



## Healthy and Poison Free

### Suggested Activities

1. Review the vocabulary words in this packet. This activity can be done before or after the video.
2. For younger child: Click the link to play: *Stop ask First* (6:27 minutes)  
[https://www.youtube.com/watch?v=YZO-drzD1\\_M&t=57s](https://www.youtube.com/watch?v=YZO-drzD1_M&t=57s)  
  
For older child: Click the link to play: *Poison Prevention Program* video (13 minutes)  
[https://www.youtube.com/watch?v=JKBz74\\_ucUE](https://www.youtube.com/watch?v=JKBz74_ucUE)
3. Draw or cut out pictures of look-alike products to make a poster. Take a picture to upload on social media. Please tag us #BeMoreHealth, #morehealthinc.
4. Older child: Make a list of changes and/or their parents can make to keep their home and yard safe from poisons around the home.
5. All ages: Have child role-play calling the Poison Center. Have them use a telephone and **pretend** to dial and report the poisoning. Be sure to include the necessary information (name, telephone number, address, etc.).
6. Older child: Research animals, insects, and reptiles in Florida that are poisonous. They can write a report or tell you about the animal they researched.  
  
Younger child: Review “always ask first” and point out that snakes and spiders do not like to be touched. It is a good idea not to touch any snake or spider unless an adult is present.
7. Try this experiment with an adult to demonstrate how gas is present, and not seen. What you need: balloon, baking soda, vinegar, funnel (optional) and an empty bottle with a neck to put the balloon over. To start the experiment stretch the balloon and add 3 teaspoons of baking soda to the balloon, next add 4 tablespoons of vinegar to the empty bottle. Attach the balloon to the bottle, making sure you have a good seal. Lift up the balloon to dump the baking soda into the container. Watch the balloon fill up. If needed, twirl the container to get the gas going. Take a picture to upload on social media. Please tag us #BeMoreHealth, #morehealthinc.



## Healthy and Poison Free

### Vocabulary

<b>caution</b> <sub>v</sub>	to warn; tell to be careful
<b>dose</b> <sub>n</sub>	exact amount of a medicine to be taken at one time
<b>ingest</b> <sub>v</sub>	to take in by mouth; to swallow
<b>inhale</b> <sub>v</sub>	to breathe in
<b>inject</b> <sub>v</sub>	to force a liquid through the skin
<b>look-a-like</b> <sub>n</sub>	two things that look the same, but are different
<b>poison</b> <sub>n</sub>	anything that can hurt you or make you sick
<b>Poison Center</b> <sub>n</sub>	a place to call when you think someone may have been poisoned.
<b>smell</b> <sub>v</sub>	to take in an odor through the nose
<b>topical</b> <sub>adj</sub>	on top of the skin
<b>taste</b> <sub>v</sub>	to eat or drink something by taking it in your mouth
<b>toxic</b> <sub>adj</sub>	harmful, poisonous
<b>touch</b> <sub>v</sub>	to feel or handle with the fingers or other skin on your body