

#PreventionHappensHere



What is prevention and how are you already doing it?

A workbook full of fun activities!

Brought to you by:

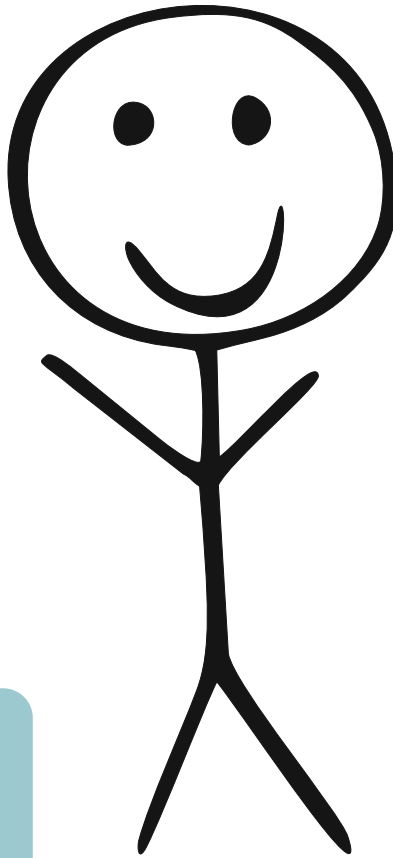


BRIDGES
STRENGTH. HOPE. COMMUNITY.

This is ME

I take care of myself by:

My favorite subject in school is:



My favorite food is:

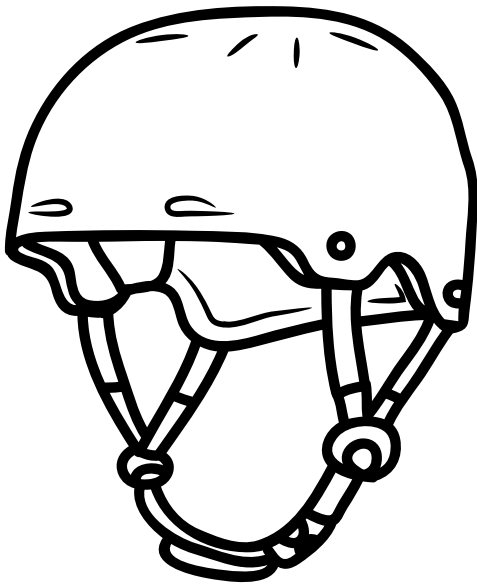
When I grow up I want to:

**Make this person look more like you
by adding hair and your favorite
clothing items!**

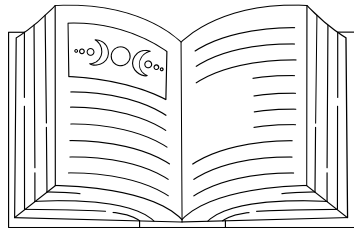
What is Prevention?

Circle and color your favorite ways to practice prevention!

Have other ideas? Draw on the next page!



