

A FREE ELEMENTARY RESOURCE FROM EDMENTUM

Red Ribbon Week



Grade Range

Red Ribbon Week Elementary Teaching Resources

What Does This Pack Include?

This pack has been created by teachers, for teachers. In it, you'll find high quality teaching resources, to help students understand the awareness campaign.

To go directly to the content, simply click on the title in the index below:

CRITICAL THINKING QUESTIONS:	
Pre-K – Grade 2	Grades 3-6
Discuss some of the healthy ways to get rid of stress.	Discuss some of the ways you can keep your body healthy.

ACTIVITY SHEETS AND ANSWERS:	
Pre-K – Grade 2	Grades 3-6
What are some of the healthy habits you pledge to do this week?	How can staying healthy help towards a student's career goal?

FACT SHEETS:	
Pre-K – Grade 2	Grades 3-6
Explore some of the different ways to stay healthy.	Explore the meaning of Red Ribbon Week and why it's a good opportunity to start some healthy habits.

POSTER:	
Pre-K – Grade 6	Pre-K – Grade 6
Color	Black & White

Like what you see here?

Learn more about how Edmentum can support your elementary students!

Visit www.edmentum.com

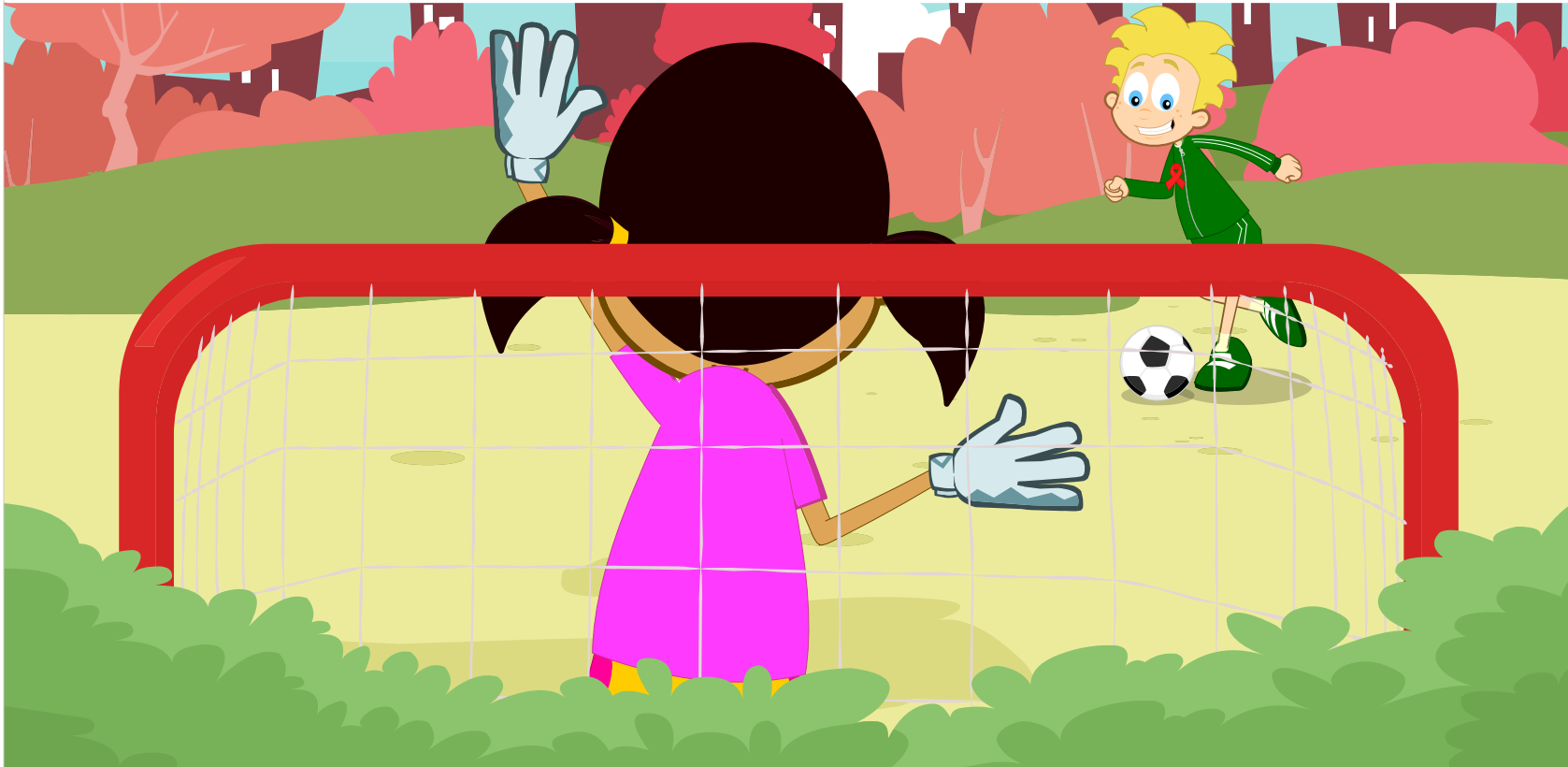


What are some healthy ways I can get rid of stress?



You can find things that relax you.

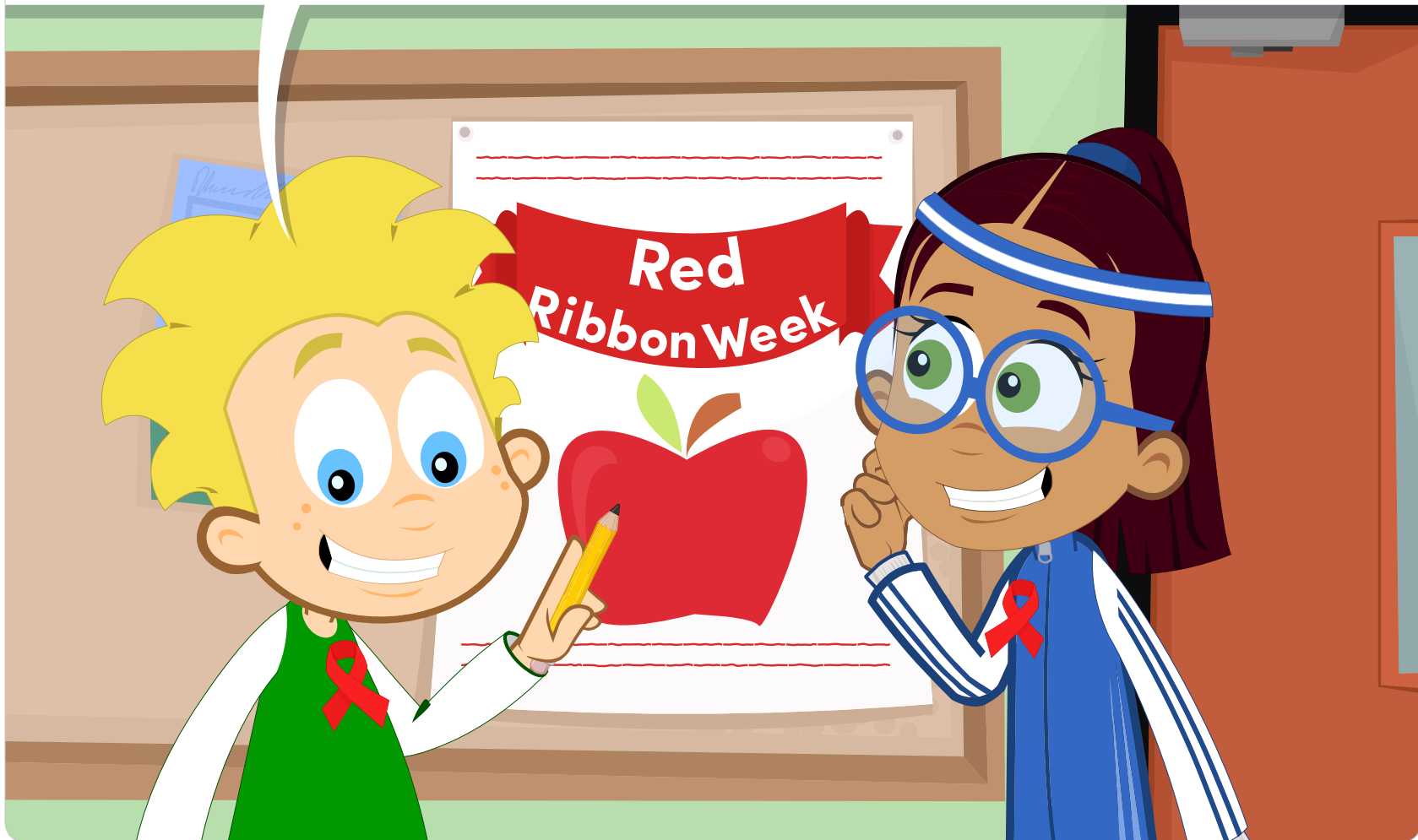
You might try exercise, writing, listening to music, or spending time with friends.



