



# **Red Ribbon Week**

## **Activities**

**for**

## **Lower Elementary Grades**

**Created by**  
**Carolyn Payne**

## **Red Ribbon Week Ideas for Lower Elementary Grades**



### **Ideas for campus-wide awareness and activities:**

#### **1. Decorate the school for Red Ribbon Week:**

Create a banner on a bulletin board in the hallway. Ask students, faculty and parents to sign it, pledging to be drug free. Have a campus or grade-level door decorating contest. Have a Red Ribbon Week poster contest and decorate the school with the posters. Students can get creative and share the message of saying no to drugs in a fun and clever way. For the exterior, tie red ribbons around trees of the school.

#### **2. Celebrate by having campus or classroom dress-up days.**

Plan fun celebration days during Red Ribbon Week, such as Wear Red Day, Put A Cap On Drugs (wear a hat day), Put A Sock On Drugs Day (wear crazy socks), Be On A Drug Free Team Day (wear your favorite team gear), Shade Out Drugs Day (wear sunglasses), or Don't Get Mixed Up In Drugs (wear mismatched clothes).

Students are encouraged to wear a red ribbon to show their opposition to drugs and to participate in drug prevention activities.

#### **3. Have the students sign a Ribbon Week pledge cards.**

Pledge cards are provided in this resource.

#### **4. Post a Red Ribbon Week or drug-free message on the school's social media sites.**

#### **5. Invite a speaker during the week.**

Have a drug prevention agency or School Resource Officer to speak to the school about general alcohol, tobacco, and other drugs education, healthy decision making, myths and facts, and current drugs trends.

#### **6. Have the students make a PSA.**

Ask some students to create a daily public service announcement to share school wide about alcohol, tobacco and other drug use preventing, activities to be drug free, and habits to promote a healthy lifestyle.

#### **7. Use the activities in this resource for individual and classroom activities during Red Ribbon Week.**

#### **8. Internet Resources:**

<https://samasha.org/>

<https://teens.drugabuse.gov/>

<https://www.drugfreeworld.org>

## Healthy and Unhealthy Choices Relay

**Activity:** Relay game

**Type:** Class discussion and group activity

**Goal:** Students will identify activities and habits that promote healthy lifestyle.

**Grades:** K through 2<sup>nd</sup>

### Lesson Plan Introduction and Guide

Introduce the topic to the students. Explain to the students that they will be playing a game about healthy and unhealthy choices for the brain and body. During the game, discuss the benefits and positive consequences of choosing healthy habits, and point out the harmful effects of using alcohol, tobacco and drugs.

Preparation:

Print and cut the Healthy and Unhealthy Choices cards, found on the following pages. Print handout/posters. Laminate for durability.

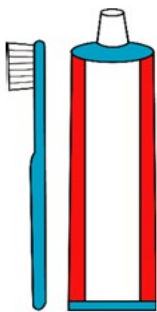
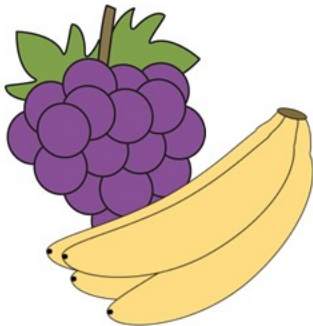
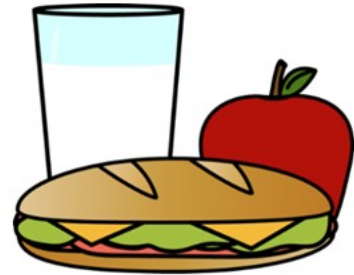
Directions:

Divide the students and have them form two lines. Ask the first person in each line to select a Healthy and Unhealthy Choices card from the pile. They will decide if their picture card is a “healthy choice” or “unhealthy choice” and place it on the appropriate spot on the mat. After their turn, the next pair of students will draw a card. Repeat until all the cards are gone. During the game, initiate discussion about each of their choices. Ask why they think each choice is healthy or unhealthy one. This activity can be done in smaller groups.

