

#PreventionHappensHere



What is prevention and how are you already doing it?

A workbook full of fun activities!

Brought to you by:

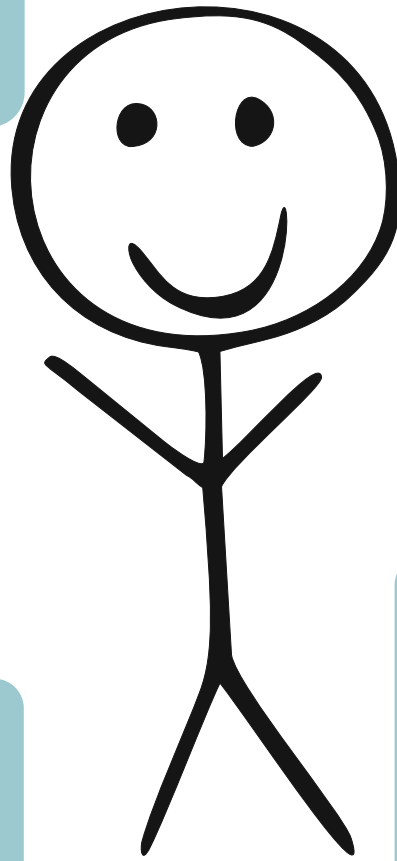


BRIDGES
STRENGTH. HOPE. COMMUNITY.

This is ME

I take care of myself by:

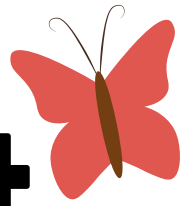
My favorite subject in school is:



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!**



This **OR** That

Read a Book

Color a picture

Dance to your Favorite Song

Sing your Favorite Song

Play Board Games with Friends

Play Card Games with Friends

Chalk

Paint

Go Swimming

Go on a Hike

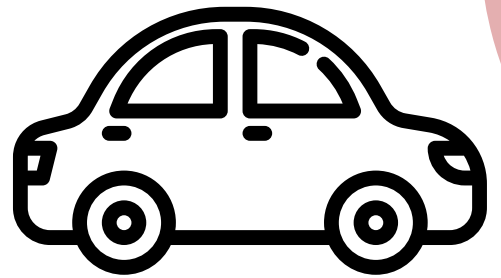
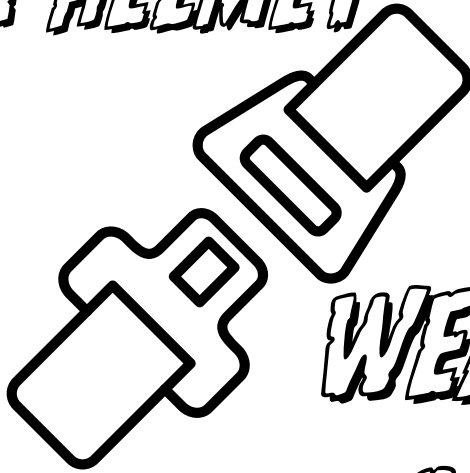
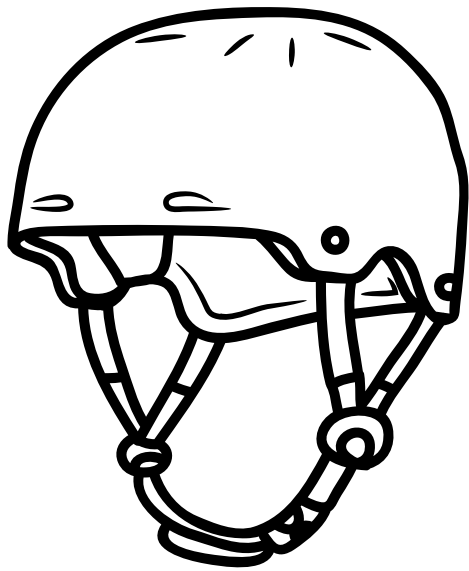
Help Prepare a Meal