What do you do to get rid of stress?

For Red Ribbon Week, I am going to pledge to take care of my body.

What are some healthy habits I can make?



You can **eat healthy food** and get enough exercise.
You can **drink plenty of water**.
You can **use medicine** in the correct way.



How do you keep your body healthy?



Name: _____ Class: _____

What are some healthy habits you pledge to do this week?



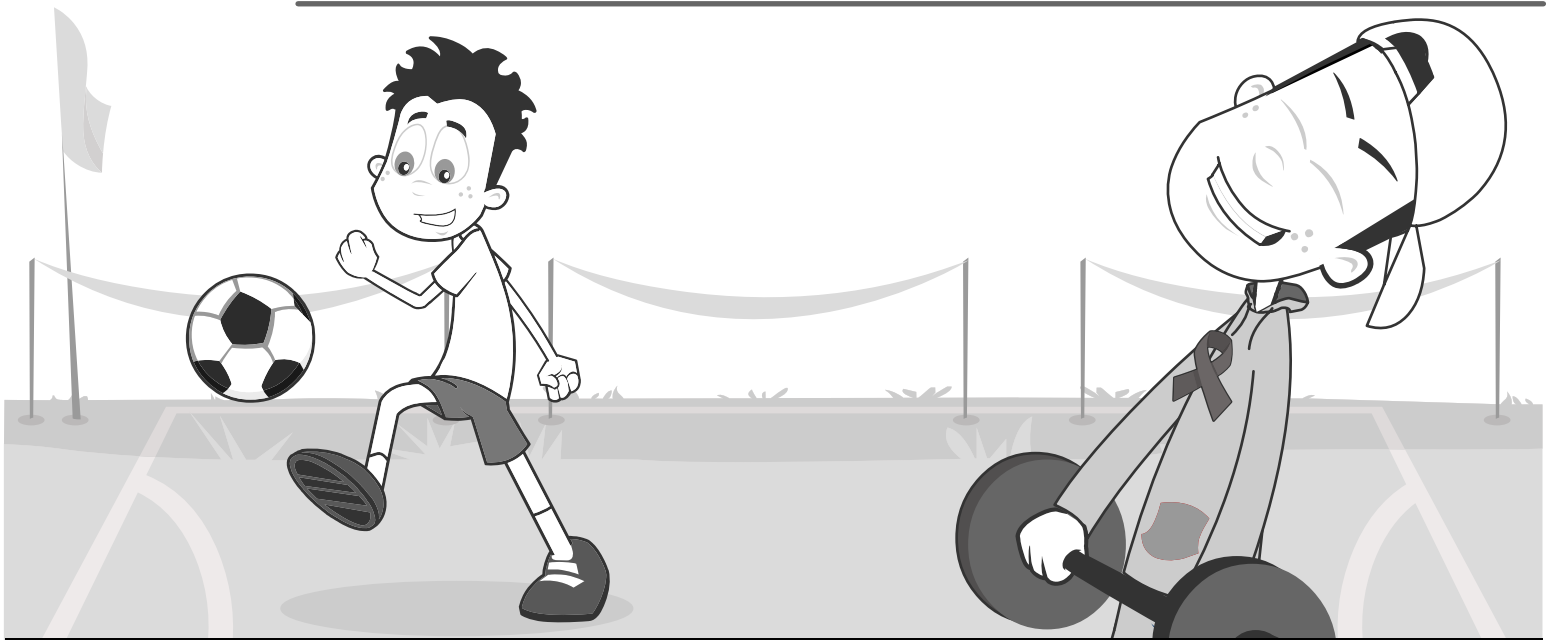
1 I Pledge to

2 I Pledge to

3 I Pledge to

4 I Pledge to

5 I Pledge to





Name: _____ Class: _____

What are some healthy habits you pledge to do this week?