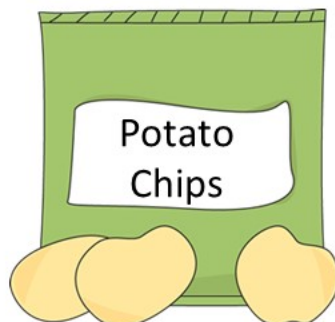
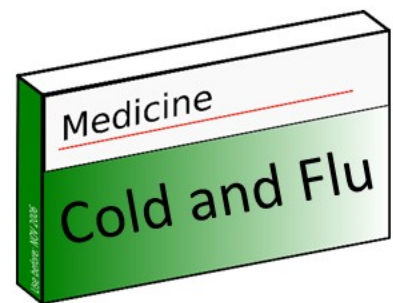
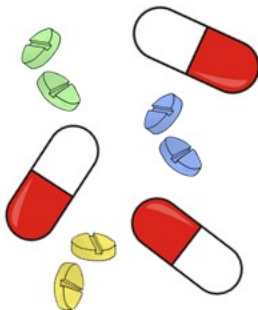
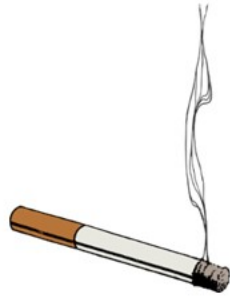
After the activity, ask the following questions:

- Review healthy and unhealthy choices with the group by showing the handouts/posters.
- Why are healthy behaviors so important for our brains and body?
- What are some healthy choices you make every day?
- Remind the group that alcohol, tobacco and other drugs can hurt a growing brain and body.

# Healthy Choices and Habits

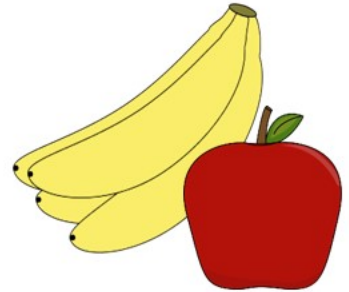


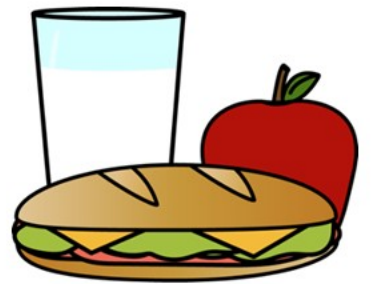
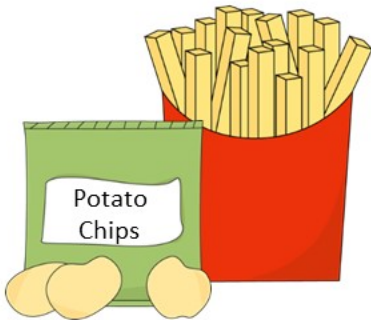
# Unhealthy Choices and Habits

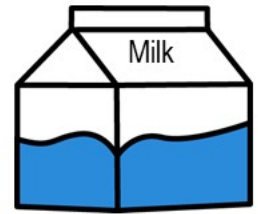
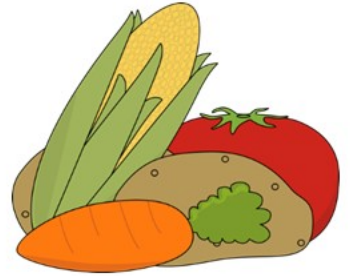




