

○ MUSIC  city COUNSELOR

THANK YOU FOR YOUR  
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** [www.musiccitycounselor.com](http://www.musiccitycounselor.com)

♥ **MEMBERSHIP:** [www.counselorcollab.com](http://www.counselorcollab.com)

# ASCA MINDSETS & BEHAVIORS:

## Category 1: Mindset Standards

- M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

## Category 2: Behavior Standards

### Learning Strategies:

- B-LS 1. Critical thinking skills to make informed decisions

### Self-Management Skills:

- B-SMS 1. Responsibility for self and actions
- B-SMS 2. Self-discipline and self-control
- B-SMS 6. Ability to identify and overcome barriers
- B-SMS 7. Effective coping skills
- B-SMS 9. Personal safety skills

### Social Skills:

- B-SS 5. Ethical decision-making and social responsibility
- B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary
- B-SS 9. Social maturity and behaviors appropriate to the situation and environment



# DIRECTIONS PAGE I:

This lesson will take approximately 45 minutes to teach.

## Recommended Sequence:

1. Review the PowerPoint or digital for Google Slides™ presentation with students.
2. Review (and display) the instructional posters with students.
3. Ask students to complete the craft activity.
4. Ask students to sign the "Paws Off Drugs Pledge."
5. Create the "Paws Off Drugs" Bulletin Board.

## Materials Needed:

- Printed materials
- Scissors
- Glue sticks
- Crayons or markers
- Pencils

## PowerPoint Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included. This presentation encourages students to keep their "Paws Off Drugs." It is a kid-friendly introduction to drug prevention. The presentation starts with a story about a dog named Max and a cat named Mia. They're going for a walk to the park and see a raccoon named Ricky who is trying to convince younger animals to try drugs. Mia and Max explain to Ricky and the other animals why drugs are harmful and encourage everyone to come to the park with them instead. Then, the presentation defines drugs and the difference between safe and unsafe drugs. Next, it explains 4 reasons WHY we keep our Paws Off Drugs and 5 ways HOW we keep our Paws Off Drugs. The last 3 slides each offer a discussion question. Please ask students to "Turn & Talk" with a neighbor, then share out their response with the group.

# DIRECTIONS PAGE 2:

## Instructional Posters:

3 posters are included that review the material from the presentation. Please use these in instruction and display them in your space.

## "Paws Off Drugs" Craft:

Both a dog and a cat version of the craft are included. Please let students choose which animal they prefer, or you can choose for them. First, please ask students to **write why and how they keep their Paws Off Drugs** on the lines. Next, they can color the dog or cat and **glue him to the top of the paper**, so he is hanging off the top. Please see the sample on the next page.

## "Paws Off Drugs" Pledge:

A few different versions of the pledge are included in full color and black/white. Please choose the ones that best fit your needs. At the end of the lesson, please give students a copy of the pledge and **read it aloud** together. Ask students to **sign and date** it. These are also a great visual to display on your bulletin board!

## Bulletin Board:

To create the bulletin board, first please **print and cut out the letters**. Next, please **display students' crafts** under the lettering. Please see the sample on the next page.

Questions, comments, or suggestions? Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com). I'm here to help! PS I SO appreciate when you **please take a moment to leave a review** on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality materials, and helps my small business grow! ☺



