELINGS
What makes you feel proud?

THURGOOD

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY FEELINGS
What scares you?

MIGUEL

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY WORLD
How would you spend \$5?

MIGUEL

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY WORLD
Whom do you call when you need help?

THURGOOD

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY WORLD
How do you decide what to watch on TV?

WALLY

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY WORLD
What do you wear to school when it's cloudy outside?

SANDY

TALK ABOUT IT:

Tell me more about the things that make you laugh. How does it feel to laugh? How do you look when you laugh? What can you do to help others laugh? How does it feel to make your friends laugh?

TRY THIS:

Play the "Ha-Ha" game with four to five other people. One person lies down on the floor. The others lie down, too, and put their heads on the bellies of the connecting people. See how long it takes for everyone to start laughing.

**TALK ABOUT IT:**

What hurts your feelings? How do you look when your feelings get hurt? How do you cheer yourself up?

TRY THIS:

Divide a piece of paper into four parts by folding the paper once lengthwise and once crosswise. Unfold it. Show someone hurting Wally's feelings in the first section. In the last three sections, show how Wally feels and what he did to cheer up.

**TALK ABOUT IT:**

What are you good at? What do you like to do? What do your parents do at work? What is important about their work?

TRY THIS:

Draw yourself all grown up. How will you change? What will you be doing or wearing? Ask your mother or father to lie down on a big sheet of paper. Draw their outline. Then, fill in the outline to look like you all grown up.

**TALK ABOUT IT:**

How would you spend \$5 in the grocery store? How would you spend \$5 in the toy store? If what you want costs more than \$5, you could.... If you saved the \$5, what would you save it for?

TRY THIS:

Go shopping and find out what \$5 can really buy. Cut pictures out from magazines or draw pictures to make a "wish list" of items to save for.

**TALK ABOUT IT:**

Tell me how your body feels when you are scared. When might it be fun to be scared? Tell me more. When you are scared, what do you do to feel safe again? When should you get help if you are scared?

TRY THIS:

Use magazines, your own drawings, and things around the house to create a collage of scary things. Show this to a friend or family member and ask them to help you think of the best ways to handle each scary thing in your collage.

**TALK ABOUT IT:**

What do you do when you feel proud? Can you feel proud all by yourself? Tell me about feeling proud by yourself and feeling proud because someone told you that you did a good job.

TRY THIS:

Tape, or ask an adult to help you write, a story for "Family News Hour." Tell about a time when you were proud of yourself. Tell about what you did that made you proud, who was involved, and how you felt. Share your story with your class or your family.

**TALK ABOUT IT:**

Why do you need to know about the weather? How can weather help you decide what to wear? What is your favorite kind of weather? Least favorite? If you are outside, how can you tell if a storm is coming? What should you do?

TRY THIS:

Check the sky. Then, watch the TV weather forecast. Write down the temperature and draw pictures to show the weather. Draw pictures of the best clothes to wear for the weather.

**TALK ABOUT IT:**

When do you watch TV? How much TV can you watch each day? What is your favorite program? Who watches it with you? What do you do instead of watching TV? Do you believe everything you see on TV? What do you know is real on TV? What do you know is imaginary?

TRY THIS:

Watch TV with a friend or family member. Find all the real and all the imaginary things you can. Create a guide for other TV watchers to help them know what's real and what's imaginary on TV.

**TALK ABOUT IT:**

When might you need to use the phone to call for help? Whom else do you call? Why do you call them? What phone numbers can you remember? Emergency? Information? Your best friend's? What numbers do you want to learn by heart? Why?

TRY THIS:

Write the names or draw pictures of people whose numbers you might call. Ask each person to help you write their phone numbers next to their name. Put the list where it is easy to see.



BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY FAMILY

What is your favorite family celebration?

ALI

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY FAMILY

What is special about your family?

KRISTI

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY FAMILY

What do you and your family like to do together?

THURGOOD

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY FAMILY

What do you do to help your family?

MEE

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY FRIENDS

What would you do if a bully threatened your friend?

WALLY

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY FRIENDS

Do you do everything your friends do?

ALI

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY FRIENDS

Why do you like each of your friends?

SANDY

BUILDING BLOCKS
FOR A HEALTHY FUTURE

MY FRIENDS

How do you make up with a friend?

MEE

TALK ABOUT IT:

What are your favorite things you do with your family? What would you like to do with your family that you don't do now? How do you feel when you are doing something with the family?

TRY THIS:

Plan a surprise to celebrate togetherness. You could:

- Plan a special dinner and help cook it.
- Draw or paint a picture showing your favorite family activity as a thank-you "card" for the family. Post it in a place where everyone will see it.

**TALK ABOUT IT:**

How many people are in your family? Say one thing about each person, including you, that is special. What would you like to do with each person?

TRY THIS:

Fill a flowerpot with dirt. Decorate the pot with paints or markers. Make flowers out of paper, buttons, and pipe cleaners for each person. Label with their names. Make each flower different. Plant the flowers in your flowerpot and put it where everyone can see it.

**TALK ABOUT IT:**

What does it mean to celebrate? How does your family celebrate your birthday? What other celebrations do you and your family enjoy? What are your favorite celebration foods?

TRY THIS:

Buy Jello in rainbow colors. Make a layer of red Jello in clear glasses for each family member. Add new layers in orange, yellow, green, blue, and purple until you have a rainbow dessert for a family celebration.

**TALK ABOUT IT:**

Name things you would never do, even if your friends were doing them. Have you ever wanted to say no to a friend but didn't? What happened? How can you say no without hurting someone's feelings? Practice ways to say no.

TRY THIS:

Find two old socks, glue, buttons, magic markers, and yarn. Make two puppets out of the socks. Make faces on your hand puppets. Use them to practice saying no to friends without hurting feelings or making enemies.

**TALK ABOUT IT:**

Has a bully ever bothered you? What happened? What could you do if a bully threatens you? Would you fight? Would you walk away? Tell me why. Has anyone ever helped you when a bully threatened? What did he or she do?

TRY THIS:

Ask someone to help you decide three things you could do if a bully threatens you or a friend. Practice with a friend what you will say and how you will act. Act out your ideas for a parent or teacher.

**TALK ABOUT IT:**

What does each family member do to help you? What can you do to help each member of your family? How do they help each other?

TRY THIS:

Make a coupon for each member of your family offering to do something special for them. Use the coupons for special occasions or for anytime.

**TALK ABOUT IT:**

What have you fought about with a friend? How do you let your friend know you are angry? What can you say to let a friend know that you want to make up?

TRY THIS:

Find an old shoebox. Decorate the box. Cut a hole in the top of the box. On pieces of paper, write things you can say or do to make up with a friend and slip them into the box. Pull an idea out of your box the next time you fight with a friend.

**TALK ABOUT IT:**

What makes your friends special to you? When do you get to play with each of your friends? How should you treat a friend? What would you do if a friend was sad or hurt? What is your favorite thing to do with each of your friends?

TRY THIS:

Take photographs or draw pictures of you and your friends having fun together. Write short captions for your pictures and create a Gallery of Friends in your bedroom or in a photo album.

