

Lesson 1 **Set to Win** - *Setting Reachable Goals*

Language Arts or Social Studies Extenders

Activity 1

Find a current event from a newspaper, magazine, or internet article that illustrates goal setting. Write a paragraph summarizing the article, and describe how the goal-setting steps were used. Attach the article to your paper.

Activity 2

Create a timeline using visual illustrations to depict the actions you took to reach a goal you've already accomplished. Be sure to include any obstacles that occurred along the way.

Language Arts Extender

Research various poetry styles and select one you like. Using this style, write a poem about an important decision you made. Tell how you made your choice and what the consequences were. Were you satisfied with the outcome? If you could choose again, would you choose differently? Why or why not?

Social Studies Extender

Research historical decisions the United States has made such as going to the moon, going to war, or presidential elections. Imagine if you were the decision maker for the decision you select. Write a brief summary describing how you followed the decision-making model, what options you were faced with, what were the consequences for each option, and if you were satisfied with the outcome.

Language Arts Extender

Activity 1

Write a poem or essay about a stressful or emotional situation which you handled well. Describe how you managed the stress and your emotions in a healthy way. Discuss other healthy stress management strategies you have learned.

Activity 2

Interview a family member asking the following questions to learn more about their everyday lives and how they manage stress.

- Describe a typical day.
- What do you find most stressful about your job?
- What do you find most stressful about your day?
- How do you manage your stress?

Language Arts Extender

Write a poem or an essay about a misunderstanding or miscommunication you had with a friend. Who was involved? What happened? What will you do differently in the future to make sure that you and your friend understand each other?

Art Extender

Create a collage from magazine or newspaper clippings that illustrates different emotions. You may categorize the collage by emotional themes.

Language Arts Extender

Write a poem to a friend about their best qualities. Describe the moments when you appreciate their friendship the most.

Social Studies Extender

Research historical leaders and find one who had a known enemy. Write a letter to the historical leader to explain, step by step, how this leader could have befriended his or her enemy. Conclude your letter by describing what aspects of history might have changed if the two had been friends rather than enemies.

Art Extender

Create a word collage to describe yourself. You may also create a Wordle from www.wordle.net. A Wordle is an image word cloud from text that the you provide

Language Arts Extender

Write a children's story, a poem, or a rap about applying healthy alternatives to drug use. Remind your younger audience that if they want to feel older they can volunteer or start planning for their future. If they want to relax, they can listen to music. If they want to fit in or belong, they can join a team. If they want to satisfy curiosity, they can do research or interview a medical professional. If they want to take a risk, they could try karaoke, rock climbing, or get a new hair style.

Science Extender

Write a short research essay on addiction as it relates to tobacco, alcohol, or marijuana. Be sure to discuss the consequences of substance abuse on the human brain and body. Your report could include a visual display of the consequences to the brain and body from the use of the particular substance.

Language Arts Extender

Using the Goal-Naming Criteria and the Goal-Setting Steps, write a quit-smoking plan. Research some quit-smoking resources that could help the smoker along the way.

Social Studies Extender

Research and create a timeline on the history of tobacco. Who were the first people in North America to use tobacco? When and where were the "tar wars?" What are the restrictions on cigarette smoking in the U.S. today?

Language Arts Extender

Activity 1

Describe an alcohol image you've seen in a movie, music video, magazine ad, or billboard. How do the people in the images appear? What information is missing from the image? How does knowing the facts about alcohol help young people to remain alcohol free?

Activity 2

Write letters to parents providing strategies for them to talk to their children about alcohol use. Be sure to include suggestions for helping parents to encourage their children to remain alcohol free.

Social Studies Extender

Many wonder why alcohol is a legal drug considering its negative side effects. Do research on the Prohibition in the 1920's. Create the front page of a newspaper reporting about Prohibition. What was it? How long did Prohibition last? What was the Volstead Act? Explain the 18th Amendment to the U.S. Constitution as well as the Blaine Act. Why didn't Prohibition work? Conclude your report by informing young people that just because something is legal it is not necessarily safe.

Art Extender

Design a billboard getting the word out about the negative realities of underage drinking.

Language Arts Extender

Using the facts you know about marijuana, compose an email to someone who may be using marijuana. Persuade him or her to stop using the drug.

Science Extender

The main chemical in marijuana is tetrahydrocannabinol, commonly referred to as THC. THC is a psychoactive, mind altering, chemical. Create a brochure for students and parents examining the health hazards of marijuana.

Art Extender

You have learned a lot about marijuana. Put that information on a graffiti wall made on a poster board or large sheet of paper.

Lesson 10 A Drug is a Drug

Street, Prescription, and OTC Drugs & Course Review

Science Extender

Research and write a report on one of the following topics:

- A. Opioids and how they work
- B. Depressants and how they work
- C. Stimulants and how they work

Art Extender

Design a warning sign cautioning other students about the possible misuse of prescription drugs and over-the-counter medications.