# Healthy and Unhealthy Choice Cards







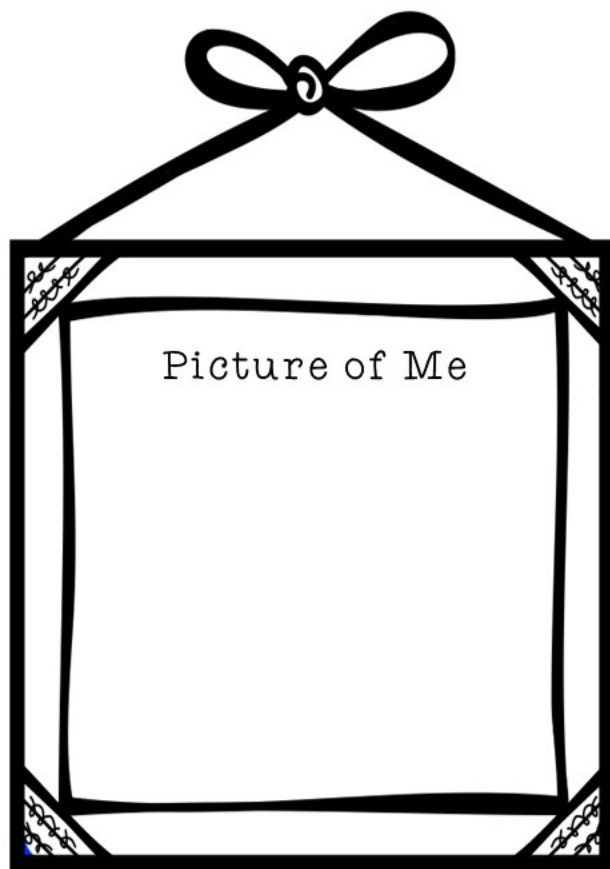


Unhealthy Choices

Healthy Choices

Name: \_\_\_\_\_

## About Me I'm drug free!



Happy to be drug  
free!

This is how I will  
say NO to drugs!

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## Red Ribbon Workbook

**Activity:** Writing Activity

**Type:** Individual or class activity

**Goal:** Students will identify activities and habits that promote healthy lifestyle.

**Grades:** 2<sup>nd</sup> through 3<sup>rd</sup>

### Lesson Plan Introduction and Guide

Introduce the topic to the students. Explain to the students that they will be completing activities designed to reinforce the importance of lifelong healthy habits and living drug-free. Students can work individually or as a class.

Preparation:

Print the workbook for each student and distribute.

# MY Red Ribbon Week

## WorkbOOK

BY: \_\_\_\_\_





# Healthy or Unhealthy Habits

Read each statement and circle if it is healthy or unhealthy habit.

|                                  |                      |
|----------------------------------|----------------------|
| Exercise                         | Healthy<br>Unhealthy |
| Eat fruits and vegetables        | Healthy<br>Unhealthy |
| Drink beer                       | Healthy<br>Unhealthy |
| Play outdoor games               | Healthy<br>Unhealthy |
| Play with friends                | Healthy<br>Unhealthy |
| Take medicines by yourself       | Healthy<br>Unhealthy |
| Ask for help when upset or angry | Healthy<br>Unhealthy |
| Eat breakfast before school      | Healthy<br>Unhealthy |
| Smoke cigarettes                 | Healthy<br>Unhealthy |
| Drink water or milk              | Healthy<br>Unhealthy |
| Take medicine you found at home  | Healthy<br>Unhealthy |





# Red Ribbon Week

## Fill in the Blanks



Fill in the Red Ribbon words in each sentence from the word bank below.

Word Bank:

|         |          |        |            |
|---------|----------|--------|------------|
| alcohol | medicine | harm   | healthy    |
| habit   | choice   | pledge | cigarettes |

1. My mom gave me some \_\_\_\_\_ to make my stomach feel better.
2. Fruits are always a \_\_\_\_\_ choice to eat.
3. Exercising every day is a healthy \_\_\_\_\_.
4. \_\_\_\_\_ can make you feel and act differently.
5. \_\_\_\_\_ are harmful to your health.
6. Drugs can \_\_\_\_\_ a growing brain and body.
7. Staying away from drugs and alcohol is a safe \_\_\_\_\_.
8. I \_\_\_\_\_ to be drug free!





## Healthy or Unhealthy Choices

It is important to keep your brain and body healthy so you can grow and learn. What are some healthy choices and unhealthy choices? Make a list of healthy and unhealthy choices in the chart below.

| Healthy Choices | Unhealthy Choices |
|-----------------|-------------------|
|                 |                   |





# Healthy Habits



Kids who have healthy brains and bodies:

## Have a healthy diet.

- \* Eat fruits and vegetables daily.
- \* Drink milk and water.
- \* Eat less candy and fast food.

## Practice safety.

- \* Wear protective gear while riding a bike or playing sports.
- \* Wear a seatbelt when riding in a car.
- \* Obey safety rules.

## Rest.

- \* Get enough sleep every night.
- \* Take a nap.
- \* Have quiet time.



