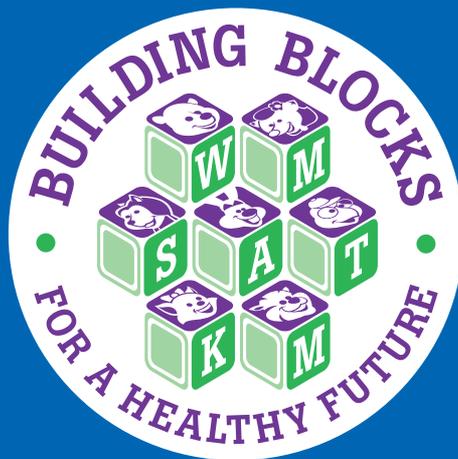




Look  
What  
I Can  
Do!





U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
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**We can do a lot of things.  
I can skate. I can swing.  
We will show what we can do.  
When we're done,  
We'll watch you, too!**



I can count to 100, I add and subtract.  
I can count very fast,  
And that's a fact!

$$1 + 1 = 2$$


$$2 - 1 = 1$$


$$2 + 2 =$$


Good job,  
Thurgood!

$$2 + 2 = 4$$

I can count to the number

Can you do what I can do?  
Can you tie up your own shoe?  
Watch me make this loop go through.  
Go on, try it on your shoe!



Can you tie  
your shoe?

**YES NO**

CIRCLE ONE

I can say my A-B-Cs.  
I can write them, watch me, please.  
I can write them big and small.  
See my favorite on the wall?

Aa

Bb

Cc

Wow, Miguel,  
you made this M  
just right.

Dd



Gg

Hh

Ii

Jj

Kk

Mm

Oo

Pp

Rr

Ss

Tt

Uu

My name begins with the letter

**Books and more books everywhere.  
Books are here, books are there.**

**Here's my card  
I'm looking around.  
I'm looking everywhere,  
not making a sound.**

**Now, you  
are ready to take  
out books.**

**Thank you.  
I'll take good care  
of them.**



**I wrote my name  
to get my card.  
Can you write  
your name?  
Practice hard.**

**Write  
your name  
here**



My tummy says, It's time to eat.  
What do I want? What's a treat?

When I get hungry, I go to the shelf.  
I can make a sandwich all by myself.

