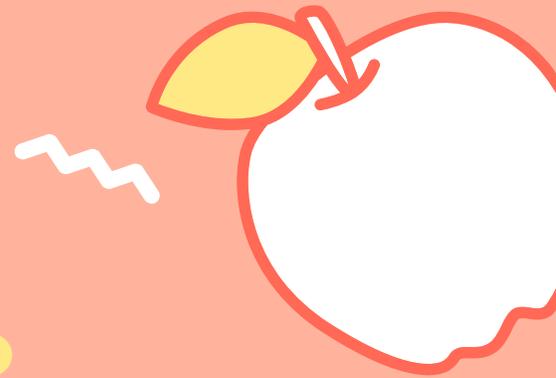
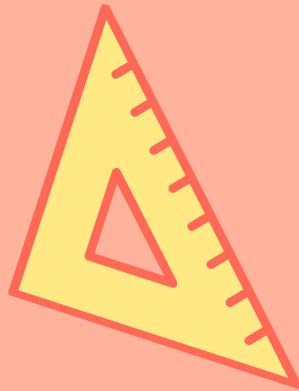
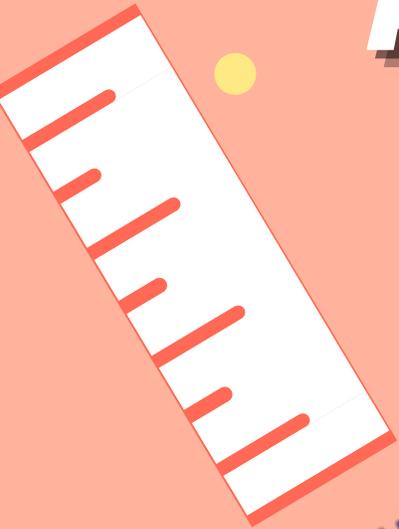


DMYFS/DMLWC  
PRESENTS

# "MAKERS GONNA MAKE" ACTIVITY KIT



Durham Middlefield  
YOUTH & FAMILY SERVICES



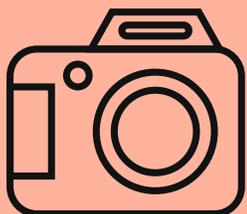
Durham Middlefield  
— LOCAL WELLNESS COALITION —

**Activity Booklet Developed By: Lynna Vo**

**Thank you for registering for our**

**"MAKERS  
GONNA MAKE"  
ACTIVITY KIT**

**This kit consists of various materials to challenge your creativity, encourage participants to think outside of the box and make something amazing! We have included some project ideas you can make with the materials in your kit but we encourage you to have fun making your own creation!**



**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](http://www.dmyfs.org/akphotos)

# Prevention Critters

## Materials Included in Kit

- Pom Poms
- Glue Dots
- Pipe Cleaners
- Goggly Eyes



## Instructions

1

**Start off with a pom pom.**

2

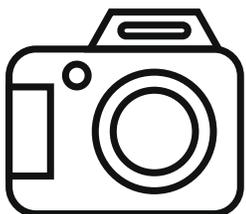
**Using the glue dots attach other features to your prevention critter!**

3

**Now that you made some prevention critters, make some other accessories! Where are they going to live? Can you build them a house?**

4

**Learn below about National Drug & Alcohol Facts Week from the prevention critters!**



**We want to see your creations!**

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# National Drug & Alcohol Facts Week is March 21 – March 27, 2022



## Did You Know?

**Drinking alcohol can make you feel dizzy and sick. If you drink too much it can make you feel poorly and give you a headache the next day.**

**Alcohol is part of a drink that you can become addicted to. Some types of alcohol are beer, wine and spirits like vodka.**

**Click here for national drug and alcohol facts week activity ideas and to learn more!**

<https://teens.drugabuse.gov/national-drug-alcohol-facts-week/get-activity-ideas>



# Pom Pom Painting

## Materials Included in Kit

- Pom Poms
- Clothes Pin
- Paper

## Material Not Included in Kit

- Paint



## Instructions



Use clothespin to hold the pom pom



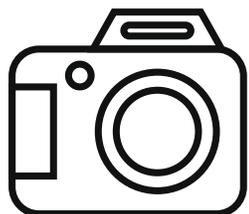
Dip the pom pom into different colored paints



Brush the paint onto the drawing surface (paper)



Get Creative! On the next page explore some designs and ideas!



