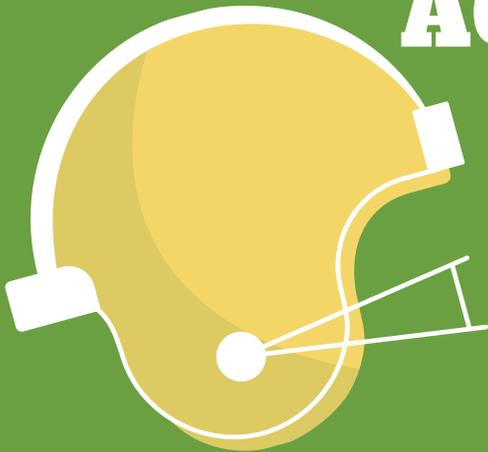


DMYFS/DMLWC PRESENTS



"DON'T DROP THE BALL" ACTIVITY KIT



Durham Middlefield
YOUTH & FAMILY SERVICES



Durham Middlefield
— LOCAL WELLNESS COALITION —

Activity Booklet Developed By: Lynna Vo

Pom Pom Catapult

Materials Included in Kit

- Popsicle Sticks
- Rubber bands
- Plastic Spoon
- Pom Poms

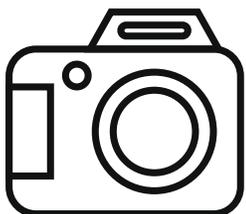
Optional Materials:

- Markers to Decorate

Watch Simple Video Instructions Here!



Note: Experiment with more and less popsicle sticks! The more you stack the popsicle sticks does it launch the pom poms farther? Experiment & make the best catapult launcher!



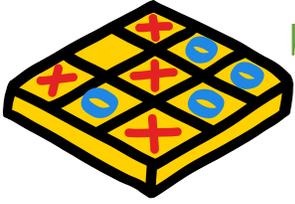
We want to see your creations!

Enter Our Activity Kits Giveaway!

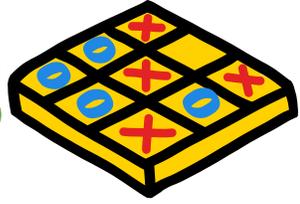
Snap photos and share it with us by submitting them to this form! www.dmyfs.org/akphotos

Catapult Games

The next couple of pages of this booklet consists of fun game boards that can be printed at home!



Tic Tac Toe



- 1) Print Tic Tac Toe Board
- 2) Using scissors cut on the dotted lines to create markers
- 3) Place board on one end of flat surface and catapult on the other end.
- 4) Take turns launching
- 5) Every time each player lands on a spot add their unique marker
- 6) The first player to get 3 of their markers in a row (up, down, across, diagonally) is the winner!