Help with Chores

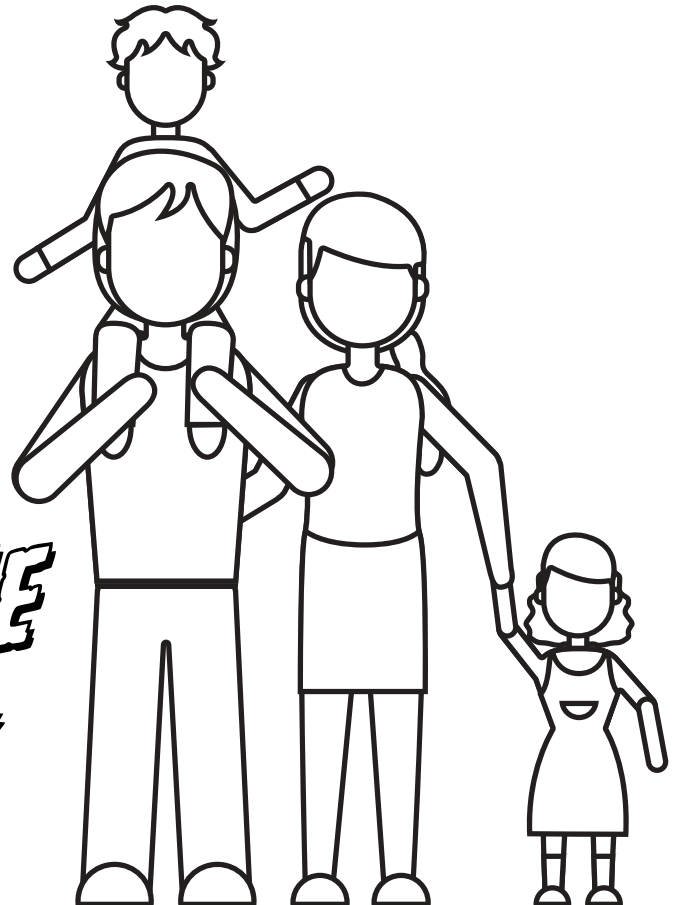
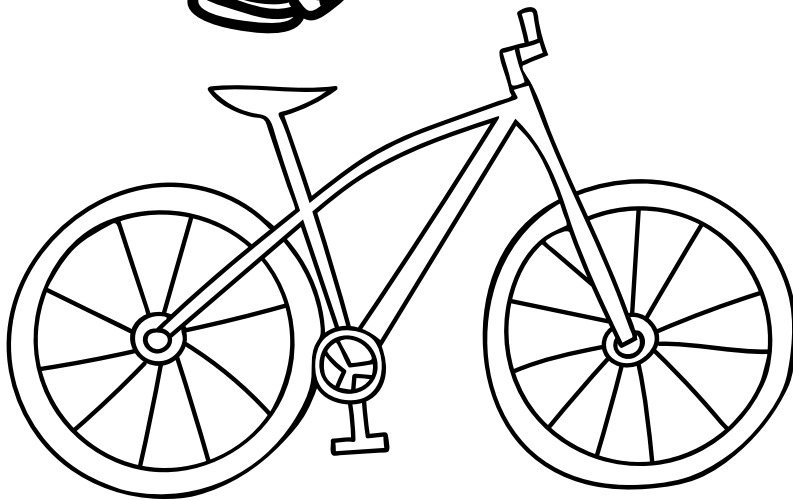
What is Prevention?

Circle and color in your favorite ways to practice prevention!

WEARING A HELMET

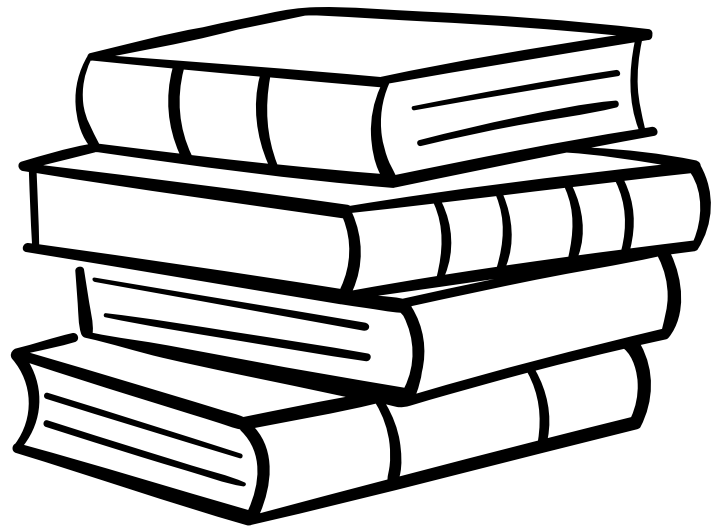


WEARING A SEATBELT



SPENDING TIME WITH FAMILY

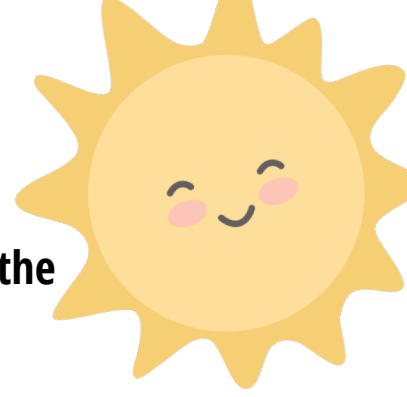
EXERCISE



**READING &
WRITING**

**EATING
FRUITS &
VEGGIES**





LET'S WRITE A SUMMER STORY!

Circle the words that represent FUN to you and then write about the most fun-filled day you can imagine, using the words you choose below in your story:

excitement happiness family friends vacation exercise
games active energy outside laugh joy book read
art sun siblings swim fairs playgrounds parks
balloons crafts library play build create pets





A series of 18 horizontal black lines, evenly spaced, spanning the width of the page. These lines are intended for writing text.