# SAMPLE



# **BULLETIN BOARD & CRAFT**

PA

WS



OFF

DRV

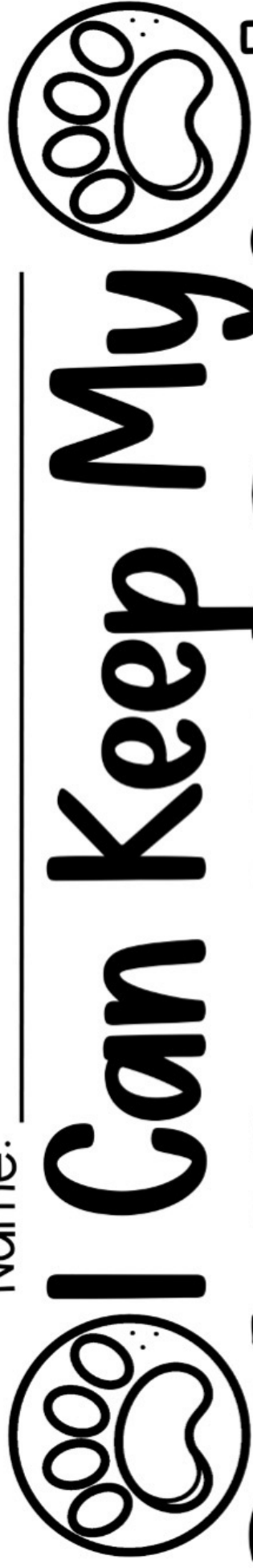
G

S

!