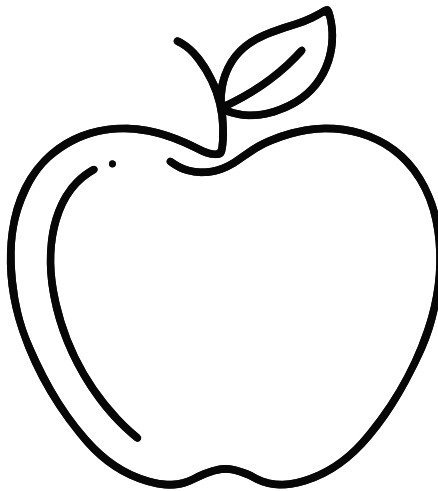
Wearing a Helmet



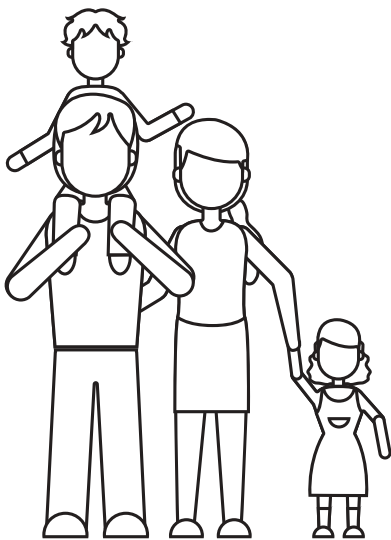
Reading or Writing



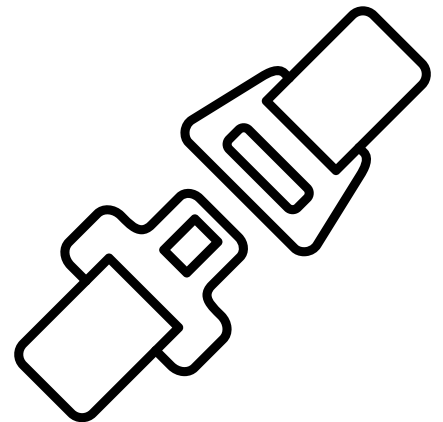
Exercise



Eating Fruits & Veggies



Spending Time with Family

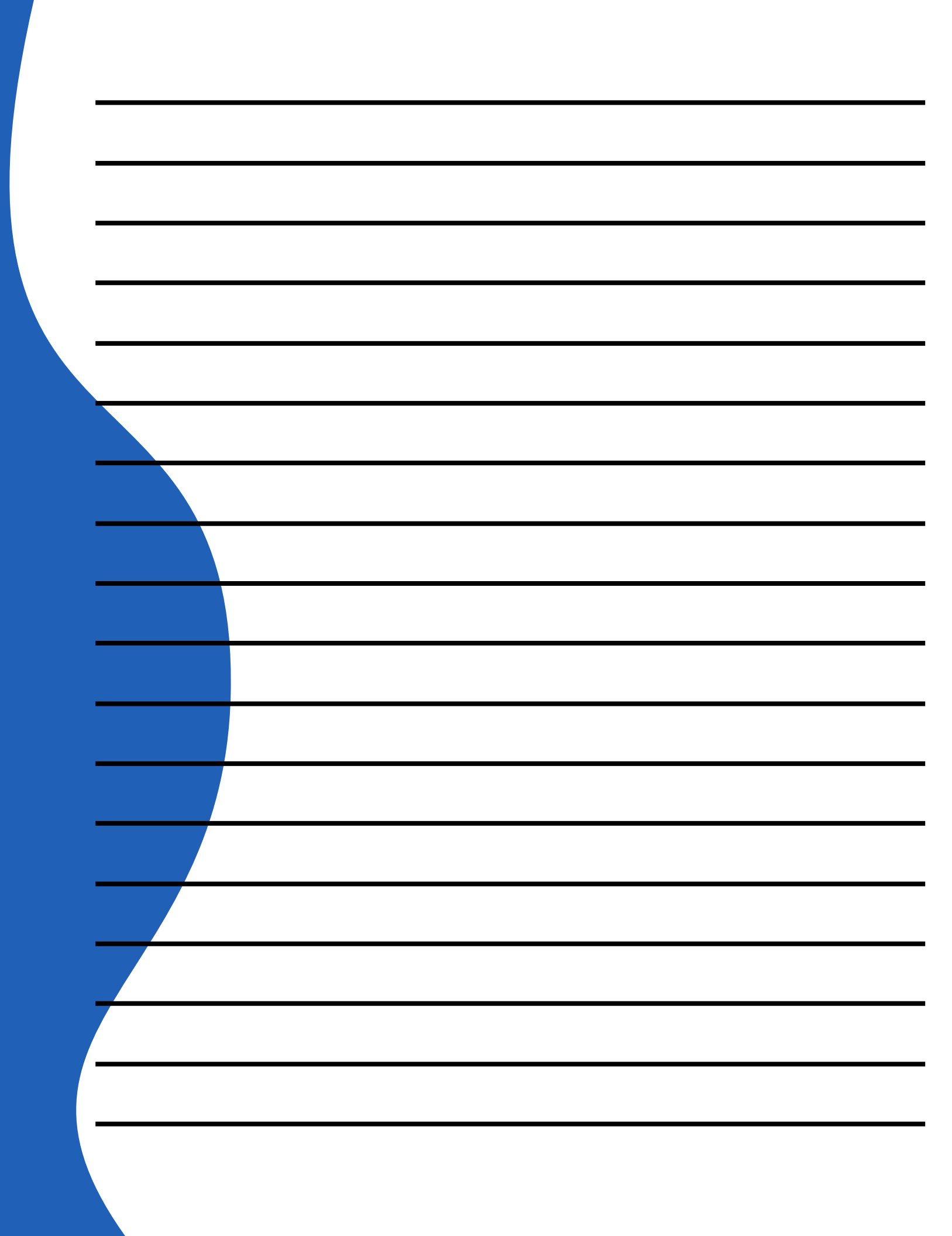


Wearing a Seatbelt



Challenge yourself by using the words: sun, joy, giraffe, book


This image shows a blank sheet of white paper with horizontal black lines. On the left side, there is a large blue semi-circle. A cartoon giraffe with yellow fur and brown spots is peeking out from behind the bottom edge of the blue semi-circle. The giraffe has small horns and a friendly expression. The rest of the page is filled with evenly spaced horizontal lines for writing.



