



Facilitator Guide: Medicine Hideouts



AT A GLANCE

Participants complete a worksheet that helps them identify safe places to store medicine in the home. By comparing these places, participants will recognize that medicine should be stored in a high or locked place out of reach of people and pets.

Medication Safety Rules Emphasized:

1. Ask trusted adults for help with medicine.
2. Only take medicine that is meant for you.
3. **Keep medicine in safe places.**
4. Share what you learn today with family and friends.

ADAPT IT

This activity involves several supplies and printing several sheets of paper. If supplies are unavailable or limited, participants could circle the safe places or draw their own medicine bottles in the safe places.

WHAT YOU DO

1. **Introduce the facilitators.** We encourage you to share your name and one fun fact about yourself. Connect the purpose of this worksheet with your larger program.
2. **Complete the worksheet** by having participants cut out the four medication bottles in their item strip, then gluing one bottle in the safe medication storage place within each room.
3. **Wrap up the activity** by engaging children in a brief discussion using the listed questions as a guide.

Suggested Ages

Children in Grades K-2

Suggested Group Size

25 or fewer children

Time Required

10- 15 minutes

What you need

- This facilitator guide (print 1 copy/facilitator)
- The participant resource within this guide (print 1 copy per 9 participants; cut into strips – each strip has 4 bottles)
- The participant worksheet “Medicine Hideouts” (print 1 copy/participant)
- Crayons/Markers
- Scissors
- Glue or Tape



Facilitator Guide: **Medicine Hideouts, continued**

WHAT YOU SAY

1 Introduction

“ Let’s complete a worksheet about keeping medicine safe at home. One way to keep medicine safe is to store or put it in places where people and pets cannot easily reach it. What are hard-to-reach places in your home? Could these be safe storage places for medicine?

Encourage participants to identify hard-to-reach places and think about what makes a place “hard-to-reach”. For medicine, safe storage places include high locations (high cabinets or shelves) or lockable spaces. At the end of the activity, revisit this conversation.

After this discussion, distribute the worksheets and any supplies.

2 Activity

Explain the instructions on page 1 of the participant worksheet. Based on the participant’s reading level, determine whether participants should work as individuals, in small groups, or complete the worksheet as a larger group with the facilitator leading the full activity.

As participants complete their worksheet, walk around the room to further engage children, answer their questions, or ensure they understand the activity directions.

3 Wrap-Up

Below are answers and additional talking points to consider. Encourage participants to talk with trusted adults about keeping medicine safe in their home.

1. **What were the safe places to store medicine in each room?** Kitchen – top shelf of the high cabinet; Bathroom – shelf of locked medicine cabinet; Laundry Room – top shelf of the high cabinet (it is also a locked cabinet); Bedroom – top shelf of closet
2. **What is similar about the safe places to store medicine?** All storage places are considered “hard-to-reach” because they represent high places or locked spaces easily out of reach of people and pets. Consider revisiting the introductory discussion – do the participants consider any of their “hard-to-reach” places safe spots to store medicine?
3. **Why is it important to ask the trusted adults in our home to keep medicine in the safe places we have talked about today?** Medicine can easily be confused with candy or other substances and may harm us if we share medicine or do not follow instructions. Keeping medicine in safe places helps everyone, including people and pets, stay safe.

