

# Lesson 4

## LESSON 4

**At the conclusion of this lesson, your kindergartners should be able to describe alcohol as a drug that can be harmful to their bodies.**

**Materials Needed**    Nurse Tina stick puppet  
                                 Copy of Activity Sheet K-4 for every child

**Step I**            Tell the children:

*Today Nurse Tina wants to talk to you about something that she has seen that can make people very sick.*

Nurse Tina:

*Hi, boys and girls. Because I'm a nurse, I have seen some very sick people. Some people become sick because what they drink has alcohol in it.*

*Do you know what drinks have alcohol in them? Alcohol is part of such drinks as beer, wine, and liquor. Alcohol will make children sick, and it can cause adults to be sick, too, if they drink too much.*

*Alcohol can cause people to think and act differently from the way they would usually act. Alcohol can keep people from enjoying many things.*

*If you want to stay healthy, stay away from alcohol.*

**Step II**            Distribute a copy of Activity Sheet K-4, "Alcohol Can Make You Sick!" to every child. Identify the first illustration as a can of beer and the second illustration as a can of soda.

Have the children draw a line from the drink that caused each frog to feel the way it looks. (A line should be drawn from the can of beer to the first illustration of a frog and another line drawn from the can of soda to the second illustration of a frog.)



**Step III**            When the children have completed the activity sheet, discuss how alcohol can prevent a person from seeing clearly or reacting quickly. A good example is driving a car and being unable to judge distances and being unable to turn the wheel or step on the brake quickly enough to avoid an accident.

