

# Grade 4 | At Home Learning Activities

*Too Good for Drugs*

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## Lesson 1 Goal Boosters and Goal Busters - *Setting Reachable Goals*

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### Literacy

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Read a chapter book in which a character pursues a goal. Write a paragraph about your character's goal, how your character set the goal, and if he or she reached the goal.

### Arts Extender

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With your child develop a list of ten encouraging words or statements. Then, display these encouraging words or phrases throughout your home

### Literacy

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Read a book in which the main character makes a major decision. Then, write a book review. Describe the decision-making steps the character used or did not use. How did the character's decision turn out? Would you recommend this book to others? Why or why not?

### Language Arts Extender

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Write a short story titled "The Biggest Decision I Ever Made." This story can be fiction or non-fiction. In your story, demonstrate how your character uses the decision-making steps to make a big decision. Then, write about how your character's decision turned out and what your character learned from making this big decision.

### Social Studies Extender

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The first settlers of your state had to make many decisions about where to live, how to feed themselves, and how to survive. Imagine you and your friends are the first settlers to a new land. Write a paragraph about the big decisions you would need to make to establish a place to live.

Consider your state's terrain to help you decide which areas you would develop first and why. Which foods would you eat? What kind of structures would you live in? What other decisions would you have to make? Keep in mind the decisions you make will affect all of the settlers.

## Literacy

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Read a chapter book and keep a list of the emotions each character experiences throughout the book. Then, select two characters from your book. Imagine what they look like and draw a picture of their faces expressing an emotion each character felt in the story.

## Language Arts Extender

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Choose one of the following situations. Write a paragraph to describe your emotions in that situation. Explain why you would feel this way and what you could do to manage your emotions.

- It is the last day of school before summer vacation, and there are four hours left before the final bell rings to dismiss you.
- You are standing in line at the theme park to ride the new roller coaster with your friends. You heard it is the most thrilling roller coaster ever! You can hear the people on the ride yelling and screaming.
- Your teacher is handing out report cards.

## Language Arts Extender

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Select one of the research projects below and complete the assignment:

### Project 1

With your child research online to find jobs that require effective speaking skills. Have your child select one job, and write a paragraph about the speaking skills a person would need and why these skills are necessary to perform the job.

### Project 2

With your child research online to find jobs that require active listening skills. Have your child select one job, and write a paragraph about the listening skills a person would need and why these skills are necessary to perform the job.

## Science Extender

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Ask your child if he or she knows that some people talk to their plants to help them grow. With your child conduct an experiment to determine if, how, and when talking to plants affects their growth. Help your child find out if the plants' growth responds differently to aggressive, passive, or assertive styles.

Use four identical plants. Label one "Control," one "Aggressive," another one "Passive," and the last one "Assertive." Place each plant in a different room. Be sure each plant receives the same amount of sunlight, water, and healthy soil. Then, have your child speak to each plant every day. Have your child speak to the "Aggressive" plant in an aggressive tone. Speak to the "Passive" plant in a passive tone, and speak to the "assertive" plant in an assertive tone. Make sure your child doesn't speak to the "Control" plant. Have your child measure and record the plants' growth each day continuing this process for 10 days. Have your child write what conclusions can they draw from this experiment.

### Literacy

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Read E. B. White's *Charlotte's Web*, or another book about friendship, with your child. After each reading session, discuss with your child the healthy and unhealthy friendship qualities each character displays.

### Language Arts Extender

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Write a paragraph that starts with "My best friend is the best because..." You may write the paragraph about a real or imaginary best friend. What healthy friendship qualities does your best friend have? How does your friend show these qualities? How long have you been friends? Do you and your best friend share common interests? How did you meet?

### Language Arts Extender

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Write a song, poem, or rap about the kind of friend you are. Include the friendship qualities you demonstrate to your friends and why you would make a good friend.

### Language Arts Extender

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Think about a time your friends pressured you to do something you knew you shouldn't do, and you chose not to give in to the pressure. Write a short story explaining what happened. Create fictional character names for you and your friends. Share how you felt when these friends were pressuring you and how you felt after you refused the pressure. Also, include what you learned from the situation.

### **Language Arts Extender**

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Write a short skit or role play in which the main character refuses the pressure to drink alcohol. Be sure to include where the peer-pressure situation takes place.

### **Social Studies Extender**

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With your child, research the ordinances and laws governing alcohol use in your city or state. Have your child list the laws and ordinances and identify how each helps to keep them safe and healthy.

### Arts Extender

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Think about how the benefits of being nicotine free can have a positive effect on friendships. Then, think about how the negative effects of nicotine use can negatively affect friendships. Create a poster to inform other students in your school about how the benefits of being nicotine free positively affects friendships and how the negative effects of nicotine use can get in the way of friendships. Use words and illustrations to get your message across.

### Language Arts Extender

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Congratulations! You won a poster contest. The poster you created to inform people about the benefits of remaining nicotine free won first place. Write the acceptance speech you will give when you accept your award. Tell people what the award means to you and why you believe in educating others about the benefits of remaining nicotine free.



## Lesson 9 Use as Directed

### *Understanding the Safe Use of Prescription and OTC Medicines*

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#### Language Arts Extender

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Imagine you are a container of over-the-counter medication. A young child wanders into the bathroom and sees you sitting on the counter top. The child picks you up and says, "I wonder what this is?" Write a paragraph about what you would tell the child about yourself. What safety information do you want the child to know?

#### Art Extender

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Design a board game or game show about safety with medicine with your child. Your game should include at least 10-15 questions about prescription and over-the-counter drugs and their effects. Your game should also include the rules for playing. Make sure to help your child research facts on prescription and over-the-counter drugs.

### Language Arts Extender

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Imagine your school is a candidate for the award of Healthiest School in the Country. Write a paragraph about the healthy choices that are being made at your school that make it eligible for this award. Include in the paragraph any changes your school would need to make in order to win the award.

### Language Arts Extender

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With your child make a list titled “30 Healthy Choices.” Have your child write a paragraph about one of the healthy choices they want to apply to their life. It must be a new healthy choice. How will they apply this healthy choice to their life? What types of changes will they have to make to keep making this healthy choice?