



**This is a free internet version of sample games, quiz and other activities from the GLUG alcohol education workpack.**

**These can be found in their full format in:**

**GLUG Book 3**

**THE WELL WICKED BOOK OF  
ASTOUNDING ACTIVITIES**

games    quizzes    brain teasers    puzzles  
action worksheets    units computer  
home and school

Teachers' notes can be found the end of this document

**To obtain your copy of the GLUG WORKPACK:**

e mail

[glug1@tiscali.co.uk](mailto:glug1@tiscali.co.uk)

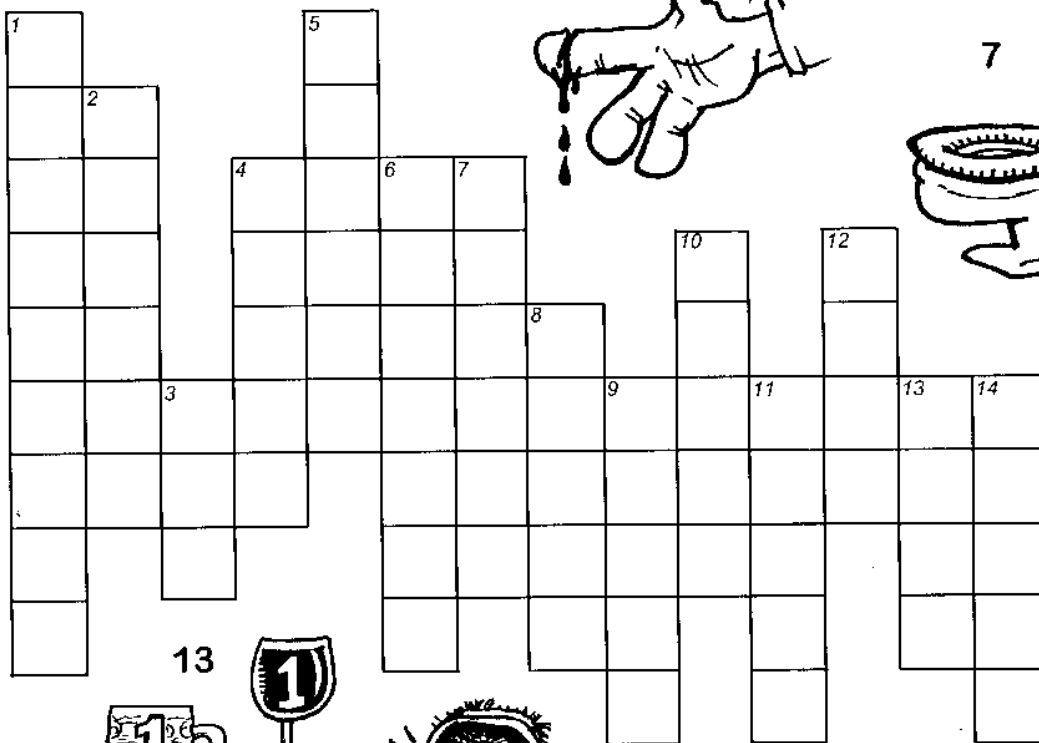
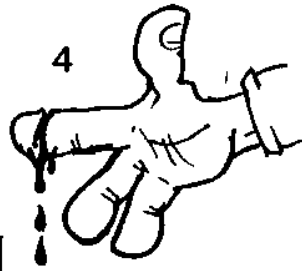
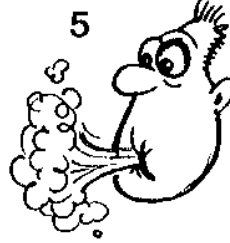
telephone

(uk) 02476 464586

© Chris Ward 2002

# picture clue word game

Can you complete the word puzzle and find the hidden message?



