

DMYFS/DMLWC
PRESENTS

TIME TOGETHER "ESCAPE MISSION"



Durham Middlefield
YOUTH & FAMILY SERVICES

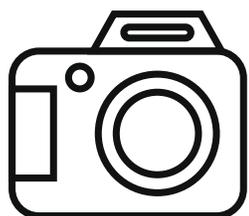
Durham Middlefield
— LOCAL WELLNESS COALITION —

Activity Booklet Developed By: Lynna Vo

Thank you for registering for our

TIME TOGETHER **"ESCAPE MISSION"**

This kit consists of various materials and puzzle ideas to create an escape mission/ room. Create the mission together or have it preset for your kiddos to problem solve through!



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

Puzzle Idea #1 - Craft Roll Puzzle

Materials Included in Kit

- Craft Roll
- Paper

Materials Needed

- Crayons, Markers, or Colored Pencils
- Tape
- Scissors



Instructions

1

Write/ draw a clue or a number for the Liquor Lock on the piece of paper.

2

Wrap a piece of paper around the tube and tape it, but make sure it is loose enough to turn.

3

Cut into various pieces. The more pieces the harder!

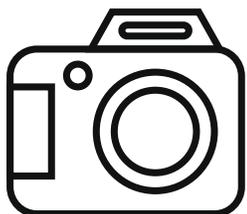
4

Tape the first and last section onto the tube so they aren't movable and then mix up the inside pieces.

5

Hide your clue somewhere in the room.

Add a note, "Turn the pieces, can you solve the puzzle?"



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Puzzle Idea #2 - Watercolor Uncover

Materials Included in Kit

- Watercolor Paint
- Paint Brush
- Notepad
- Pen

Materials Needed

- White colored pencil or crayon
- Water

Instructions

1

Using the white colored pencil or crayon write/ draw a clue or a number for the Liquor Lock on a notepad sheet.

2

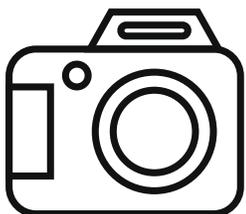
Add a note "You Never Know If a Message is Hidden. Uncover the message."

3

Hide the hidden message with the watercolor, brush, and some water

4

See the message get revealed!



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Puzzle Idea #3 - Popsicle Stick Puzzle

Materials Included in Kit

- Popsicle Sticks

Materials Needed

- Markers



Instructions

1

Create a 3 popsicle stick piece puzzle

2

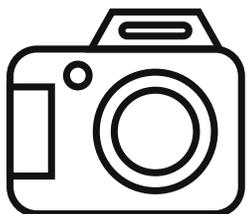
Using markers write/ draw a clue or a number for the Liquor Lock

3

Mix the pieces up around and hide them in various spots. Add a note "You found me! I have 3 total pieces did you find me and my other pieces?"

4

Have child(ren) find the pieces and complete the puzzle to uncover the next clue/ number



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Puzzle Idea #4 - Balloon Message

There are various ways a balloons can be used in an escape mission!

Here are 2 ideas below!

Materials Included in Kit

- Balloon

Materials Needed

- Permanent Marker

1

Using permanent markers write/ draw a clue or a number for the Liquor Lock on the balloon.

2

Add a note to the balloon saying "A message is near, blow me up to reveal."

3

Hide the balloon, and have the child(ren) blow up the balloon.

Materials Included in Kit

- Balloon
- Notepad
- Pen

Materials Needed

- Something sharp to pop balloon (adult supervision needed)

1

On a notepad sheet write/ draw a clue or a number for the Liquor Lock.

2

Fold paper so that message will fit into balloon.
Add a note to the balloon saying, "No message on the outside, but is there one inside?"

3

Hide the balloon, and have the child(ren) pop the balloon to reveal.

Using Your Lock in Your Mission

Materials Included in Kit

- Lock

**REMEMBER TO
LOCK YOUR
LIQUOR**

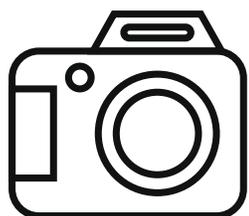


Follow the instructions on the back of the lock to set the passcode to match the puzzles you have chosen to include.

Place lock on cabinet and hide a prize! We included some fun stickers as a fun prize but feel free to add another prize!

This lock has 3 numbers so 3 or more puzzles can be part of the adventure!

Hand your child(ren) puzzles in order that the lock requires the number or have an extra challenge to try different combinations!



We want to see your creations!

Enter Our Activity Kits Giveaway!

