

Activity Adaptations for Social Distancing

TGFD Grade 4

General Activity Adjustments

Paired and Group Activities - Workbook activities that instruct the students to work with a partner or in small groups can be done individually or as a class. Instead of collecting the student workbooks at the end of each lesson, ask the students to keep their workbooks in their cubby or desk.

Role Plays - Select student volunteers to read the scripts aloud from their desks.

Move-around-the-room Activities that require the students to stand by a display card to indicate their answer can be done with the students remaining at their desks. Display the cards on the board at the front of the room and assign a movement to each card such as **Stand Up, Raise Your Hands Above Your Head, Make a Silly Face, and Put Your Head Down on the Desk**. Write the movement above the corresponding card on the board. Read the scenarios aloud to the students and ask them to show their answers by doing the movement at their desks.

Adjustments by Lesson/Activity

Lesson 3 **I See Me:** *Identifying and Managing Emotions*

Activity 3: At Face Value

Play **Face Off!** as a class. To play, call one student to the front of the class. The student will draw a Face Off! Game card and use only facial expressions to express the emotion referenced on the card. The rest of the class will attempt to identify the emotion. The first student to correctly identify the emotion will be the next volunteer to come to the front and express another emotion.

Lesson 4 **More Than Words:** *Effective Communication*

Activity 3: I'm All Ears

Play **I'm All Ears** as a class. Read one I'm All Ears Game card aloud to the class. Have the students write a paragraph with their answers. Call on a few students to share their answers. Read one more card aloud and have the students answer and share.

Lesson 7 Brain Drain: *Effects of Alcohol Use*

Activity 4: No Brainer

Play **No Brainer** as a class. Use a projector to display a No Brainer Game Board. Place two game pawns on the Start space. Put the class into two teams, Team A and Team B. Read a Scenario Card aloud to the class. Once all of the students have written down an answer, call on them to reveal their answers. The team with the players who have the most correct answers wins the round. Move that team's game pawn one space forward on the game board. The first team to reach Finish wins the game.

Lesson 8 No Butts about It!: *Effects of Nicotine Use*

Activity 3: No Butts about It!

Play **No Butts about It!** as a class. Use a projector to display the Strategy Cards face down in three rows of six. Place the Scenario Cards off to the side in a face down draw pile. Put the class into two teams. You will manage drawing the Scenario Cards, turning over the Strategy Cards, and pairing matched cards in a discard pile for each team. Follow the rest of the teacher's script as presented in the Teacher's Manual to continue play. The team with the most matches at the end of the game, wins.

Lesson 9 Use as Directed:

Understanding the Safe Use of Prescription & OTC Medicines

Activity 2: Play It Safe

Play **Play It Safe** as a class. Using a projector, display workbook page 26. Put the class into two teams, Team A and Team B. Begin by drawing and reading a card to Team A. If Team A answers the question correctly, put an 'X' over the number indicated on the card. Now it is Team B's turn. Continue play until one team has two paths of four spaces in a row.

Lesson 10 Big Decisions Ahead: *Making Healthy Choices*

Activity 2: Around the Block

Play **Around the Block** as a class. To set up the game, use a projector to display an Around the Block Game Board. Divide the class into two teams, Team A and Team B. Place three blue game pawns on one row of the start characters for Team A. Place three red game pawns on the other side for Team B. Place one yellow game pawn on the start space at the top of the Unhealthy Decision track. To play, read a scenario card aloud to Team A and for the Team A students to answer. If the team

answers correctly, have them choose a pawn to move and move it the correct amount of colored spaces. It is now Team B's turn. If all of the peers make it to the bus stop before they make twelve unhealthy decisions, the class wins!