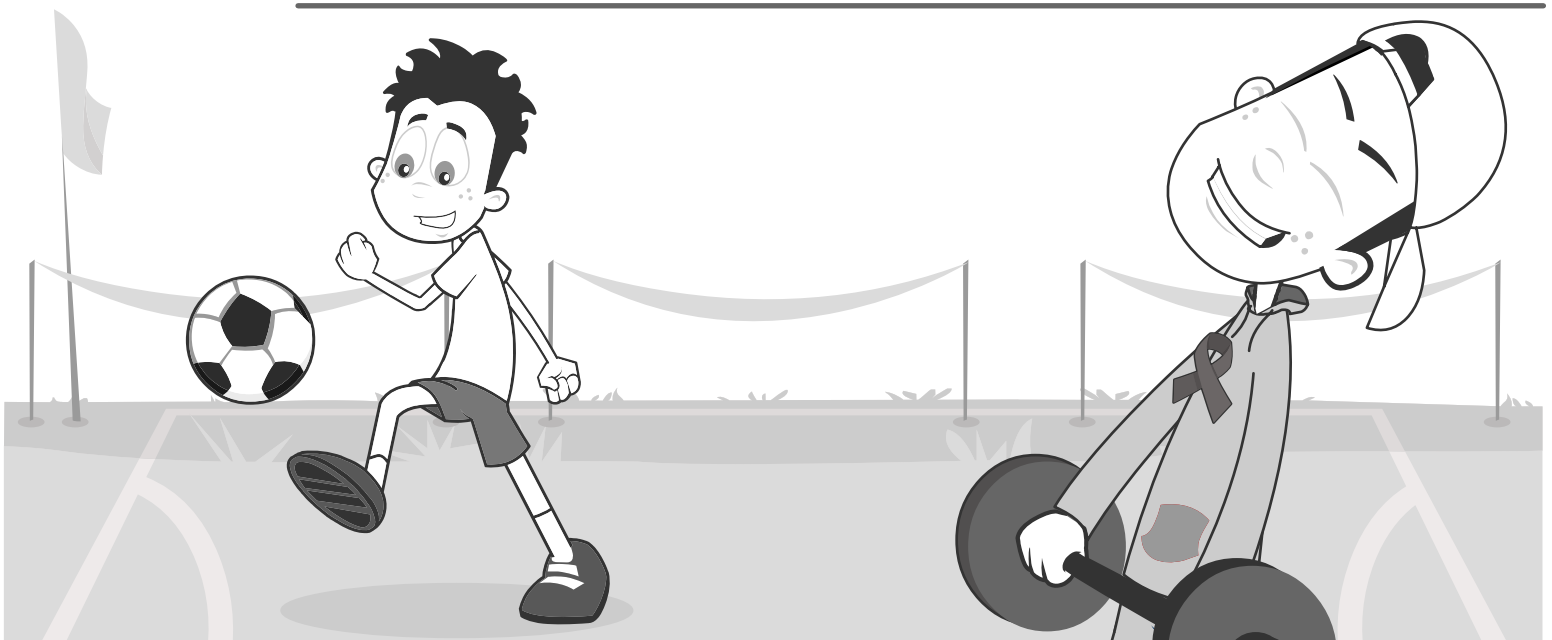
1 I Pledge to **Accept any reasonable responses**