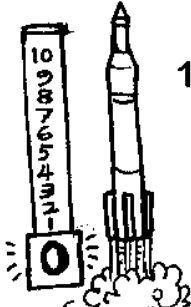
hidden message

hidden message



14

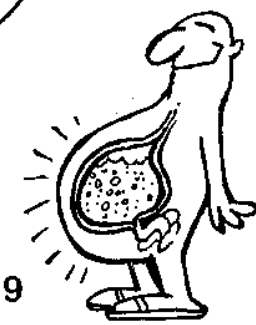
10



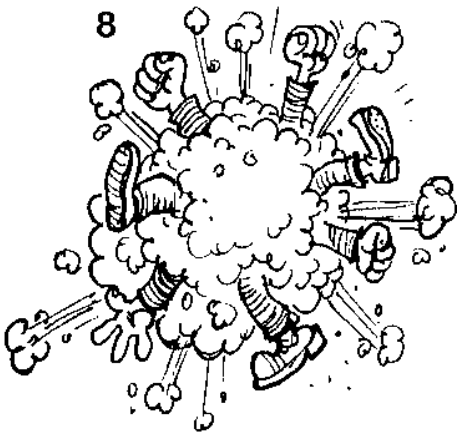
12



11



9



8

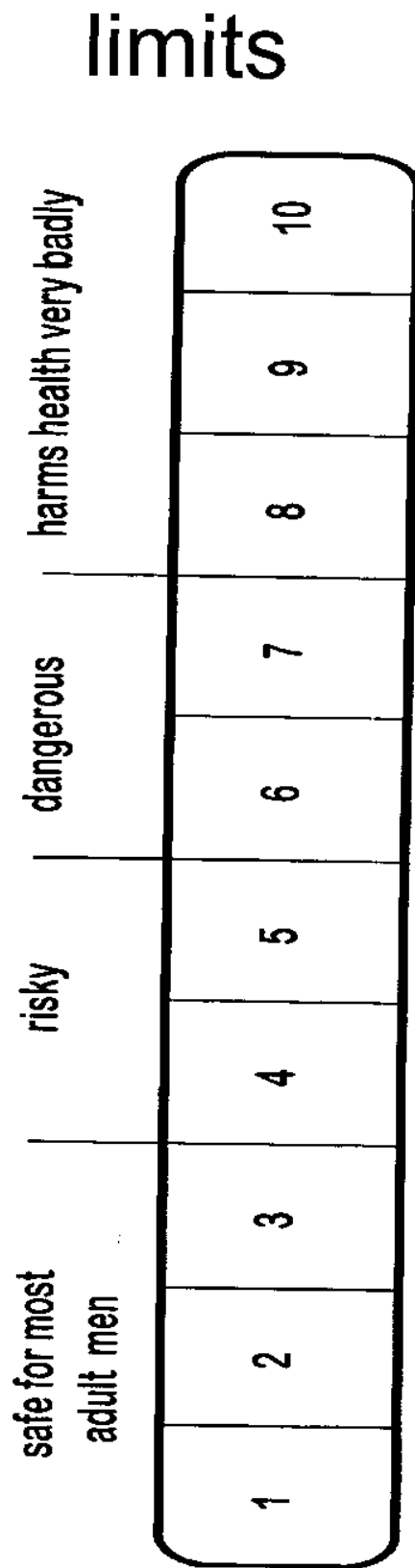
# true or false

- |  | <i>true</i>              | <i>false</i>             |
|--|--------------------------|--------------------------|
| 1 alcohol is good for babies   | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 it is against the law for grannies to drink alcohol                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 it is O.K. to drive if you have drunk 4 units of vodka                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 alcohol can cause cancer of the mouth and brain                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 alcohol often causes arguments   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 your toes fall off if you drink lager and whisky                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 drinking alcohol can damage your liver                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 cider and cigarettes make your breath smell nice                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 road accidents are often caused by people who have been drinking alcohol | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 people who never drink alcohol are silly                                | <input type="checkbox"/> | <input type="checkbox"/> |

# true or false

- |   | <i>true</i>              | <i>false</i>             |
|---|--------------------------|--------------------------|
| 11 it is best not to drink any alcohol if you are driving               | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 one unit of alcohol can harm the body of a child                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 alcohol quickly replaces water in your body cells                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 alcoholic lemonade is a safe drink for children                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 15 lots of alcohol every day can damage the stomach                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 16 your eyes fall out if you drink wine                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 17 alcohol is a safe drug   | <input type="checkbox"/> | <input type="checkbox"/> |
| 18 it is usually safe to drink alcohol at work                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 19 it takes 1 hour for an adult's liver to get rid of 1 unit of alcohol | <input type="checkbox"/> | <input type="checkbox"/> |
| 20 it is O.K. for kids to drink alcohol mixed with water                | <input type="checkbox"/> | <input type="checkbox"/> |

