

# Building Strong Families

## Youth Program Materials and Supplies

\*Module Abbreviations: **BR** = Balancing Responsibilities; **C** = Communicating; **FF** = Food & Fitness; **FS** = Family Strengths; **HH** = Healthy Home; **K** = Kindness **MM** = Money Matters; **MS** = Managing Stress; **SE** = Self-Esteem

Item	Ordering Information/Cost	Module*	Module*								
			BR	C	FF	FS	HH	K	MM	MS	SE
Apron (all modules) w/o logo imprint	Uniform Store; 888-884-2009; <a href="http://uniformstore.com">http://uniformstore.com</a> ; #F10-12 Jim Gatewood <a href="mailto:gmarketing@charter.net">gmarketing@charter.net</a>	All	X	X	X	X	X	X	X	X	X
<b>Activity Kit (youth) contents:</b> Butterfly –U.S. Toy #7332 Heart - U.S. Toy # #SB311 Dollar bill #GA18-1 Watch - #7081 Clapping hands - #KD18 Plastic ears - #5438 Twist-it tie – Associated Bag Glue stick/glue	U.S. Toy Company for many Pricing varies  Associated Bag Co. 800-926-6100; <a href="http://www.associatedbag.com">www.associatedbag.com</a> ; #26-50R	BR, C, FS, SE,	X	X		X					X
Art supplies (construction paper, crayons, markers, glue, scissors, sequins, feathers...	Craft or discount store	BR, C FS, SE,	X	X		X					X
Balloon or beach ball		FF			X						
Beach balls (4)	U.S. Toy Company - #IN6 16"	C		X							
Beans	Grocery Store	MM							X		
Bed sheet		FF			X						
<b>Book</b> – <i>Alexander, Who Used to be Rich Last Sunday</i> by Judith Viorst	ISBN 978-689-71199-2	MM							X		
<b>Book</b> - <i>Cool Cats Calm Kids</i> - Mary L. Williams	ISBN 0-915166941;	MS								X	
<b>Book</b> - <i>Clean Your Room, Harvey Moon!</i> Pat Cummings	ISBN 0689717989	BR	X								
<b>Book</b> – <i>Families</i> by Meredith Tax or <i>The Family Book</i> -Todd Parr	<i>Families</i> ISBN 1558611576 <i>The Family Book</i> ISBN 0-316-73896-4	FS				X					
<b>Book</b> – <i>Kindness is Cooler, Mrs. Ruler</i> - Margaret Cuyler	ISBN-10: 0-689-87344-1 ISBN-13: 978-0-689-87344-7	K						X			
<b>Book</b> - <i>Word/Movement Guide</i> - <i>Green Eggs &amp; Ham</i>	In module poster, pages G-35 – G36	FF			X						
<b>Book</b> - <i>Green Eggs &amp;Ham</i> - Dr. Seuss	ISBN 9780394800165	FF			X						
<b>Book</b> – <i>Have You Filled a Bucket Today</i> -Carol McCloud	ISBN 9780978507510										
<b>Book</b> - <i>I'm Gonna Like Me: Letting Off a Little Self-Esteem</i> - Jamie Lee Curtis	ISBN 0060287616	SE									X
<b>Book</b> – <i>Pigsty</i> by Mark Teague	ISBN –10: 043959843-5	HH					X				
<b>Book</b> – <i>When Sophie Gets Angry - Really, Really Angry</i> by Molly Bang	ISBN 0590189794, #921319 English; #940987 Spanish;	C		X							