WORD SEARCH

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

EXERCISE FAMILY FRIENDS FUN HAPPY HEALTHY LAUGH
OUTSIDE PLAY PREVENTION READING REST SAFETY SMILE
SUNSCREEN SUNSHINE TOOTHBRUSH WRITE



Do you know how to ask for the things
you want and need?

That's called being ASSERTIVE.

The more you practice the easier it gets!



Draw a big circle around the child
who is being assertive, or asking kindly for what they want.

Relationship Building Is Prevention!

Ask someone these fun questions!

1

***What is/was your favorite
toy?***

2

***Who is someone you
admire and why?***

3

***What is one thing you have
done that makes you proud?***

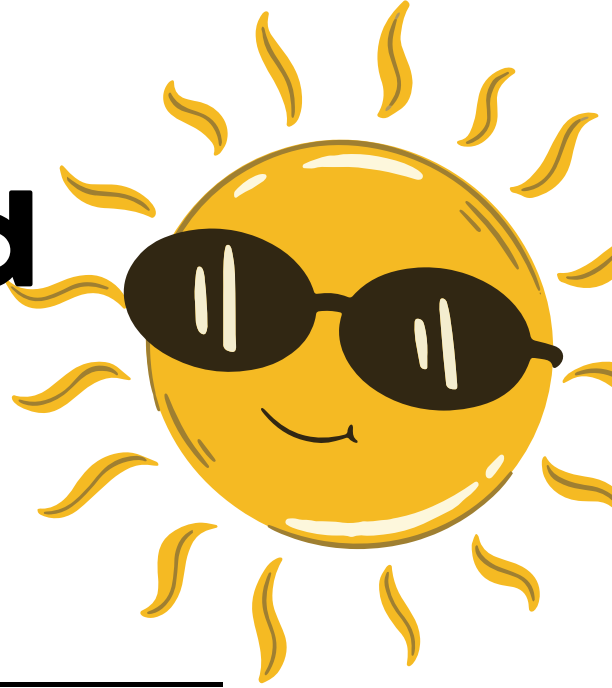
4

***What is your favorite
place to visit?***

5

***What is one positive thing
you do when you feel
frustrated or angry?***

Seasons Word Scramble!



1. srgpin _____

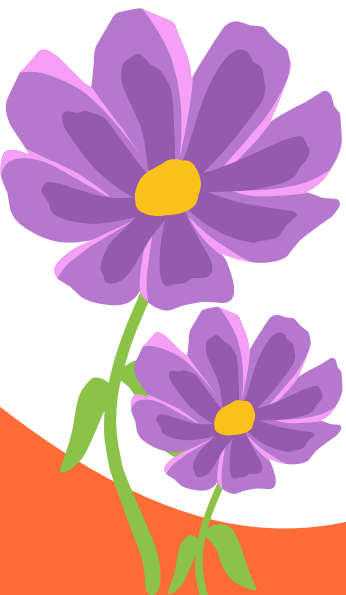
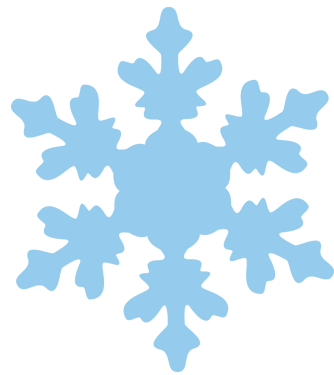
2. nsewoflka _____

3. vlseae _____

4. cbhea _____

5. fowlrse _____

6. sdligdne _____



ANSWER KEY

1. spring 2. snowflake 3. leaves 4. beach 5. flowers 6. sledding



We hope you and your family enjoyed this workbook!

Grown Ups!

Visit our website
bridgescouncil.org
and scan below to like us on Facebook!