2 I Pledge to **Accept any reasonable responses**

3 I Pledge to **Accept any reasonable responses**

4 I Pledge to **Accept any reasonable responses**

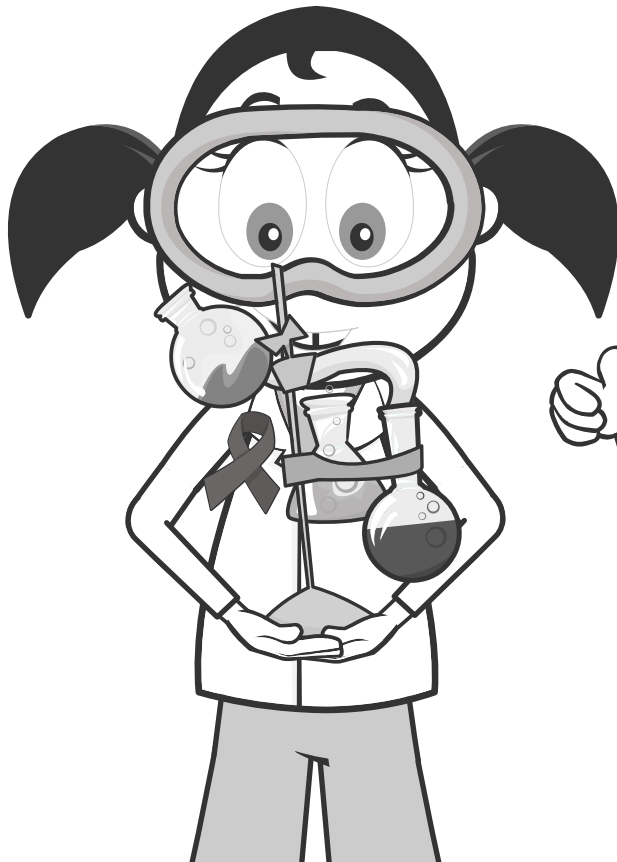
5 I Pledge to **Accept any reasonable responses**



Name: _____ Class: _____

I will stay drug free so when I grow up I can be

Who?





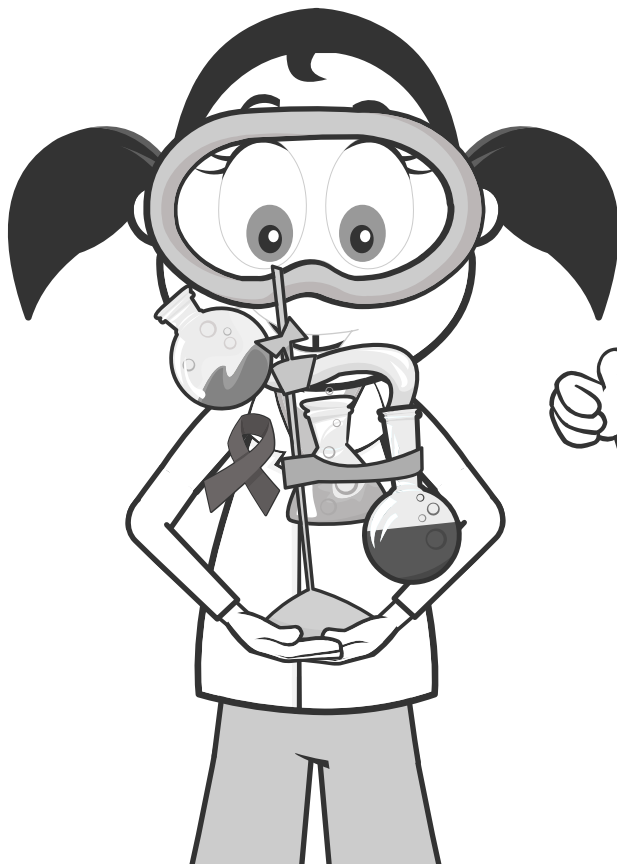
Name: _____ Class: _____

I will stay drug free so when I grow up I can be

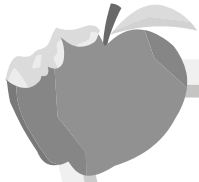
Accept any reasonable responses.

Who?

Accept any reasonable responses.



Name: _____ Class: _____



How do you stay healthy?

One way is to say no to things that can hurt your body.