Field Goals

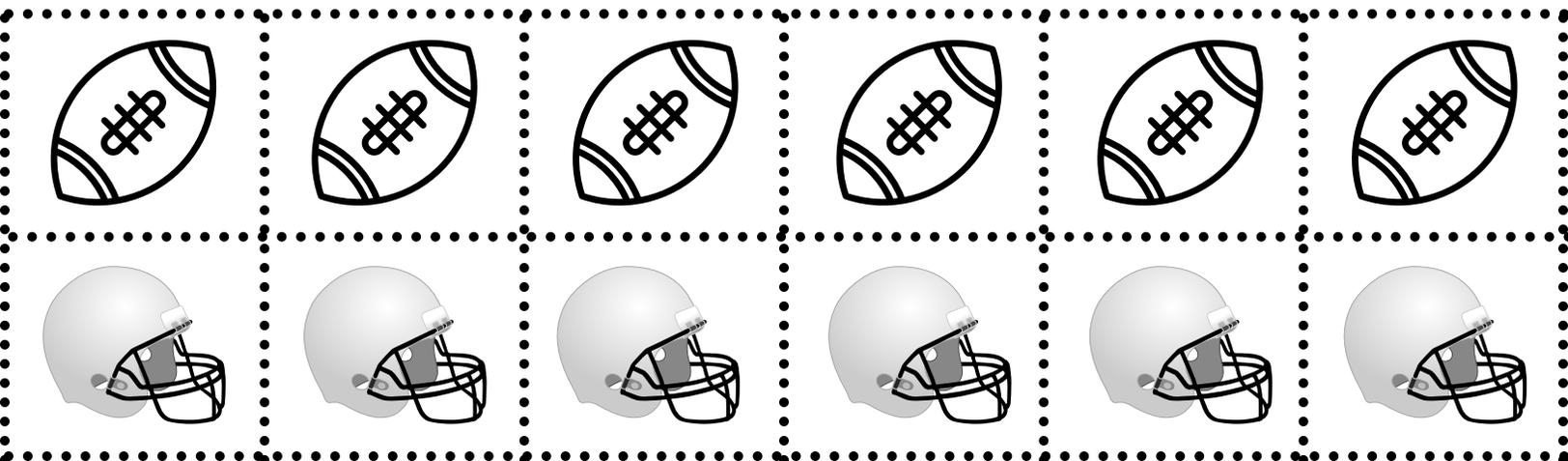
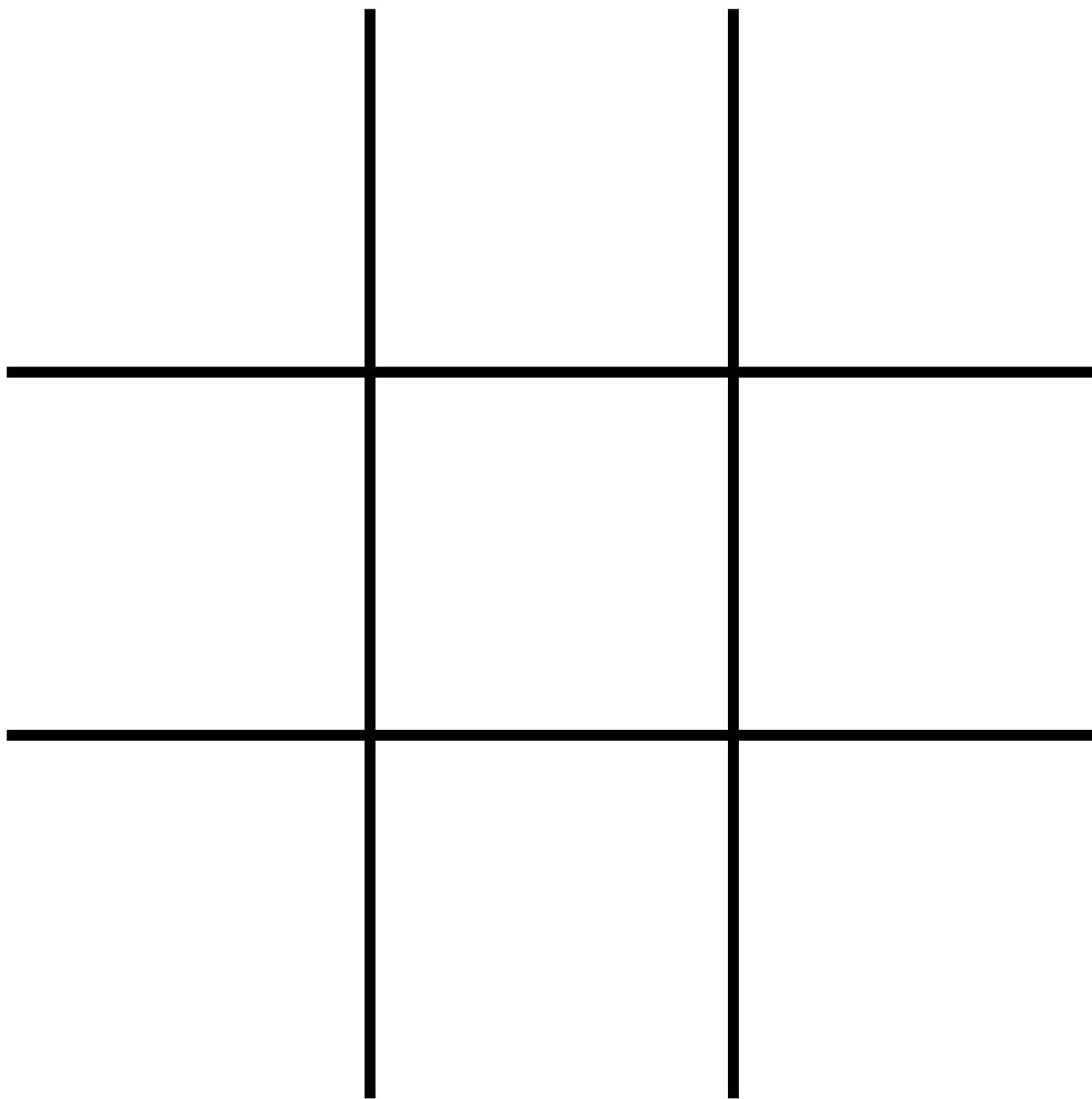