# units of alcohol every day



**adult men**

# units of alcohol every day

limits

	safe for most adult women	risky	dangerous	harms health very badly					
1	2	3	4	5	6	7	8	9	10

## adult women

# UNITS

*one unit of alcohol is one glass of 11% wine  
or a half pint of 3% lager or a 25ml measure of whisky*

*many 500 ml cans of strong beer or cider (9%) contain 4 units of alcohol*

*a bottle of (11%) wine = 8 units*

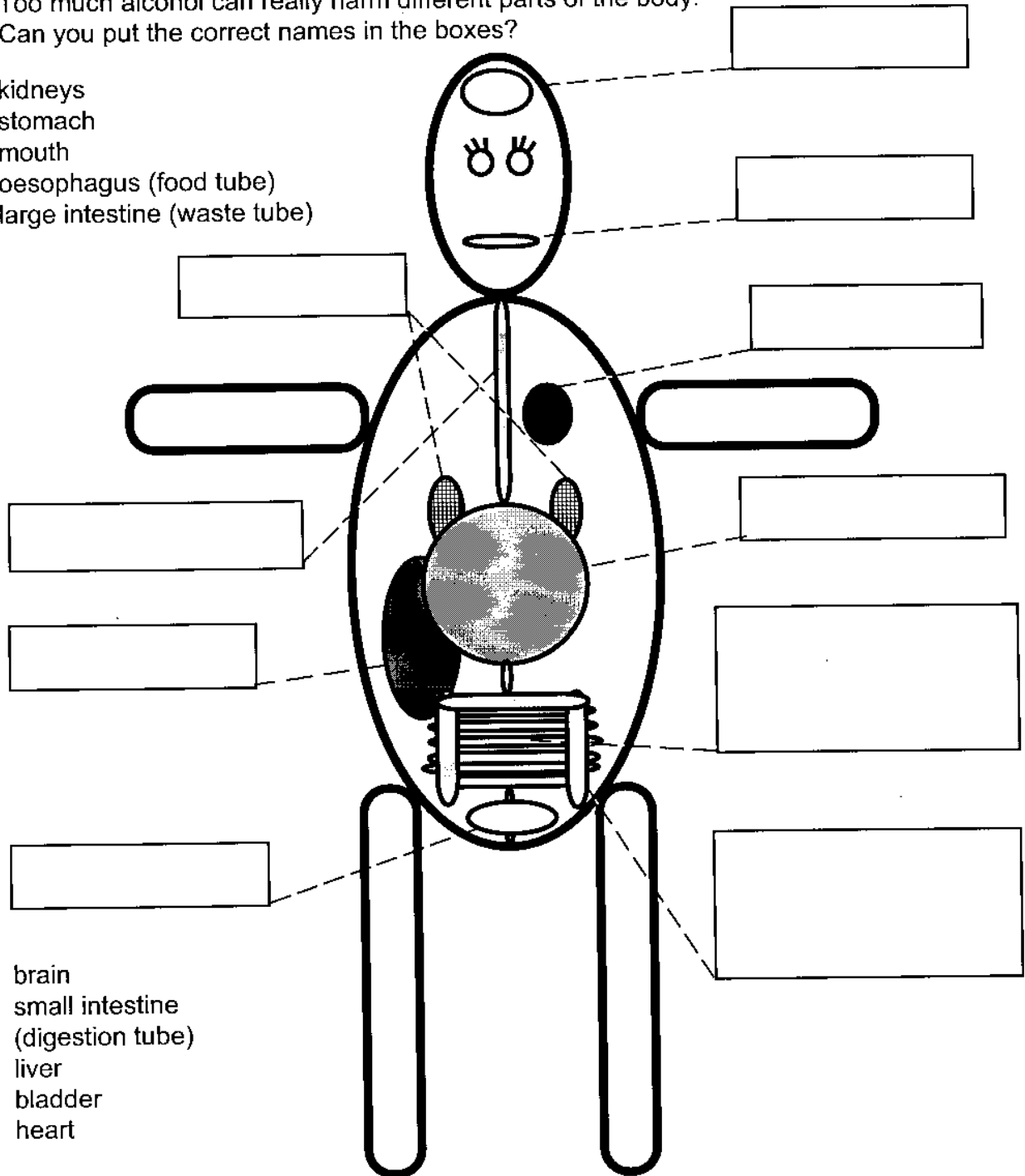
*a bottle of (40%) vodka = 28 units*

*a 3 litre bottle of (9%) white cider = 27 units*

# body bits

Alcohol is a drug which affects every part of the body.  
 It is carried around the body in the blood.  
 Too much alcohol can really harm different parts of the body.  
 Can you put the correct names in the boxes?