Name: \_\_\_\_\_



**PAWS OFF DRUGS!**

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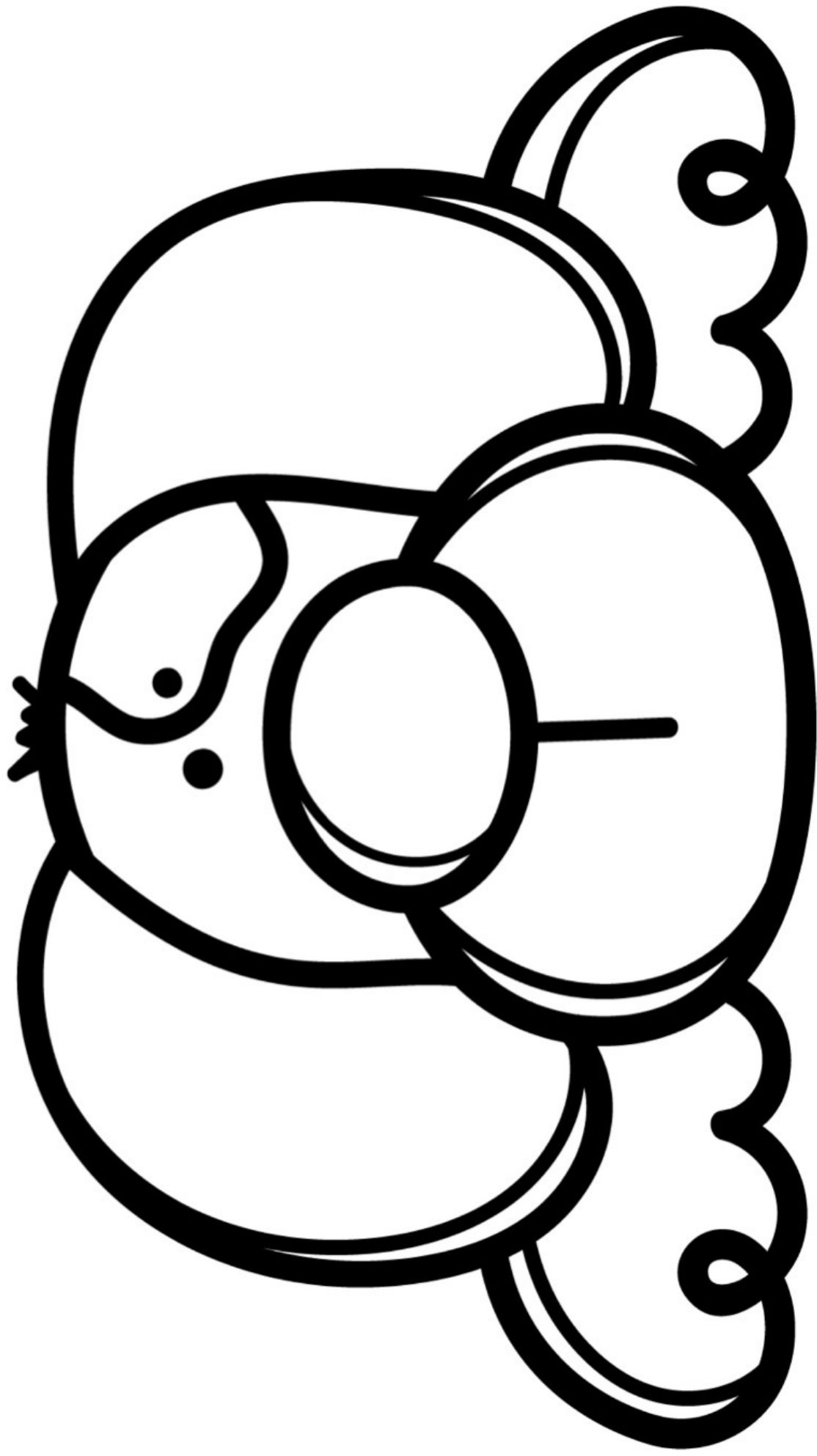
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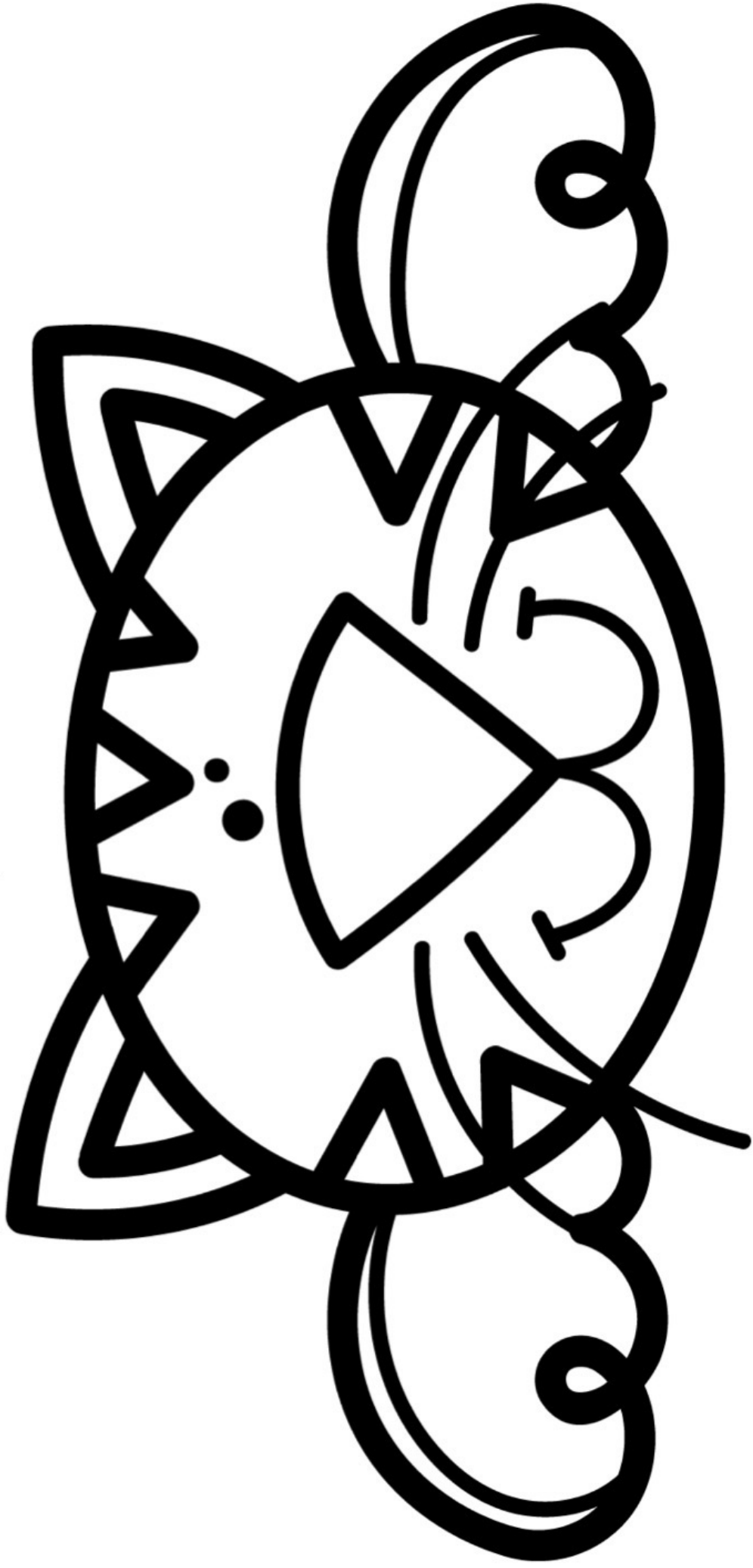
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Color this topper, cut it out, and glue it to the top of your writing page. Then, write about how and why you keep your PAWS OFF DRUGS.