## Exercise.

- \* Be active at least one hour per day.
- \* Play outside to get fresh air.
- \* Spend less time watching TV and playing video games.

## Have good hygiene.

- \* Bathe or shower daily.
- \* Wash hands often, before eating or after using the bathroom.
- \* Wash hair often.
- \* Brush teeth after every meal.
- \* Cover mouth when sneezing or coughing.





# Importance of Healthy Habits



Why are healthy habits so important?

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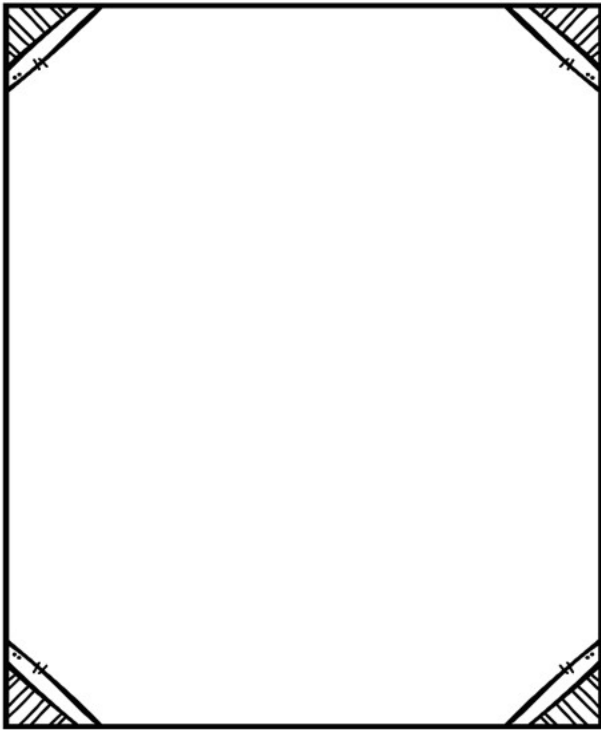
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by: \_\_\_\_\_

About Me  
I'm drug free!



Picture of Me

These are my  
healthy habits:

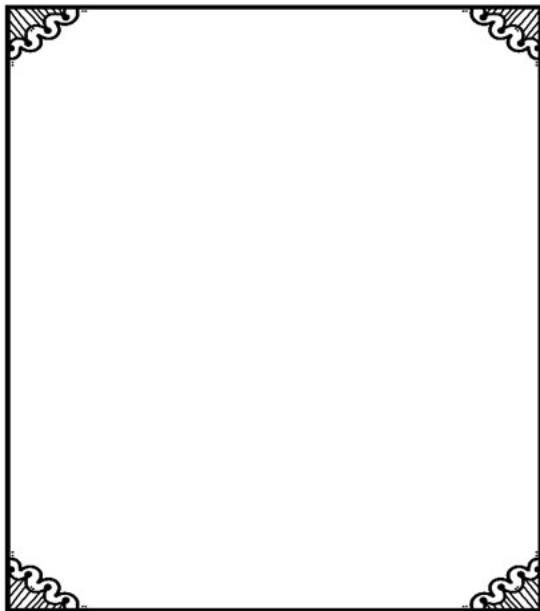
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My favorite activity!

I pledge to be  
Drug Free!

signature

# Red Ribbon Word Search



Circle all of the Red Ribbon words from the list below.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| g | n | i | k | o | m | s | l | h |
| e | o | h | a | o | i | g | u | a |
| e | g | d | e | l | p | u | f | b |
| m | e | g | f | a | q | r | m | i |
| r | v | q | y | w | l | d | r | t |
| r | i | b | b | o | n | t | a | s |
| u | n | h | e | a | l | t | h | y |
| s | e | c | i | o | h | c | b | y |
| k | n | a | l | c | o | h | o | l |

Red Ribbon words:

healthy  
drugs  
ribbon  
habits

choices  
alcohol  
unhealthy  
harmful

no  
red  
smoking  
pledge



# My Red Ribbon Poster



by: \_\_\_\_\_





Red Ribbon Week  
Not just for  
a week, but  
for Life!




