

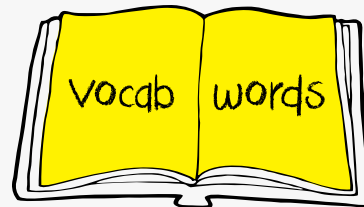
Drug and Alcohol Prevention

Hands Off!

Project and Purpose: In this lesson, students create a banner and pledge to keep their “Hands Off!” drugs and alcohol.

Essential
Question:

What are some
substances we should
stay away from—keep
our “Hands off!”



Large bulletin board paper,
at least 4' X 8' (a light color
works best) to create a banner

Smocks or aprons

Washable tempera paints – variety of colors

Access to soap and water and towels
and/or another way to wash hands

effect

pledge

substance

Paper plates (pour the
paint onto plate – makes
putting hands in it easier)

PreK-2

Procedure:

Introduction:

1. Gather as a group and talk about effects of tobacco, drugs, and alcohol. Consider discussing any of the following: Drugs, alcohol, and tobacco can...
 - ✦ Make you sick
 - ✦ Cause disease
 - ✦ Damages your brain
 - ✦ Get you in accidents
 - ✦ Cause depression
 - ✦ Cause mental illness
 - ✦ Make you violent
 - ✦ Make you skip school and flunk out
 - ✦ Cause memory loss
 - ✦ Damage your organs such as kidneys, liver, stomach, lungs, throat
 - ✦ Make you addicted
 - ✦ Get you in trouble with the law and cause you to be arrested
 - ✦ Make you lose your friends
 - ✦ Make you homeless
2. Discuss how it is important to keep away from drugs, alcohol, and tobacco. A phrase we can use as a reminder is “Hands Off!”
3. Discuss the definition of pledge and how students will create a banner pledge.

Direct Instruction (I do):

1. Explain that students are going to make a “Hands Off!” banner with each person’s hand prints. It will represent our pledge to keep our hands off drugs, alcohol, and tobacco. Show all of the materials that will be used, and then demonstrate the proper way to make hand prints.
 - Demonstrate how to dip hands in paint.
 - Place hands on the paper. Show how to place hands down firmly without rubbing around or mushing – a print is one touch.
 - Demonstrate what to do immediately after making hand prints: wash hands!

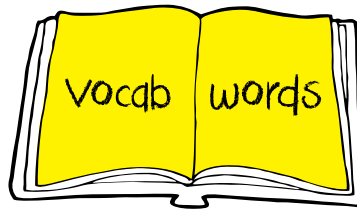
Guided Exploration (We do):

1. Have students “smock up” or put on their aprons to get ready for the project.
2. Ask children to come up one at a time to pledge with their hand prints. Ask each child to plan his/her placement and explain what “Hands Off!” means.
3. Have each student dip his or her hands in paint, place, lift, and wash off.

Independent Practice (You do):

1. Later in the day (or possibly the next day), after banner is dry, have each child select a crayon or marker.
2. Talk about how signature is another way to make a pledge.
3. Review what that pledge is: I will keep my hands off drugs, alcohol, and tobacco.
4. Let them choose their spot to sign. It does not matter if it is upside down or sideways, near their handprints or not—just make sure it is on a blank spot.

Vocabulary & Definitions



effect (n): Definition: a change that happens when something is done or something else happens

Context: The loss of the championship game had a terrible effect on Charlie.

pledge (n): Definition: a serious promise or an agreement

Context: All three girls raised their hands and recited the scout pledge.

substance (n): Definition: a drug that is considered harmful

Context: The class studied how drugs and alcohol are illegal substances.