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

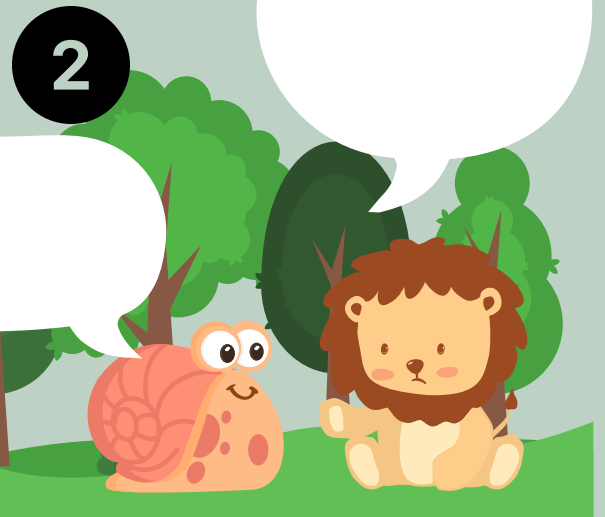
Where is your favorite place to visit?

5

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

FRIENDSHIP

Continue Larry Lion and Sally Snail's conversation; Sally needs to help Larry identify and reduce their stress.



Be Assertive!

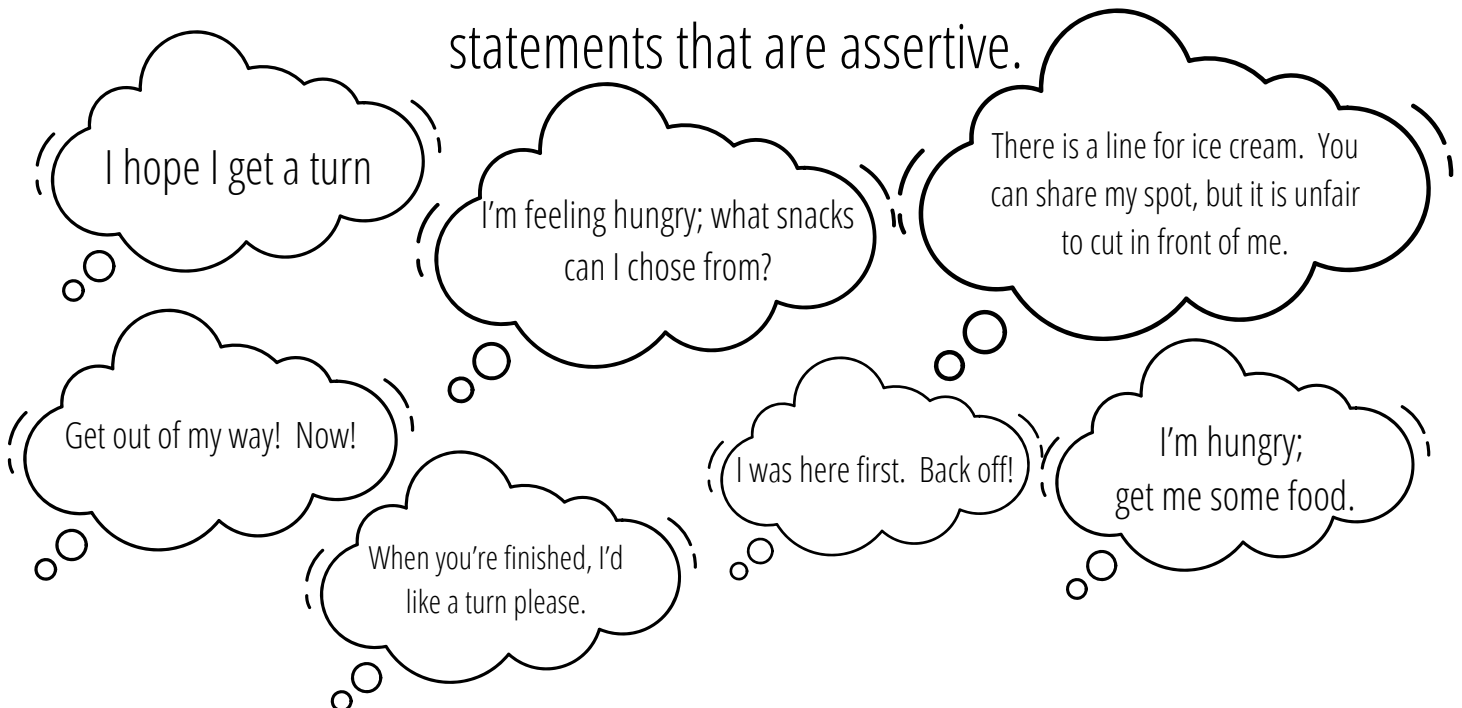
Do you know how to ask for the things you want and need?

That's called being ASSERTIVE.

The more you practice the easier it gets!



Above, draw a big circle around the child who is being assertive, or asking kindly for what they want. **Below**, circle the statements that are assertive.



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





BRIDGES
STRENGTH. HOPE. COMMUNITY.

We hope you and your family enjoyed this workbook!

Grown Ups!

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