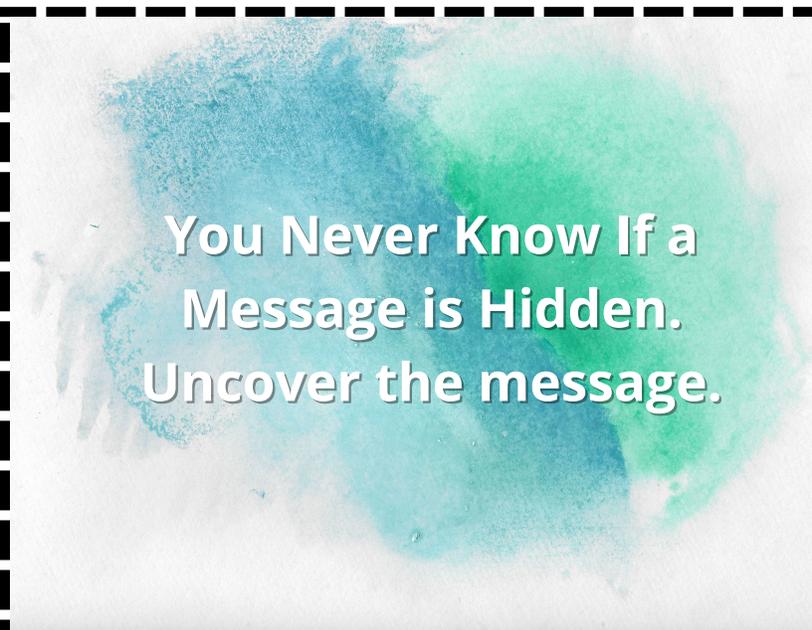
Snap photos and share it with us by submitting them to this form! www.dmyfs.org/akphotos

Print Mini Messages

Turn the pieces, can you solve the puzzles?



You Never Know If a
Message is Hidden.
Uncover the message.



You found me! I
have 3 total pieces
did you find me and
my other pieces?



You found me! I have

3



total pieces did you find
me and my other pieces?

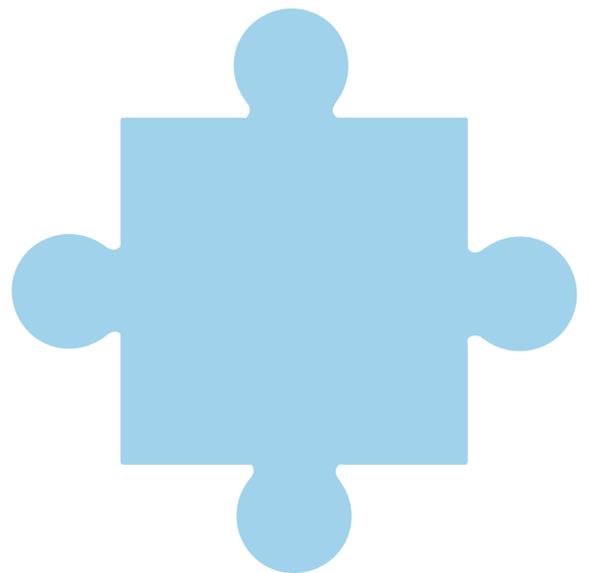
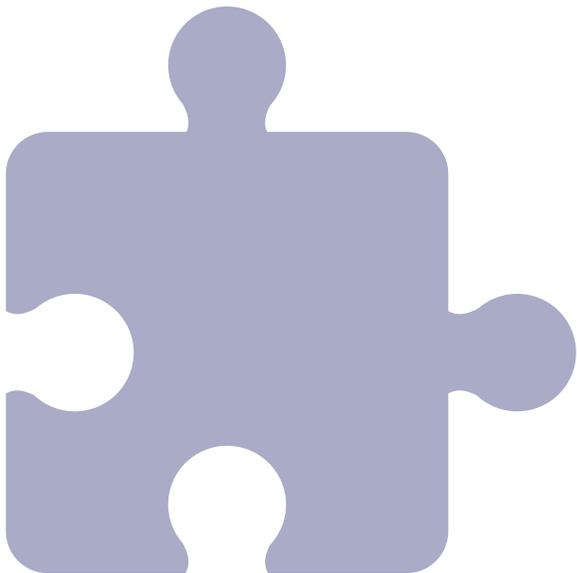
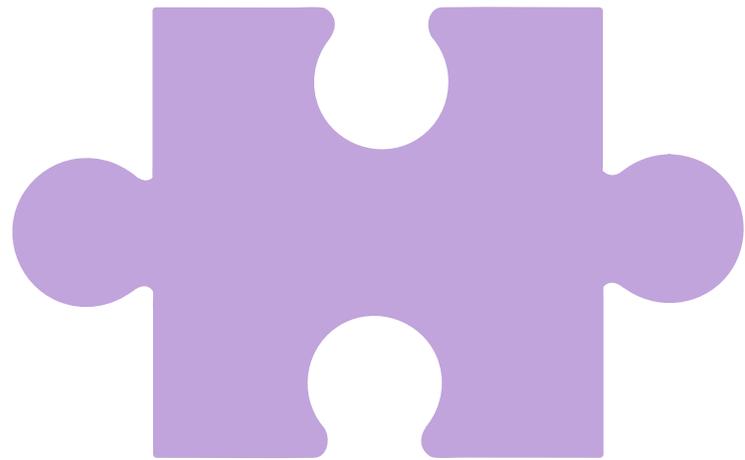
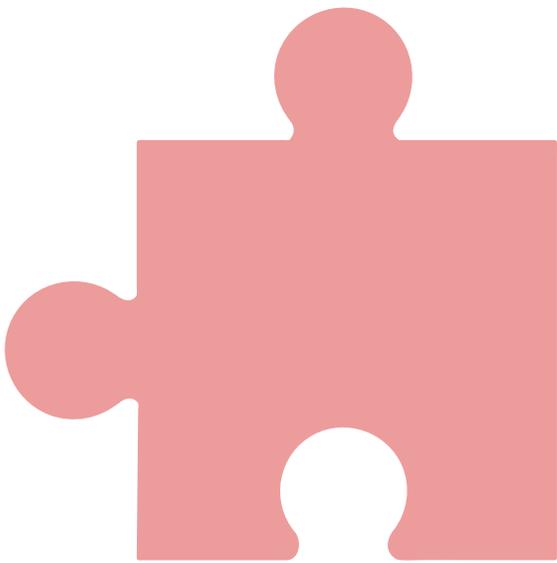
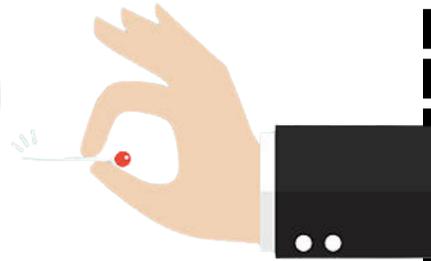
You found me! I have 3
total pieces did you find
me and my other pieces?