- During Red Ribbon Week, thousands of kids wear red ribbons. They wear them as a pledge or a promise to not use illegal drugs.
- It is important to take care of our bodies. We can take care of our bodies in many ways. We can eat healthy foods. We can get exercise. We can also be careful not to put harmful things into our bodies.
- Some drugs are good for us. Medicines can help us when we are sick. They only work if we take them properly. We should never take the drugs unless our doctor or parents have told us it is safe. If you take the wrong drugs or too many drugs, you can make your body sick.
- Never eat or drink something if you do not know what it is. Some medicines look like candy.
- If you see medicine out, be sure to tell an adult so it can be put away.

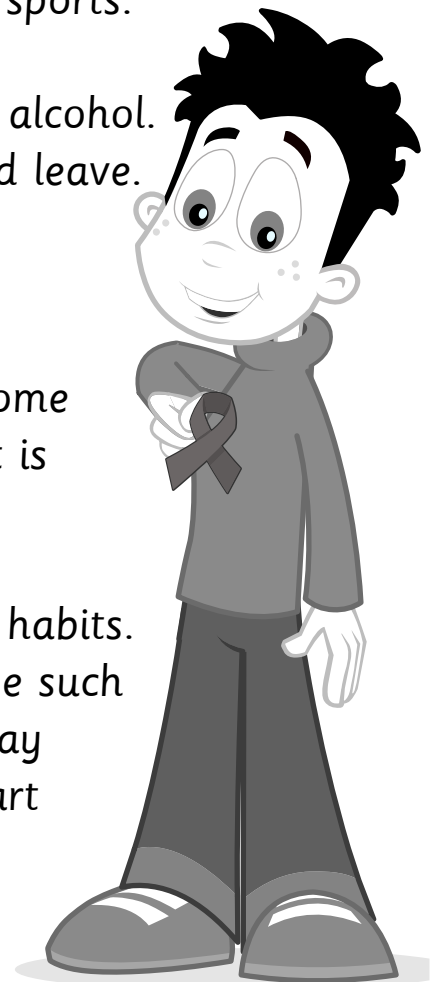


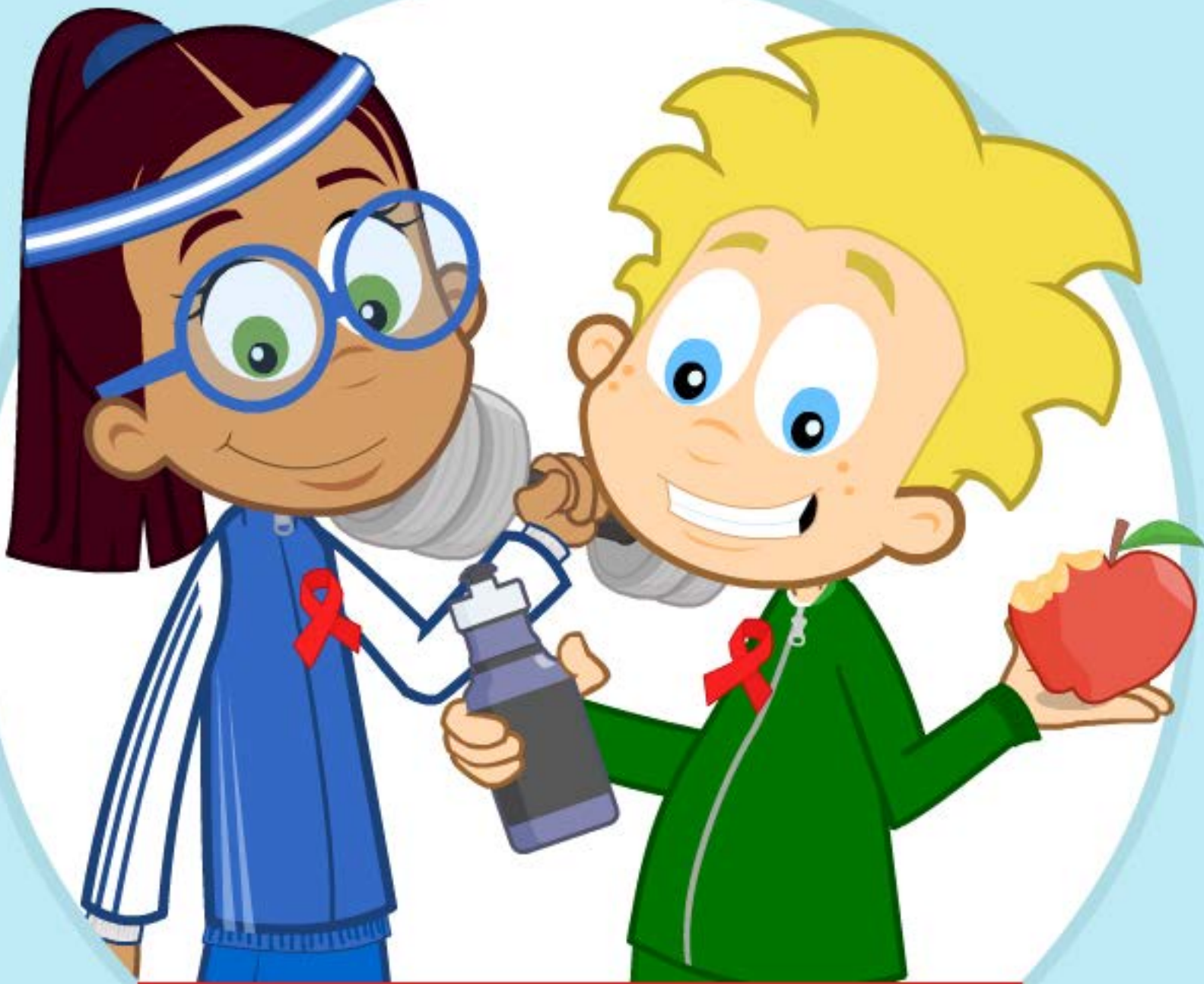
Name: _____ Class: _____



Red Ribbon Week is a special week when we pledge to make smart choices about drugs.

- Red Ribbon Week is a great week to make a promise to make healthy choices for your body. One of these healthy choices is saying no to illegal drugs.
- There are hundreds of medicines that we take to stay healthy. They can help fight infections or help with pain. However, you may not realize that even medicine can be dangerous if you use it incorrectly. Never take medicine unless it is prescribed by a doctor or given to you by your parent.
- Cigarettes and alcohol are also drugs. People who use these drugs are not able to do as well in many activities such as school and sports.
- Sometimes someone you know may offer you drugs or alcohol. If you find yourself in this situation, make an excuse and leave. Never stay in an unsafe situation.
