

**American Medical Association Alliance, Inc.**  
**“I Can Be...” Activity Book**  
**Page-by-page Teaching Suggestions**



In general...

Read or ask the children to read the words on each page, including the directions. Involve the children in all of the activities and encourage them to talk about what they are doing.

**Page 1---I Can Be Kind**

- Have the children connect the dots to see what Tracy and Keith are doing in the picture.
- Discuss why it is important to be kind.
- Ask the children for examples of how they are kind to others at home and at school.
- Allow the children to color the picture.

**Page 2---I Can Be a Friend of the Earth**

- Talk about why the environment is important.
- Ask the children if they know ways to keep the earth clean and healthy.
- Discuss with the children the five illustrated situations.
- Have the children color the pictures that show how to keep the earth looking good.

**Page 3---I Can Be Helpful**

- Have the children complete the maze.
- Discuss other ways to be helpful. Some examples include helping a friend with homework or helping mom and dad with household chores.
- Ask the children for examples of how they have been helpful in the past.

**Page 4---I Can Be Careful**

- Review the objects at the bottom of the page and talk about how they can be dangerous.
- Ask the children to find the ten hidden objects in the picture and to color them red.
- Ask the children to list other things that can be dangerous in their home.
- Have the children color the rest of the picture.

**Page 5---I Can Be Healthy**

- Review each item with the children so they understand each picture.
- Tell them to draw a line from their favorite foods to the plates below.
- Discuss why it is important to eat a well-balanced meal.
- Ask the children for examples of other foods not shown in the picture.
- Have the children color the entire picture.

**Page 6---I Can Be Wise**

- Discuss with the children why alcohol, drugs and tobacco can be harmful. Identify and explain the adverse health effects (coughing, shortness of breath, headaches, dizzy spells, etc.) Also, describe the different types of alcohol, drugs and tobacco (wine and beer, “pot” and cocaine, cigarettes and cigars) and stress the fact that all of them are dangerous.
- Have the children color the picture by number to see what Andy does when someone approaches him with alcohol, drugs or tobacco.
- Let the children know it is O.K. to say NO!

**Page 7---I Can Be Honest**

- Discuss why being honest is important.
- Talk about how honesty affects the children in a classroom setting. For example, if a student cheats on a test and the teacher does not find out, is that still considered cheating?
- Ask the children to color the picture that demonstrates the honest action.
- Have the children color the picture.

**Page 8---I Can Be the Best Me I Can Be!**

- Ask the children to think about what makes them happy.
- Have the children draw a picture of themselves and to include those things that make them happy.
- Allow each child the opportunity to talk about their drawing and how it makes them feel.

**Page 9---I Can Be...**

- Read the poem to the children.
- Discuss the poem with the children.
- Choose lines from the poem and ask the children for their opinions.
- Ask them to color the pictures around the poem.

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