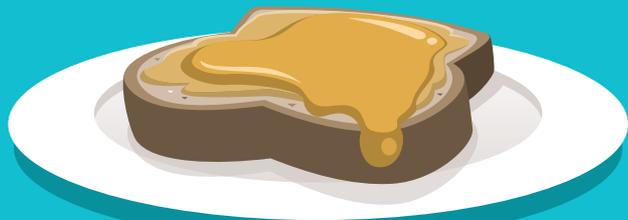


2 slices of  
whole wheat  
bread  
Peanut Butter  
Honey

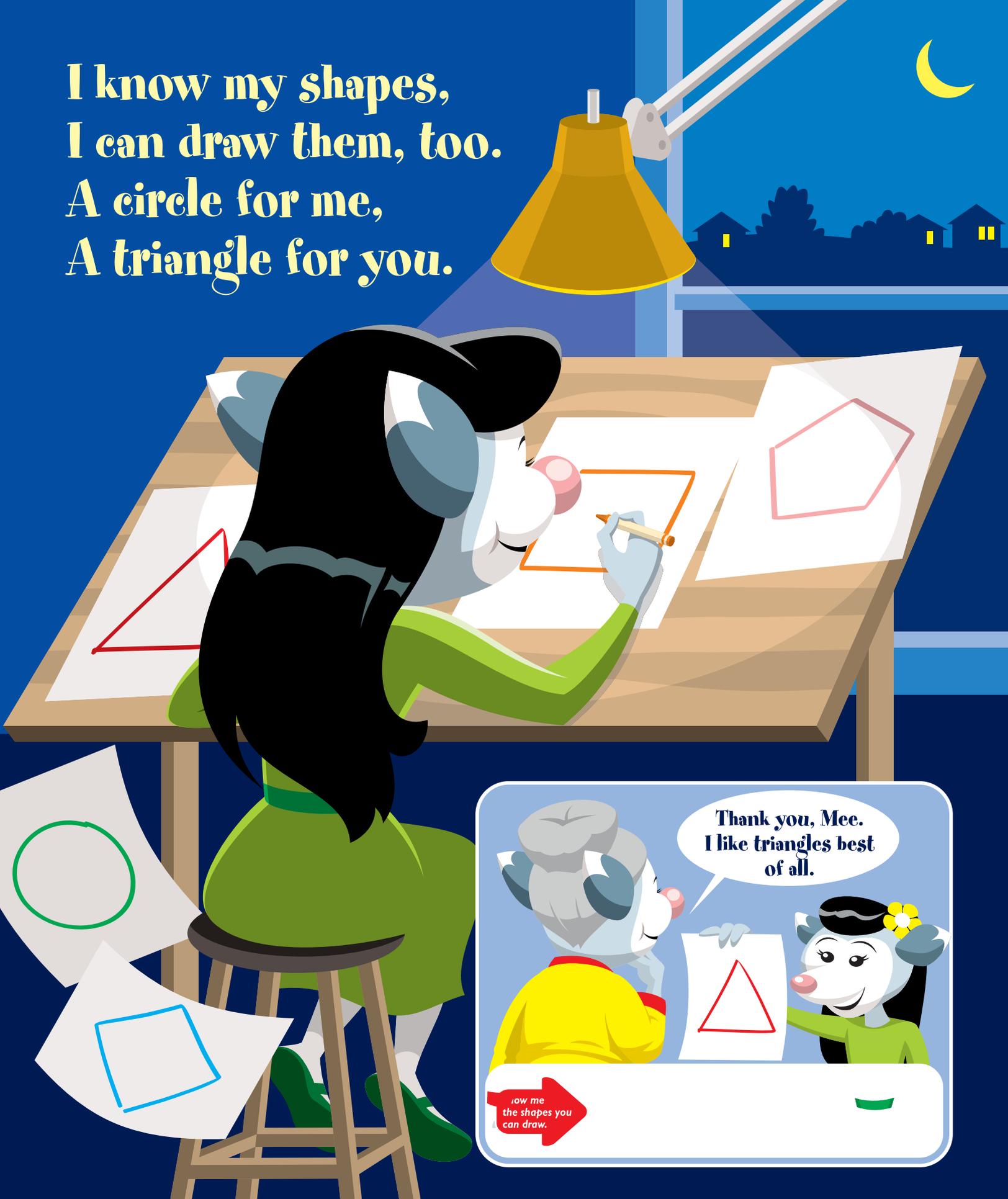
I did it!

What a  
good job,  
Wally!

What snack  
can you  
make for  
yourself?



I know my shapes,  
I can draw them, too.  
A circle for me,  
A triangle for you.

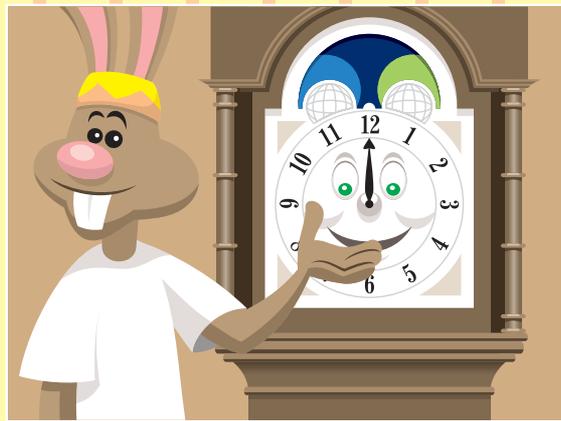


Thank you, Mee.  
I like triangles best  
of all.