Color this topper, cut it out, and glue it to the top of your writing page. Then, write about how and why you keep your PAWS OFF DRUGS.





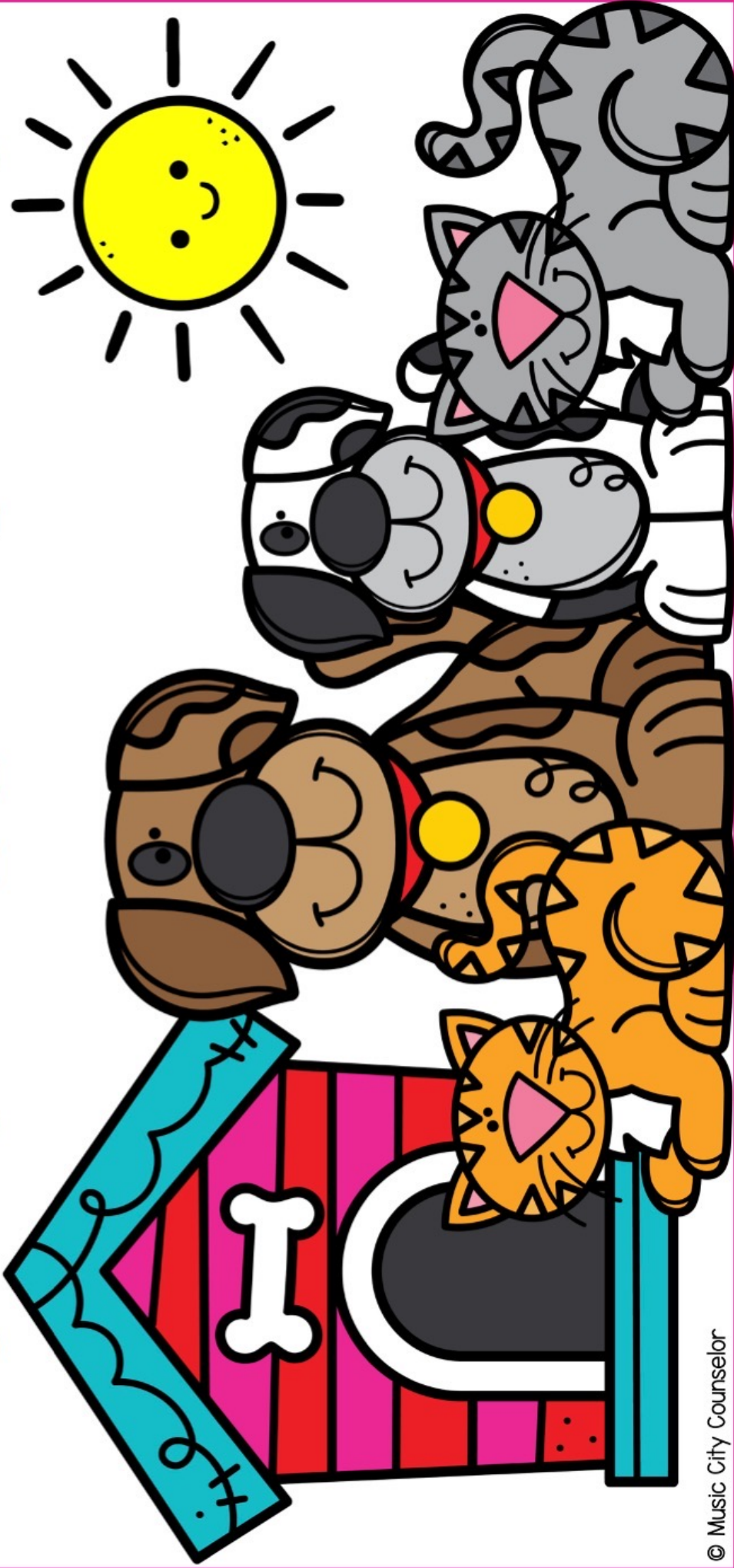
# POSTERS



Let's Keep Our



PAWS OFF DRUGS!







