

Take-Home Family Activities in Grade K

Lesson 3: Got a Minute? Talking About People Who Care

Lesson 9: Got a Minute? Talking About Being Sick or Hurt

Lesson 11: Got a Minute: Talking About Hurtful Teasing and Bullying

Lesson 14: Table Talk: Street Smart Families

Lesson 23: Table Talk: Do We Drink Plenty of Water?

Lesson 25: Got a Minute? Talking About Moving More

Lesson 29: Got a Minute? Talking About Secondhand Smoke

Take-Home Family Activities in Grade 1

Lesson 2: Table Talk: Family Stories

Lesson 8: Table Talk: Do We Get Plenty of Sleep?

Lesson 11: Got a Minute? Talking About Safe Routes and Havens

Lesson 15: Got a Minute? Talking About Fire Safety at Home

Lesson 18: Got a Minute? Talking About Getting Help for Bullying Problems

Lesson 20: Got a Minute? Talking About Inappropriate Touch

Lesson 21: Got a Minute? Talking About Eating a Healthy Breakfast

Lesson 25: Table Talk: Where is the Activity in Our Day?

Lesson 26: Got a Minute? Talking About Tobacco

Take-Home Family Activities in Grade 2

Lesson 1: Table Talk: Being Part of a Family

Lesson 4: Got a Minute? Talking About Troublesome Feelings

Lesson 5: Table Talk: Preventing Family Colds

Lesson 15: Got a Minute? Talking About Bullying

Lesson 18: Table Talk: 5-a-Day Family Favorites

Lesson 22: Got a Minute? Talking About Stretching

Lesson 24: Got a Minute? Talking About Tobacco

Take-Home Family Activities in Grade 3

Lesson 3: Table Talk: Helping at Home

Lesson 5: Got a Minute? Talking About Respecting Differences

Lesson 8: Table Talk: We Use Medicines Safely

Lesson 13: Got a Minute? Talking About Acting in Safe Ways

Lesson 14: Got a Minute? Talking About School Bullying

Lesson 20: Table Talk: Our Healthy 5-a-Day Goal

Lesson 23: Table Talk: We Can Move More and Sit Less

Lesson 28: Got a Minute? Talking About Staying Away from Tobacco and Alcohol

Take-Home Family Activities in Grade 4

Lesson 3: Got a Minute? Talking About Dealing with Stress in Healthy Ways

Lesson 7: Table Talk: Healthy Habits

Lesson 10: Table Talk: Taking Risks

Lesson 17: Table Talk: Our Top 10 Healthy Snacks

Lesson 18: Table Talk: Getting Enough Physical Activity

Lesson 23: Got a Minute? Talking About Staying Away from Tobacco and Alcohol

Lesson 28: Got a Minute? Talking About Choices & My Future

Take-Home Family Activities in Grade 5

Lesson 9: Table Talk: Bullying

Lesson 13: Got a Minute? Talking About When Friends Need Help

Lesson 17: Table Talk: Our Family Choices for Healthy Eating

Lesson 21: Table Talk: Our Active Family

Lesson 24: Table Talk: Alcohol-Free Kids

Lesson 31: Got a Minute? When Adults and Others Use Alcohol

Lesson 33: Got a Minute? Talking About Puberty

Lesson 37: Got a Minute? Talking About Abstinence

Take-Home Family Activities in Middle School

Abstinence, Puberty & Personal Health

Lesson 7: When My Parents Were Teens

Lesson 10: Staying Abstinent: Parent Interview

Emotional & Mental Health

Lesson 6: Time to Talk: Troublesome Feelings

Lesson 11: Time to Talk: Managing Stress

HIV, STI & Pregnancy Prevention

Lesson 5: Time to Talk: Challenges of Being a Parent

Lesson 10: Time to Talk: Responsible Sexual Behavior

Nutrition & Physical Activity

Lesson 12: Time to Talk: Dieting Dangers

Lesson 15: Time to Talk: Getting Fit as a Family

Tobacco, Alcohol & Other Drug Prevention

Lesson 9: Time to Talk: The Media & Drugs

Lesson 11: Advice from an Adult About Tobacco, Alcohol & Other Drugs

Lesson 15: Time to Talk: Peer Pressure & Alcohol

Violence & Injury Prevention

Lesson 5: Time to Talk: Dares & Risks

Lesson 10: Time to Talk: Bullying

Take-Home Family Activities in High School

Abstinence, Personal & Sexual Health

Lesson 9: Time to Talk: Your Teen's Sexual Health

Lesson 13: Time to Talk: Supporting Abstinence

Emotional & Mental Health

Lesson 5: Time to Talk: Skills for Dealing with Stress

Lesson 8: Parents & Relationships Survey

Lesson 13: Time to Talk: What Is Success?

HIV, STI & Pregnancy Prevention

Lesson 3: Time to Talk: Sexual Responsibility

Lesson 14: Time to Talk: Supporting Sexual Health

Nutrition & Physical Activity

Lesson 10: Time to Talk: Joining Together to Reach a Health Goal

Lesson 16: Time to Talk: Food Safety at Home

Tobacco, Alcohol & Other Drug Prevention

Lesson 7: Time to Talk: My Dreams & Wishes for You

Lesson 9: Time to Talk: Family Rules About Drug Use

Violence & Injury Prevention

Lesson 2: Time to Talk: Family Rules About Alcohol & Automobiles

Lesson 11: Time to Talk: Dealing with Bullying