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](http://www.dmyfs.org/akphotos)

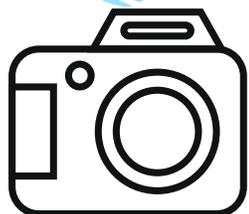
# Pom Pom Painting

Brush on straight and curved lines.



Try drawing basic shapes

Combine different colors of paint.



**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](http://www.dmyfs.org/akphotos)

# Makers Gonna Make Jewelry

## Materials Included in Kit

- Assorted Beads
- Elastic String



## Instructions

1

**Choose what you want to make! It can be a bracelet, necklace, anklet, etc.**

2

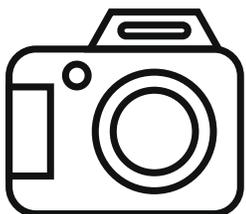
**Cut your string to size (Make sure you add a little more so that there is some wiggle room)**

3

**Design how you want your jewelry to look like and thread the string through the beads.**

4

**Tie the two ends together. Now you have jewelry! Show it off and know that you are strong, worthy, and resilient!**



**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](http://www.dmyfs.org/akphotos)

# Online Activities

Check out these 14 Drug Education Activities from Scholastic  
<http://headsup.scholastic.com/teachers/14-drug-education-activities>

**SCHOLASTIC** Teachers | Parents | Kids ▾ | Administrators | Librarians | Book Clubs | Book Fairs

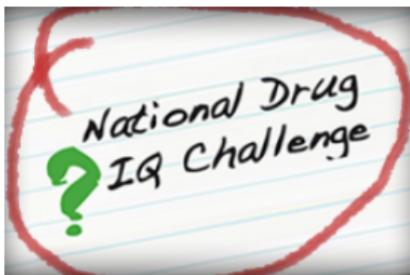
## 14 Drug Education Activities

**Play Games that Explore What Happens to the Brain and Body when Drugs are used.**

<https://teens.drugabuse.gov/teens/games>



**Activities, Games, and More Games: Drug Use and Effects**



**Take the IQ Challenge quiz on Kahoot!** [↗](#)

Test teens' knowledge about drugs and drug use.



**Drug Facts Challenge!**

A Jeopardy-style game of drug facts.



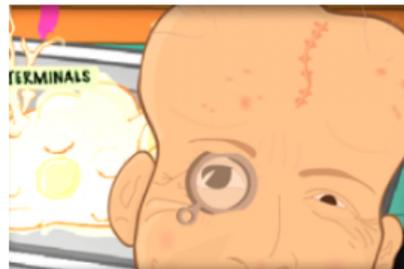
**Effects of Drug Use** [↗](#)

Explore what happens to the brain on drugs.



**Reconstructors** [↗](#)

Gather evidence, collect data, and consult experts to solve a drug-related case.