A message is
near, blow me
up to reveal.



Print Mini Messages



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

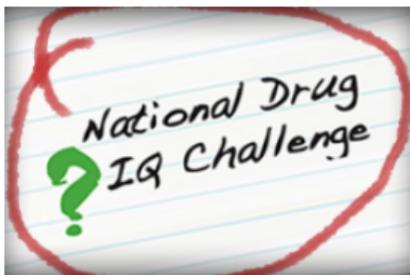
14 Drug Education Activities

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



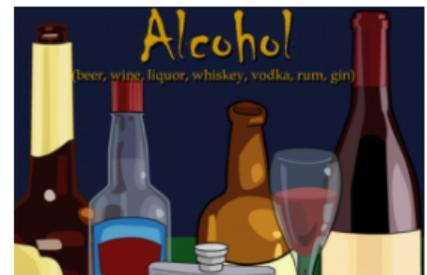
Take the IQ Challenge quiz on Kahoot! [↗](#)

Test teens' knowledge about drugs and drug use.



Drug Facts Challenge!

A Jeopardy-style game of drug facts.



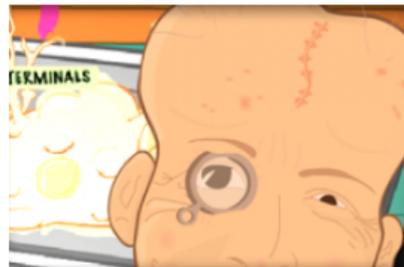
Effects of Drug Use [↗](#)

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

Next week we will be sharing a new online mission quest activity!

Visit

www.dmyfs.org/mission-quests



APRIL IS ALCOHOL AWARENESS MONTH

What Counts as "One Drink"?



In the U.S., a standard alcoholic drink contains roughly 14 grams of pure alcohol, which is found in:

- 12 ounces of regular beer (about 5% alcohol)
- 5 ounces of wine (about 12% alcohol)
- 1.5 ounces of distilled spirits (about 40% alcohol)

DO YOU KNOW THE WARNING SIGNS OF AN ALCOHOL OVERDOSE?

