UNDERSTANDING, KNOWLEDGE, ATTITUDES AND ACTIONS
5-7 year olds

Understanding
(Short activities to establish what children already know)

Draw and write - Give each child some paper and art materials and ask them to draw or write what they mean by the word drug/healthy. Perhaps ask them to draw a healthy person and an unhealthy person. The children can share their pictures and comments.

Circle time – Children may be familiar with this from school. It works best when the children know each other well. Everyone sits in a circle and the leader begins a sentence. Then a ‘talking aid’ is sent round the circle and the children who want to take turns finishing the sentence. (Only the person holding the talking aid speaks while all the others listen). The sentences should be relevant to the topic you are covering, eg, What is a drug – A drug is........ Healthy people are........... etc.

NB: A talking aid is a suitable object, eg, a toy microphone, book or cuddly toy.

Knowledge
(Providing drug education)

Safety boxes – This game can be played in one large group or in smaller groups led by a leader. Each group has a large box filled with assorted familiar items, some safe (balloons, toys, sweets, books), some potentially unsafe (razors, medicines, electric plugs, bleach). The children have to put the items into two groups – safe and unsafe. A discussion should be encouraged as they play the game. (Make sure the ‘unsafe’ objects are safe to handle, eg, empty and clean bottles, razors without blades, etc.)

I am amazing – Have a celebration about how amazing we are and how God created us. Perhaps make a collage using hand, foot and finger prints or paint portraits of each other. Explore all the differences between the group to emphasise uniqueness. Draw a large outline of a person and encourage the children to draw their self-portrait inside it. Talk to the children about how God made them and how we need to look after our bodies and ourselves.

Visitors – Invite visitors to come and talk with the children about drug related topics. For example, a mother with a baby could talk about how amazing new life is and how she looks after her baby. A doctor or nurse could talk to the children about medicines and drugs.

Attitudes and Actions
(a chance to think about attitudes and practise skills)

Stories – Using stories encourages children to think about situations and see the consequences without ‘being involved’. Choose stories that are age appropriate, true to life and involve children. Keep stopping the story and ask the children what they would do. It is good to end a session with a story or begin with one to introduce the topic.

Drama – This age group usually mimic what they already know. If you want to do drama, the simple way would be to let them retell a story that you have already told them.