# Why We Keep Our



# PAWS OFF DRUGS!

## 1. Drugs can hurt our body.

Drugs can make us feel sick, damage our body, and stop us from growing strong.

## 2. Drugs can change our brain.

Drugs can affect how we think, learn, and feel. They can make it harder for us to do our best in school and in life. And once we start, it's hard to stop!

## 3. Drugs stop our fun.

Drugs can take away our energy, make us feel sad, and keep us from doing things we love, like playing sports or hanging out with friends.

## 4. Drugs can destroy our future.

Drugs can destroy our hopes, goals, and dreams for our future. They can even take our life!







# How To Keep Our



# PAWS OFF DRUGS!

## 1. Trust your gut.

If something doesn't feel right, your gut may be sending you a warning. It may feel like butterflies or a sinking feeling in your tummy. Listen to that feeling – it's there to protect you!

## 2. Say "NO" confidently!

If someone offers you something that seems unsafe, say, "No, thanks!" in a strong voice and walk away.

## 3. Stick with healthy choices.

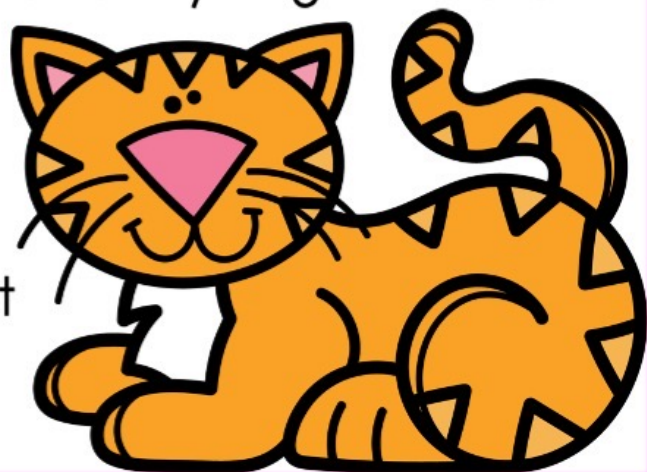
Eat healthy snacks, play outside, move your body, and find hobbies that make you happy.

## 4. Choose your friends wisely.

Pick good friends who care about you and want you to be happy, healthy, and safe. Find peers who encourage you to make good choices, and don't try to pressure you to do anything harmful or unsafe.

## 5. Talk to a grown-up.

If you're unsure about something, or need support, tell a grown-up you trust like a teacher, caregiver, or school counselor. They're here to help!



# PLEDGE

# PAWS OFF DRUGS PLEDGE

"I promise to take care of my body and mind by keeping my Paws Off Drugs. I will make smart choices, say no to anything unsafe, and help my friends stay drug-free, too. I choose to stay healthy, happy, and strong!"

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

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# PAWS OFF DRUGS PLEDGE

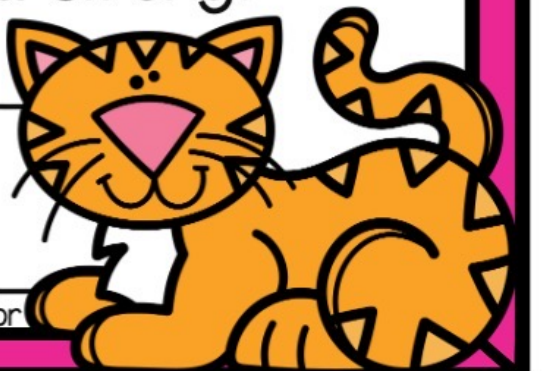
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Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