Celebrate  
Red Ribbon  
Week



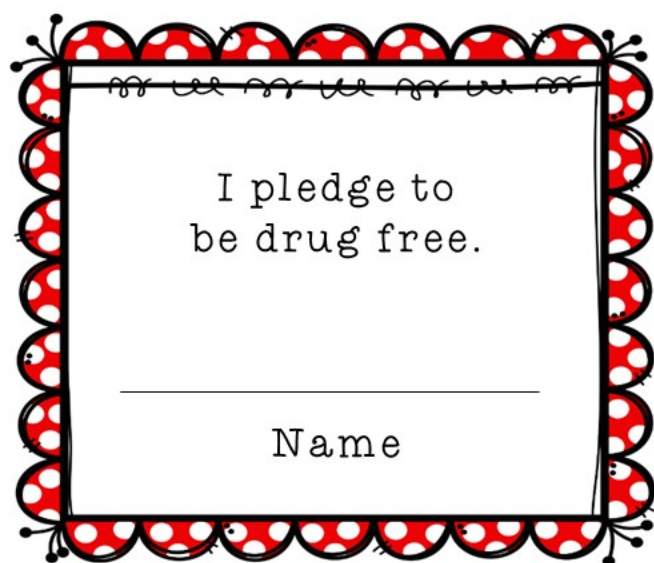
Happy to be  
Drug free!!





We  
Pledge  
to be  
Drug  
Free

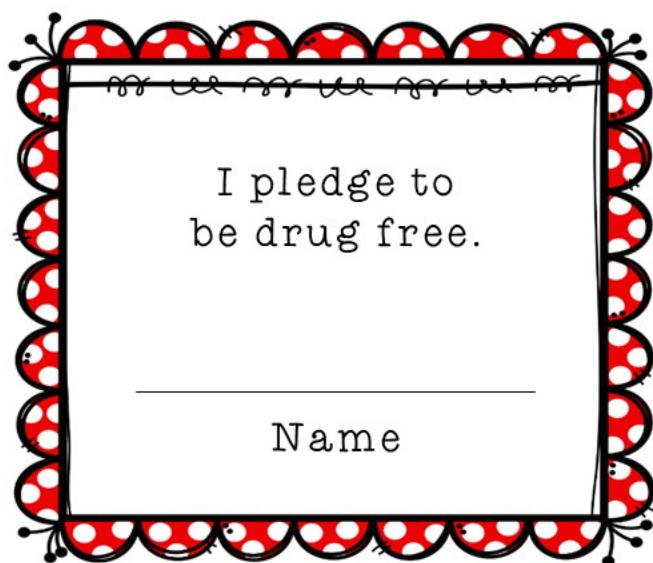




I pledge to  
be drug free.

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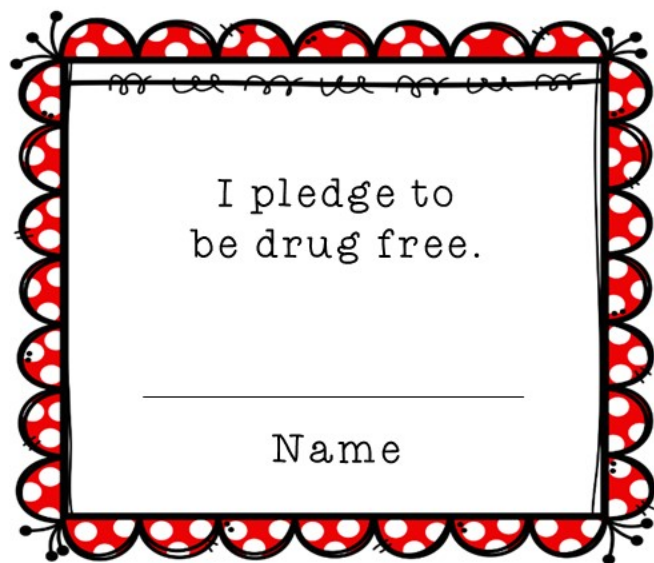
Name



I pledge to  
be drug free.