kidneys  
 stomach  
 mouth  
 oesophagus (food tube)  
 large intestine (waste tube)



brain  
 small intestine  
 (digestion tube)  
 liver  
 bladder  
 heart

*Can you draw an outline picture of yourself?  
 Put in your own body bits and label them.*

# home / school letter and worksheets

*It is important for parents to understand that this is a specific co-operative venture between home and school. They should not be under any obligation to complete work on alcohol or return it to the school.*

*The aim of this section is to enable schools to devise a small and attractive package which will enable children to share with their parents some of what they have discovered about alcohol.*

*It is perhaps inevitable that many parents will learn some salient facts about alcohol use. Whilst this may give pause for thought on levels of consumption by family members, it is not intended that such work be construed as being critical or judgmental.*

*Teachers should use this section as a template.*

*Teachers are free to copy or adapt any further materials from the workpack which they feel may be appropriate to the needs of the community.*

*It is crucial to be sensitive to the depth of feeling which many issues surrounding alcohol use may arouse in certain sections of the community.*

# *SAMPLE HOME SCHOOL LETTER*

Anywhere Primary School  
Anytown  
Anycounty, U.K.

Dear Parents,

As part of our Healthy School project, our children have been looking at issues surrounding alcohol use and misuse. The aim of our work is to raise children's awareness of the problems which can be associated with inappropriate use of alcohol.

By promoting a responsible attitude to alcohol, coupled with a real understanding of the many issues which lie behind the risks, we hope that our children will learn the following things:

1. to treat this strong drug with great respect
2. to delay (at least) the age at which they themselves might feel inclined to experiment with alcohol.
3. to appreciate what we mean by risk and danger
4. to understand how important their own decisions can be

There has been growing concern, both locally and nationally, at the increase of very young children (age 8 to 13) who regularly drink significant amounts of strong alcohol. Lager, cider, vodka and fruit wines are the most popular, but alcopops, 'mixers' and other spirits are also often misused.

We feel that the trend towards early drinking, with all of its attendant risks, costs and problems, is not trivial. Dealing with it should not be left until our children are in year 8 or 9 of their secondary education. Alcohol is currently the second biggest drug problem (after smoking) in the U.K. today and it is sensible to begin preventative work now to help our children to grow in knowledge and in the decision making skills which they will need to develop a healthy lifestyle.

We have been having lots of fun working on our project, because we have been approaching the issues in a bright, lively and non-threatening way. Please make time to work through this small booklet. We hope that you will find it informative and that it helps create useful talking points. Please contact the school if you are concerned about your child and any issue involving alcohol.

We would be grateful if you would return the short evaluation on page 10 of the booklet so that we can learn from it and work together to give our children a real opportunity to live healthy lives.

Yours sincerely,

# *teachers' notes*

This book is divided into four sections:

Games

Quiz

Units Computer

Home and School

These Extension Activities are devised to enable us to investigate and evaluate the fact and fiction of alcohol use and misuse in a bright and lively learning environment.

These materials are suited to individual and group use and will be particularly effective in reinforcement of guided discovery achieved via work from books 1 and 2. Many activities are confidence and skills building as well as being strongly cross-curricular. They may be used to widen the debate, enabling children to reveal, clarify and share their thoughts and feelings with significant adults.

The Extension Activities are presented in a style which children and adults will find attractive, challenging, empathetic, exciting and fun.

These materials may be used:

- 1 as extension / reinforcement activities
- 2 as investigative tools on single or linked issues
- 3 linked to other materials in Books 1 and 2

Discussion of the themes and issues is vital before children engage in further work. Please see "**Think About....Talk About**" format in Book 1.