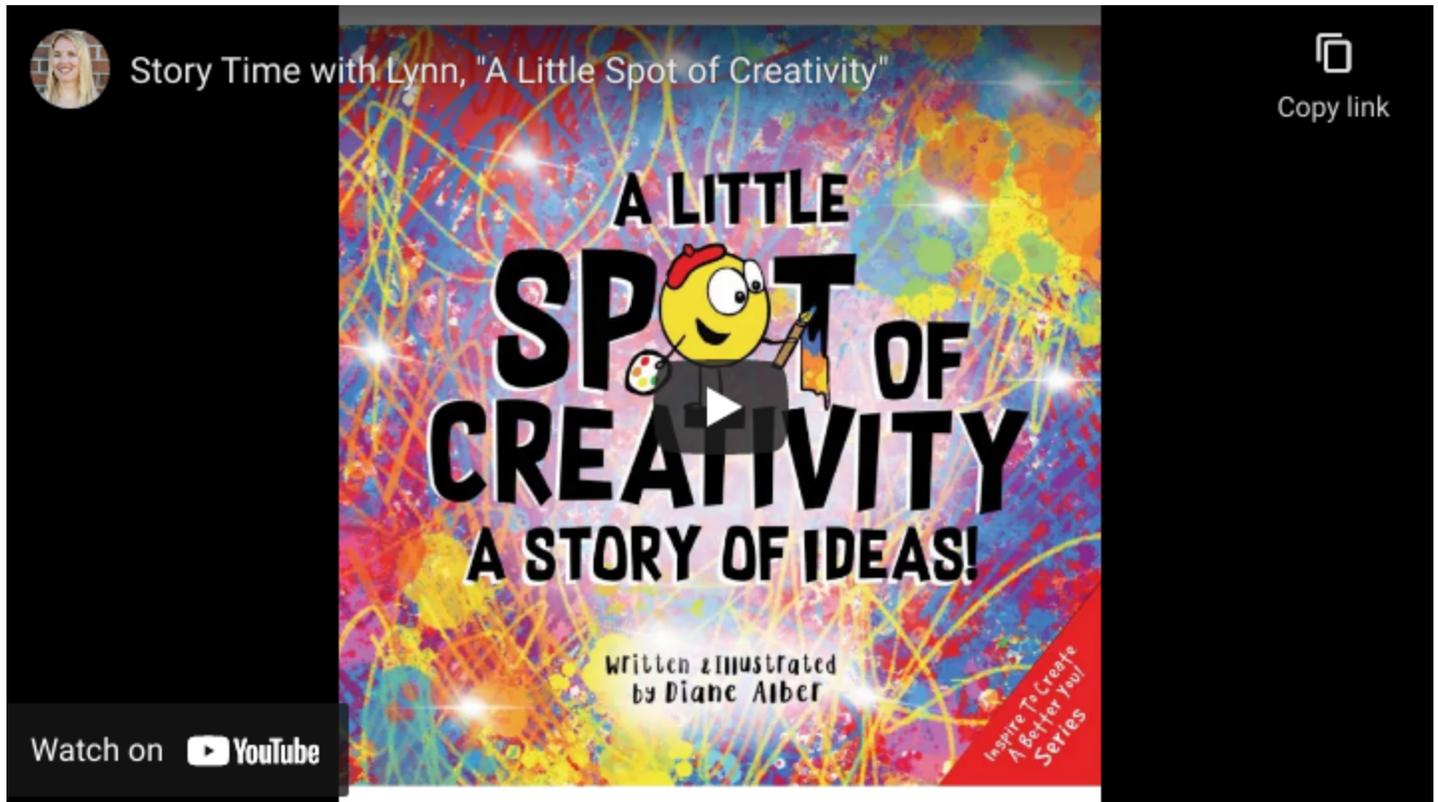


**Make a Mad, Mad Neuron** [↗](#)

Train with Dr. Dendristein to become a mad scientist and build your own monster neuron.

# Online Activities

Listen to "A Little Spot of Creativity: A Story of Ideas"



Listen to "The Dot"



# Positive Self-Talk Statements!

**MY  
VOICE  
MATTERS**

**EVERYDAY IS A  
FRESH START.**

**I AM ENOUGH**

***CHALLENGES HELP ME GROW***

**It's  
okay  
to  
feel**

**I AM  
RESILIENT**

**how I  
feel.**

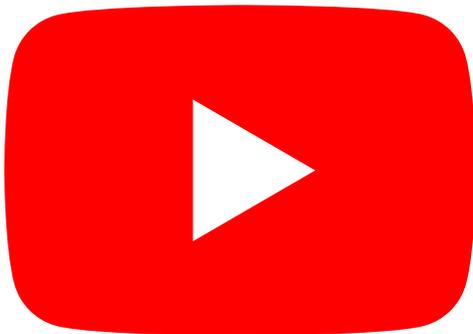
**I CAN DO TOUGH  
THINGS WITH  
HARD WORK**

# Remember To Be Kind to Yourself!



take care  
of your mind

# 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!



Durham Middlefield  
YOUTH & FAMILY SERVICES



Durham Middlefield  
— LOCAL WELLNESS COALITION —

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

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Durham Middlefield Youth & Family Services

## Visit Our Websites!



**Activity Booklet Developed By: Lynna Vo**