- If a friend or someone else you know is using drugs or alcohol, it is important to tell an adult that you trust. Some drugs and alcohol can be addicting, which means that it is very difficult to stop using them without help.
- Red Ribbon Week is a good time to start some healthy habits. Find a way to help you relieve stress. You can do exercise such as running, riding bikes, dancing, or martial arts. You may decide to play music or sing. Perhaps you like to make art or write. Finding healthy ways to relieve your stress will help you to make other healthy choices for your body.





National Red Ribbon Week

edmentum™



National Red Ribbon Week

edmentum™

Get to know Edmentum

Edmentum is committed to making it easier for educators to individualize learning for every student through digital curriculum, research-based assessments, and educational consulting.



Standards-Based Online Courses

Deliver curriculum; expand options; empower.



Individualized Learning

Realize every student journey.



Practice and Preparation

Deepen practice; reinforce learning.



Classroom Assessment

Turn data into action.



Intervention for Success

Differentiate instruction and target student needs.

A powerful suite of solutions designed to save you time and engage students



Study Island

K-12 practice and formative assessment



Courseware

6-12 courses and curriculum



Exact Path

K-12 assessment-driven, individualized learning paths



Assessments

7-12 fixed-form assessments



EdOptions Academy

K-12 courses paired with instructional services



Reading Eggs

Pre-K-6 foundational literacy and comprehension

Used by schools in over **80 countries** worldwide.

Contact us today for more information.

www.edmentum.com - 800.447.5286

edmentum.com
800.447.5286
info@edmentum.com

5600 W 83rd Street
Suite 300, 8200 Tower
Bloomington, MN 55437

edmentum[™]