- 1) Print Field Goals Board
- 2) Play independently or make this game into a friendly competition
- 3) Place board on one end of flat surface and catapult on the other end.
- 4) Launch for distance! See who can launch the pom poms the farthest
- 5) After launching the pom poms tally up the yards for that person
- 6) Whoever gets the most yards is the winner!

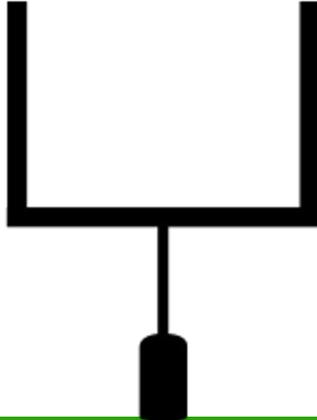
Target Practice

- 1) Print Target Practice Board
- 2) Launch Pom Poms & see if you can get bullseye!
- 3) You can also go by points if you would like!
- 4) Play with multiple people and take turns
- 5) Whoever gets the most points is the winner!

"Don't Drop the Ball" Tic Tac Toe



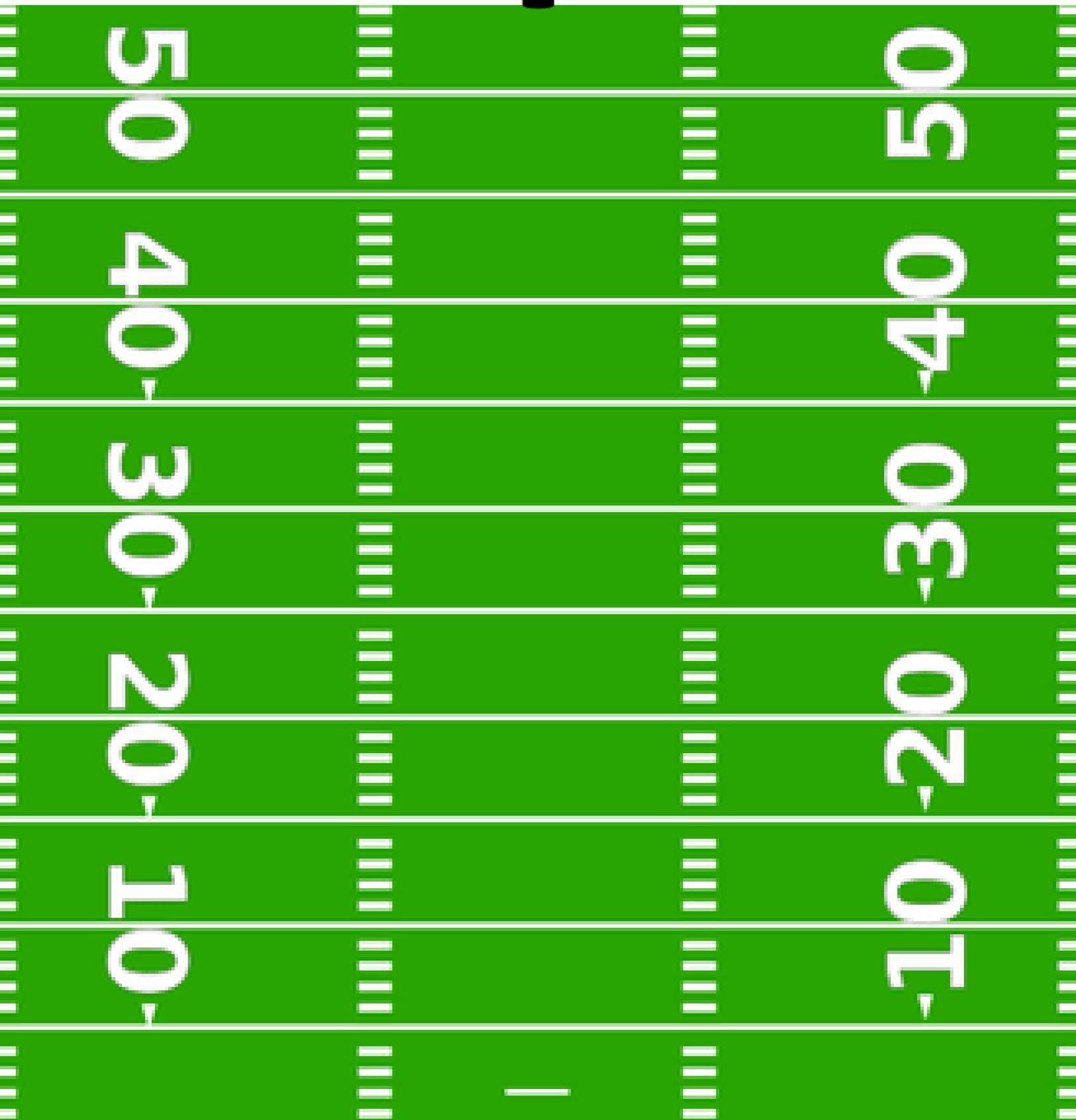
"Don't Drop the Ball" Field Goals



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"Don't Drop the Ball" Target Practice

1 pt

2 pts

3 pts

5 pts

10 pts



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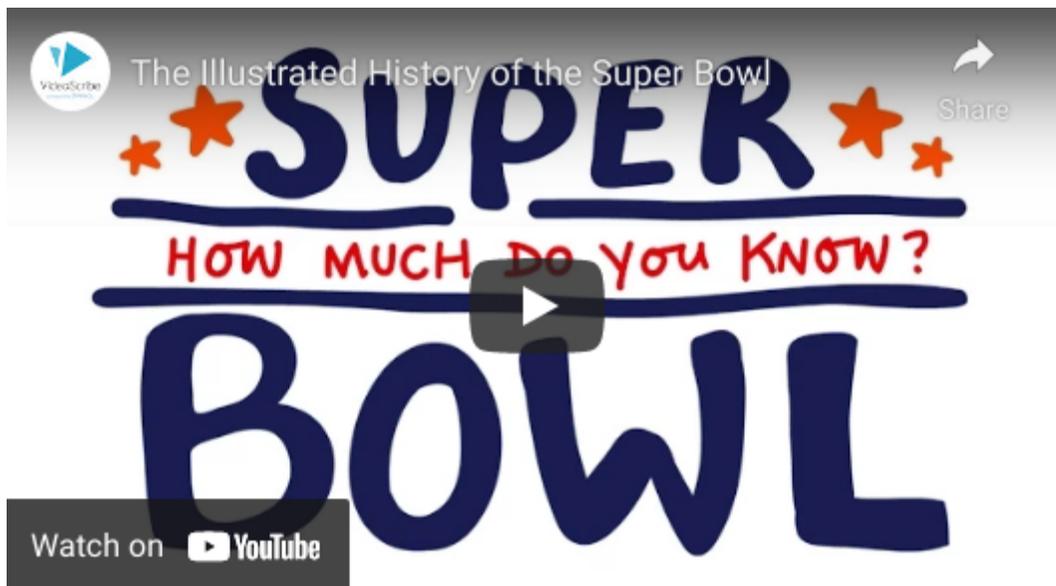
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Online Activities