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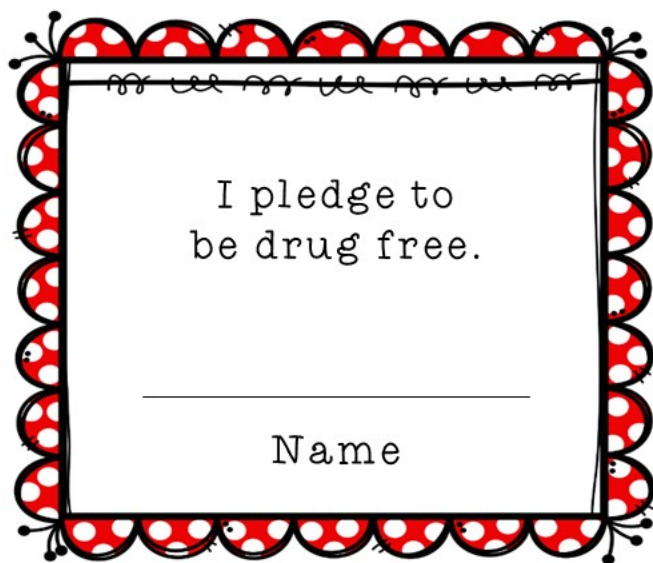
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I pledge to  
be drug free.

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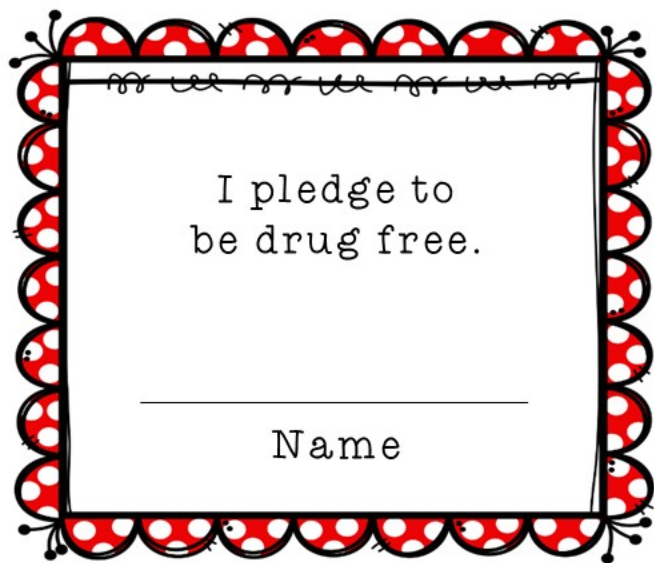
Name



I pledge to  
be drug free.

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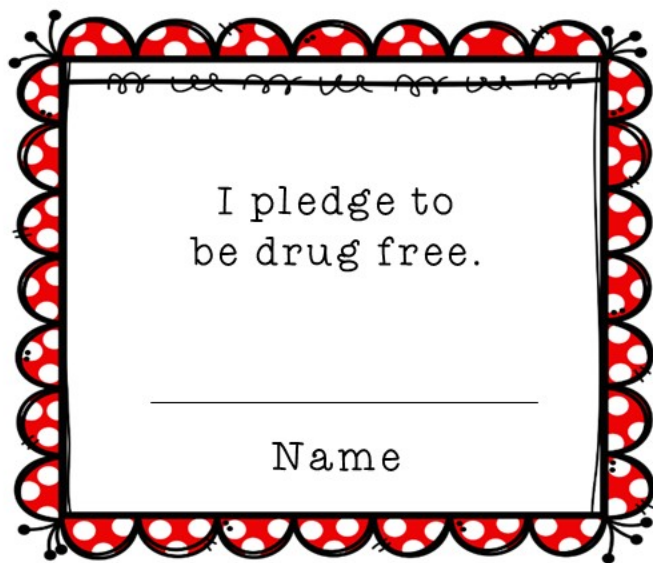
Name



I pledge to  
be drug free.

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Name



I pledge to  
be drug free.

---

Name

# Red Ribbon Pledge Cards

I love my healthy habits!

I pledge to be DRUG FREE.

X \_\_\_\_\_  
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X \_\_\_\_\_  
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X \_\_\_\_\_  
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X \_\_\_\_\_  
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X \_\_\_\_\_  
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X \_\_\_\_\_  
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X \_\_\_\_\_  
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X \_\_\_\_\_  
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X \_\_\_\_\_  
signature



I love my healthy habits!

I pledge to be DRUG FREE.

X \_\_\_\_\_  
signature

