



# Health Rocks!

**Target Audience: Grades 3-6**

**Description:** Health Rocks! is a hands-on, activity-based curriculum written by the National 4-H Council to prevent drug, alcohol and tobacco use by youth ages 8-12. It operates under the premise that a prevention program based on life-skill development and positive decision making will result in a true reduction of risky behaviors.

## Health Rocks! Outline

Chapter	Activity	Life Skill
Introduction	Pin the Disease on the Body Here's to Your Health Smoke, Smoke, Smoke It Stinks Race For Your Life	Disease Prevention Self-Responsibility Personal Safety Learning to Learn
Oh the Pressure	Counting Heads Circle of Friends	Critical Thinking Learning to Learn
The Media Speaks	Looking at Advertising Messages Lights! Camera! Action Who Wants to be Free for Life Messages in our Community	Critical Thinking Planning/Organizing Problem Solving Service Learning
You Choose	Improv Options Theater True Consequences Fact or Fable? Words to Live By Heart Versus Head	Problem Solving Communication Self-Responsibility Learning to Learn Decision Making Managing Feelings
STRESS: Strategies to Reduce Every Single Struggle	Stress In My Life The Chains that Bind STRESS	Stress Management Concern for Others
Commitment to Care	The Best I Can Be	Healthy Lifestyle Choices Self-esteem Planning/Organizing

Health Rocks! can be borrowed for one month or purchased for \$19.95.