Listen to " Charlie Brown | Snoopy's All Star Football"



Learn About The History of the Super Bowl!



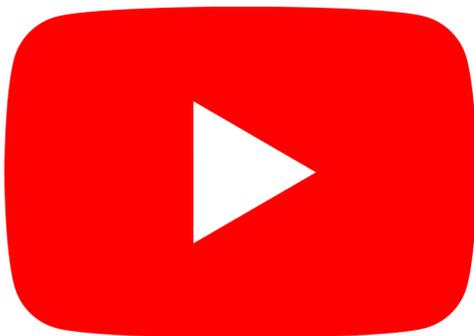
[Click the link below to Play Freddy Football!](https://www.roomrecess.com/mobile/FreddyFootball/play.html)

<https://www.roomrecess.com/mobile/FreddyFootball/play.html>

"Don't Drop the Ball"

The Effects of Underage Drinking

Visit the Durham Middlefield Youth & Family Services Youtube page to learn more about prevention topics and reduce the harm of alcohol, tobacco, marijuana and other drugs in our towns!



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<p>#KNOWLEDGEFORCOLLEGE SOCIAL DISTANCING & SAFETY</p>  <p>3:51</p> <p>#KnowledgeForCollege: SOCIAL DISTANCING &... 16 views • 1 year ago</p>	<p>#KNOWLEDGEFORCOLLEGE</p>  <p>6:08</p> <p>#KnowledgeForCollege 26 views • 1 year ago</p>	<p>#KNOWLEDGEFORCOLLEGE YOGA & BREATHING</p>  <p>7:33</p> <p>#KnowledgeForCollege: YOGA & BREATHING 6 views • 1 year ago</p>	<p>#KNOWLEDGEFORCOLLEGE RICE KRISPIE RECIPE</p>  <p>1:02</p> <p>#KnowledgeForCollege: RICE KRISPIE RECIPE 12 views • 1 year ago</p>	<p>YOUTH PRESCRIPTION DRUG AWARENESS</p>  <p>5:25</p> <p>Youth Prescription Drug Awareness 67 views • 1 year ago</p>
<p>LIVING ABOVE THE INFLUENCE</p>  <p>3:28</p> <p>Living ABOVE THE INFLUENCE 24 views • 1 year ago</p>	<p>WHAT YOU NEED TO KNOW ABOUT BINGE DRINKING</p>  <p>3:12</p> <p>What is BINGE DRINKING? 24 views • 1 year ago</p>	<p>WHAT YOU NEED TO KNOW ABOUT ALCOHOL POISONING</p>  <p>2:42</p> <p>All About ALCOHOL POISONING 22 views • 1 year ago</p>	<p>THE EFFECTS OF DRUGGED DRIVING</p>  <p>2:59</p> <p>The EFFECTS of DRUGGED DRIVING 207 views • 1 year ago</p>	<p>THE EFFECTS OF UNDERAGE DRINKING</p>  <p>3:23</p> <p>The EFFECTS of UNDERAGE DRINKING 38 views • 1 year ago</p>

Daily Affirmations!

I can do this

I believe in me

I am a fighter

I can make a difference

I am kind

I matter

SUPER BOWL

BINGO



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Activity Booklet Developed By: Lynna Vo