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Item	Ordering Information/Cost	Module	BR	C	FF	FS	HH	K	MM	MS	SE
CD/Tape player-CD / tape with upbeat music (opt.)		FF			X						
CD/tape player-relaxing music	Target has music and sounds on CDs,	MS								X	
Chalk board or flip chart paper		C		X							
Chalk or markers		C		X							
Clothes hanger w/ 2 weights on strings		BR	X								
Colored pencils		SE									X
Construction paper		C, SE		X							X
Containers	Your choice – for veggies and fruit	FF			X						
Conversation cards	In module page G-37	FF			X						
Crayons		BR, SE	X								X
Dollar bill	U.S. Toy Company - #GA18-1 (other denominations available)	C		X							
Flannel board	Teacher supply store. \$15.95 at Ann's Teachers Store in Columbia	BR	X								
Flannel board or Cardboard w/ Felt (Opt)	Teacher supply store	FF			X						
Flip Chart		FF			X						
Foam shapes	Oriental Trading Co.; 800-228-2269; <a href="http://www.orientaltrading.com">www.orientaltrading.com</a> ;	SE									X
Fruit (i.e. sliced kiwi, melons strawberries, grapes, blueberries, etc.)		FF			X						
Glue		MS, SE								X	X
Grain graphics-Velcro on back	In module pages G-63 – G-81	FF			X						
<b>Handouts:</b>											
Handout – Bean Game cards	In module	MM							X		
Handout -Family role-play script	In module	C		X							
Handout - Have You Thought About	In module	SE									X
Handout - Hero badge	In module	C		X							
Handout - Money Values	In Module	MM							X		
Handout - My Activity Pyramid for Kids poster	Download from <a href="http://extension.missouri.edu/explore/hesguide/foodnut/n00386.htm">http://extension.missouri.edu/explore/hesguide/foodnut/n00386.htm</a>	FF			X						
Handout - My Pyramid for Kids poster	Download from <a href="http://extension.missouri.edu/fnep/n945.pdf">http://extension.missouri.edu/fnep/n945.pdf</a>	FF			X						
Handout - Paper dolls (make from templates)	In module	SE									X
Handout - Pictures for Who Does What session	Handouts in module	FS				X					

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Item	Ordering Information/Cost	Module	BR	C	FF	FS	HH	K	MM	MS	SE
Handout - Pictures-boys & girls	In module	BR	X								
Handout - Pictures of household chores	In module	BR	X								
Handout - Stand if You – sheet	In module	SE									X
Handout - Stress picture	In module	MS								X	
Handout - Physical Activity Graphics (Velcro on back)	In module pages G-38 – G-36	FF			X						
Handout -Family Coat of Arms	In module	FS				X					
Handout – Managing Your Money - University Outreach & Extension Guide sheet # GH3830	In module	MM							X		
Handout – Healthy Home Handouts	In Module – 29 handouts	HH					X				
Hula hoops (2)	Discount store	C		X							
Interlocking blocks		FS				X					
Koosh ball or soft, squishy ball	U.S. Toy Company, Inc.; 816-761-5900; <a href="http://www.ustoy.com">www.ustoy.com</a> ; #GS278	C, FS		X		X					
<b>Learning Station items:</b> Laundry basket w/ towels, socks, etc. Plastic dishes, flatware/cups 2 small plastic tubs Dish soap, wash & dry cloths Trash can, plastic liners, tie Doll and diaper Bread, peanut butter, jelly, soft-edge knives Squirt bottle with water, cloth Broom, dust pan, items to sweep		BR	X								
M&Ms - candies		SE									X
Magnet strips	Craft store, discount variety	SE									X
Markers		BR, FF, MS, SE	X		X					X	X
Milk Bottles–empty (preferably skim 1-2%, juice, soda-non diet)		FF			X						
Napkins		FF			X						
Paper		BR	X								
Paper plate		BR, FF	X		X						
Paper towels		MS								X	
Pencils and pens		BR, C, MM,SE	X	X					X		X
Ping pong balls (2-3)		FF			X						
Pipe cleaners		C, MS		X						X	

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Plastic forks or toothpicks		FF			X						
Plastic telephone or cell phone		C		X							
Play doh		C		X							
Poster board		SE									X
Poster of kids' expressions	Teacher supply store at Ann's Teachers Store in Columbia; <a href="http://www.annteachersstore.com">www.annteachersstore.com</a>	C		X							
Puzzles	Oriental Trading Company - #IN-57/6072	MS								X	
Reduced fat dip for veg. (opt.)		FF			X						
Rocks	Michael's, Lowe's, outside	FS				X					
Roll of toilet paper		BR	X								
Ruler		SE									X
Scissors		SE									X
Small foam car		BR	X								
Small trash can		BR	X								
Socks		BR	X								
Stress balls		MS								X	
Stress dots	Biodot of Indiana, Inc.; 800-272-2340; additional indicator sheets cost extra	MS								X	
Stuffed animal		BR	X								
Styrofoam cup		BR	X								
Toy Race Cars		FF			X						
Vegetables (i.e. broccoli; greens; spinach; carrots; squash; sweet potato; cucumbers; green, red, & yellow peppers; tomatoes; cauliflower; mushroom slices...		FF			X						
Visors	Oriental Trading Company – #IN-5/544	BR	X								
Washable fine point markers		FS				X					
White Bread - compare to whole wheat grains		FF			X						
Whole grain and white bread wrapper labels		FF			X						
Whole grain bread/tortilla samples ( wheat, oat, rice, etc.)		FF			X						