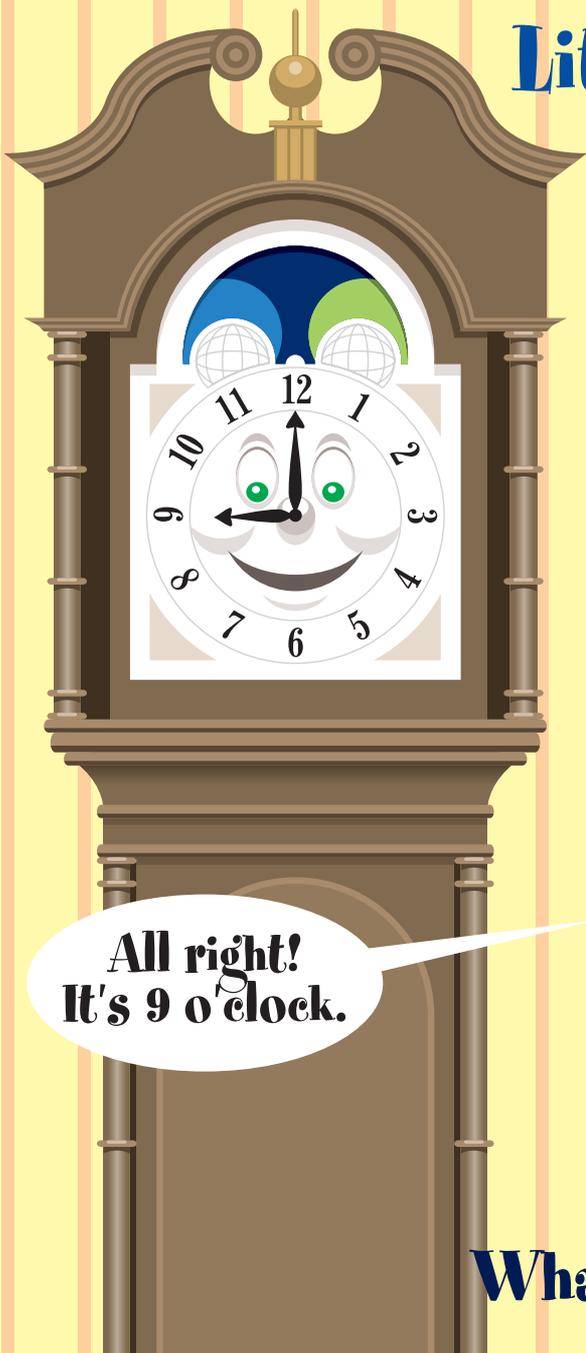
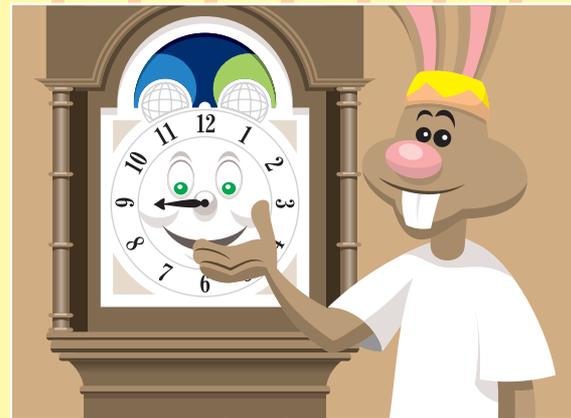
Show me  
the shapes you  
can draw.

**Look at the clock,  
I can tell time!**

**Big Hand on 12.**



**Little Hand on 9.**



**All right!  
It's 9 o'clock.**



**I am so  
proud  
of you,  
Ali!**

**What time do you go out to play?**

Look at what the Friends can do together.





Watch me,  
Mom!

I can  
see you,  
Kristi

Clap  
Clap

What do you like to do with your friends?

**Draw a picture to show what  
YOU can do!**



**Tell us about your picture.**

▶ \_\_\_\_\_  
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