DIFFICULTY *CLAMMY SKIN*

**REMAINING
CONSCIOUS**

IRREGULAR BREATHING
(10 SECONDS OR MORE
BETWEEN BREATHS)

**EXTREMELY
LOW BODY
TEMPERATURE**

**Inability
to Wake Up**

MENTAL CONFUSION

**Slow Breathing
(Fewer than 8
breaths per
minute)**

SLOW HEART RATE

DULLED RESPONSES

SEIZURES

VOMITTING

FOR MORE INFORMATION PLEASE VISIT:

www.dmlwc.org

<https://www.drugfreeect.org/alcohol/>

<https://nationaltoday.com/national-alcohol-awareness-month/>

<https://alcoholawareness.org/aam/>

<https://www.alcohol.org/awareness-month/>

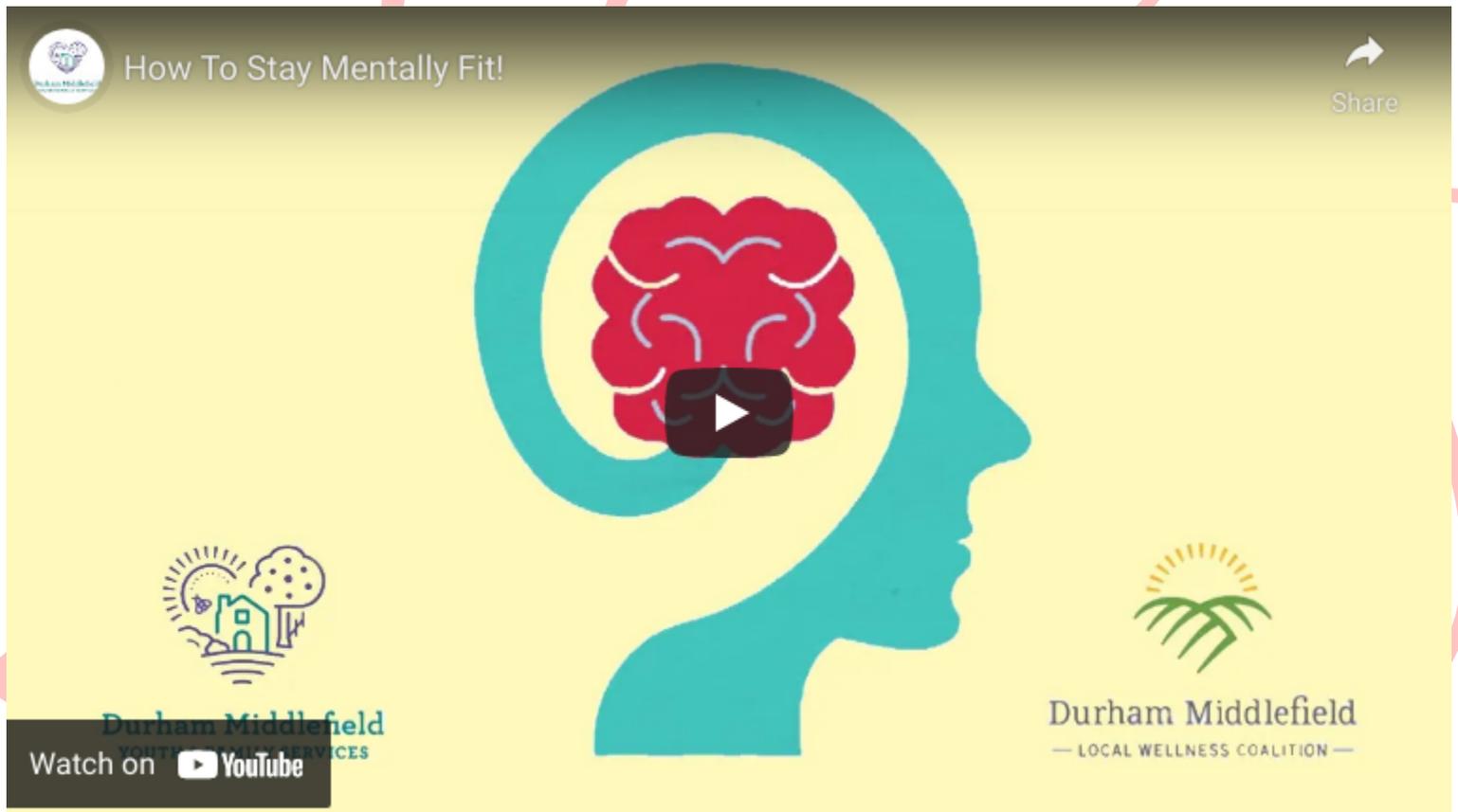


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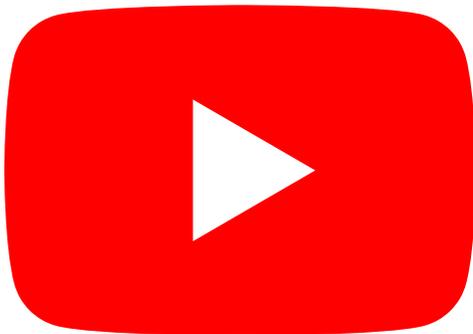
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Remember To Be Kind to Yourself!



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!



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

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