

# Grade 6 | Journaling Activities

*Too Good for Drugs*

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## Lesson 1 My Road Ahead - *Setting Reachable Goals*

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### Journal Assignments

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*Write a paragraph explaining one of the following quotations:*

**"People with goals succeed because they know where they're going."** *Earl Nightingale*

**"Goals in writing are dreams with deadlines."** *Brian Tracy*

**"The great thing in this world is not so much where we are, but in what direction we are moving."** *Oliver Wendell Holmes*

## Lesson 2 Who's in the Driver's Seat? - *Making Responsible Decisions*

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### Journal Assignments

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*Write a paragraph explaining one of the following quotations:*

**"Using the power of decision gives you the capacity to get past any excuse to change any and every part of your life in an instant."** *Anthony Robbins*

**"Once you make a decision, the universe conspires to make it happen."** *Ralph Waldo Emerson*

**"Life is the sum of all your choices."** *Albert Camus*

## Lesson 3 Diagnostic Tune-Up - *Identifying and Managing Emotions*

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### Journal Assignments

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*Write a paragraph explaining one of the following quotations:*

**"I cannot tolerate my bad behavior in another person for 10 seconds."** *Garrison Wynn*

**"Happiness is when what you think, what you say, and what you do are in harmony."** *Mahatma Gandhi*

**"Your real life is in the here and now. Once you figure out what kinds of experiences cause you to feel certain ways, you can change either the experiences, or when that's not possible, change your responses to them."** *Alan Marlatt*

## Lesson 4 Express Yourself - *Effective Communication*

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### Journal Assignments

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*Write a paragraph explaining one of the following quotations:*

**"Any problem, big or small, within a family, always seems to start with bad communication. Someone isn't listening."** *Emma Thompson*

**"Bad human communication leaves us less room to grow."** *Rowan D. Williams*

**"Communication works for those who work at it."** *John Powell*

## Lesson 5 Peer Pressure - *Bonding and Relationships*

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### Journal Assignments

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*Write a paragraph explaining one of the following quotations:*

**"No child is immune to peer pressure."** *Kathi Hudson*

**"Talk to your children about peer pressure. Explain what a powerful force it can be, and tell them that you will never accept the excuse that everyone did it!"** *Tom McMahon*

**"Hermits have no peer pressure."** *Steven Wright*

## Lesson 6 A Closer Look - *Effects of Alcohol Use*

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### Journal Assignments

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*Write a paragraph explaining one of the following quotations:*

**"Avoid using cigarettes, alcohol, and drugs as alternatives to being an interesting person."**  
*Marilyn vos Savant*

**"I am more afraid of alcohol than of all the bullets of the enemy."** *Thomas J. Jackson*

**"Drugs and alcohol can be so destructive."** *Kyan Douglas*

## Lesson 7 A Dead End - *Effects of Nicotine Use*

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### Journal Assignments

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*Write a paragraph explaining one of the following quotations:*

**"I wish we could do something useful with tobacco—like making fertilizer out of it." Paul Dudley White**

**"The tobacco companies knew quite early on the addictive nature of their product." Neil Cavuto**

**"The true face of smoking is disease, death, and horror—not the glamour and sophistication the pushers in the tobacco industry try to portray." David Byrne**

## Lesson 8 Keep off the Grass! - *Effects of THC and Marijuana Use*

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### Journal Assignments

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*Write a paragraph explaining one of the following quotations:*

**"Wasted? So is your life."**

**"Get high on life, not on drugs."**

**"Do dope, lose hope."**

## Lesson 9 Calculate the Risk - *Safe Use of Prescription and OTC Medicines*

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### Journal Assignments

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*Write a paragraph explaining the following quotation:*

**"Medicine is a science of uncertainty and an art of probability." William Osler**

## Journal Assignments

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*Write a paragraph explaining one of the following quotations:*

**“Spread the Word - One Pill can Kill.”**

**“It is easier to stay off drugs than to get off drugs.”**

**“Drugs affect more than just you.”**