Workbook Preview

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Grade 3 – Mental Health

Substance Use, Addictions, and Related Behaviours

	Curriculum Expectations	Pages
D1.3	Demonstrate an understanding of different types of legal and illegal substance use (e.g., dependency on nicotine in cigarettes or vapour products, or caffeine in coffee, energy drinks, and colas, or sugar and salt in sports drinks, or alcohol in beer, wine, and spirits) and	– 75
D2.3	Apply decision-making strategies to make healthy choices about behaviours and the use of various substances in ways that could lead to dependencies, identifying factors that should be considered (e.g., short-term use of medications can be helpful for an illness, but misuse of some medications could lead to dependency or harm; moderated television watching or computer use can provide healthy entertainment or new learning or be necessary to complete school work, but too much screen time can reinforce sedentary habits and inactivity, which can lead to social isolation and increased vulnerability to physical and mental health problems; cultural teachings can provide guidance when considering the impact of using substances)	9-12, 15-39, 42-73

Preview of 60 pages from this product that contains 106 pages total.

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NAME: _____

Substance Use, Addictions, and Related Behaviours



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Name: _____ 6

Curriculum Connection
D1.3

Legal and Illegal Substances

What are Substances?

Substances are things we can put into our bodies that might change how we think, feel, or act. Some substances are legal, and others are illegal.



Legal Substances Explained

Legal substances are things that adults can use under certain rules. For instance, caffeine in coffee is legal for adults and can make people feel more awake. Medicines like cough syrup can help us when we are sick. Alcohol and nicotine, found in alcoholic drinks and cigarettes, are legal for adults, but not for kids. Legal things can be harmful if we use them the wrong way or too much.

PREVIEW

Understanding Illegal Substances

Illegal substances are things we should never use. Examples include drugs like cocaine and methamphetamine. These are not safe and can hurt our bodies.

How to Stay Safe

It is important to use substances safely. That means only taking medicines that your parents or doctor give you. Never take anything if you do not know what it is. Say no to illegal substances to stay safe and healthy.

Name: _____ 7

Curriculum Connection
D1.3

True or False

Is the statement true or false?

1) Coffee contains a substance called caffeine.	True	False
2) All substances are illegal.	True	False
3) Cough syrup is an illegal substance.	True	False
4) Kids ca[illegible] alcohol and nicotine.	True	False
5) Subst[illegible]nge how we think, feel, or act.	True	False

PREVIEW

Identify

W[illegible] or [illegible] Harmful under each substance.



Questions

Answer the questions below using evidence from the text.

What is a substance?

_____

_____

_____

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Name: _____ 8

Curriculum Connection
D1.3

Legal or Illegal

Think Circle whether the addictive substance or behaviour is legal or illegal. Remember that just because something is legal does not mean it is good for you.

1)	Buying a vaping product with nicotine at 14 years old.	Legal	Illegal
2)	Playing video games for 4 hours when you are 10 years old.	Legal	Illegal
3)	Drinking alcohol at 17 years old.	Legal	Illegal
4)	Drinking 3 energy drinks in one day when you are 10 years old.	Legal	Illegal
5)	Buying cigarettes at 18 years of age.	Legal	Illegal
6)	Drinking coffee when you are 8 years old.	Legal	Illegal
7)	Watching 2 Star Wars movies in one rainy Saturday when you are 9.	Legal	Illegal
8)	Drinking beer after your high school graduation when you are 18 years old.	Legal	Illegal
9)	Playing video games at midnight when you are 8 years old.	Legal	Illegal
10)	Drinking 1 large glass of iced tea when you are 8 years old.	Legal	Illegal
11)	In Ontario buying alcohol at 18 years of age.	Legal	Illegal
12)	Skipping your soccer game because you want to play video games instead.	Legal	Illegal
13)	Drinking Red Bull when you are 10 years old.	Legal	Illegal
14)	Buying vaping nicotine products when you are 17 years old.	Legal	Illegal
15)	Drinking alcohol at 30 years old.	Legal	Illegal
16)	Eating 3 full size chocolate bars right after each other when you are 8 years old.	Legal	Illegal
17)	Buying cigarettes at 19 years old.	Legal	Illegal

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Name: _____ 9

Curriculum Connection
D1.3, D2.3

Addiction

Understanding Addiction

Addiction is a strong feeling that makes someone want to do something or use something, even when it is not good for them and can cause problems. Here are a few things people can become addicted to:

Nicotine: This is found in cigarettes and vaping products. People who smoke can get addicted. They crave it and they need to smoke, even though it is bad for their health.

Alcohol: Some people drink alcohol. If someone drinks too much, too often, they can become addicted. This can cause serious problems and affect their behaviour and family life.

Sugar: Eating too much sugar can lead to addiction. This means people keep wanting to eat sweets even though it can lead to weight gain and cavities.



Effects of Addiction

When people are addicted to something, they may want to keep doing it or using it, even if it hurts them. They might feel sick if they try to stop. Addiction can also change the way people behave and can make it hard to do well at school or get along with friends and family.

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Name: _____ 10

Curriculum Connection
D1.3, D2.3

True or False

Is the statement true or false?

1) Nicotine is found in fruits.	True	False
2) People can get addicted to alcohol.	True	False
3) Too much sugar can lead to problems with your teeth.	True	False
4) Addictio an make people feel sick if they try to stop.	True	False
5) You ca ddicted to sugar.	True	False

PREVIEW

Question

What is Wh an happen if someone becomes addicted to something?

Draw

Draw 3 things that could be addictive.

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Name: _____ 11

Curriculum Connection
D1.3, D2.3

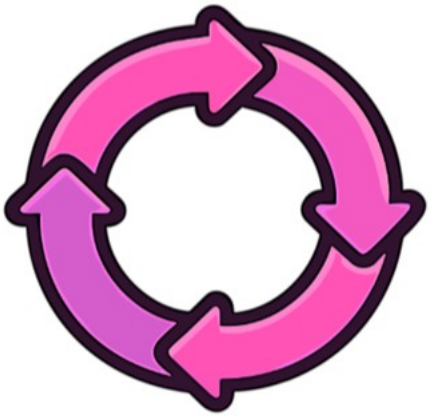
Breaking The Cycle

Objective What are we learning about?

Students will be able to identify a habit they do too much (such as eating sugary foods or using screens) and name a healthier habit they can try instead.

Materials What do we need for our activity?

- Br[illegible] sheet
- Pencil
- Crayons



Method How do we [illegible] the

1. Read the short message in the Th[illegible]x.
2. Think about one habit you do a lot, such a[illegible] screens, or playing video games.
3. In the column Habit I Do a Lot, write or draw your answers.
4. Think about how this habit makes you feel before and after you do it.
5. In the column Better Habit to Try, write or draw a healthier choice you can try instead.
6. Answer all rows honestly. There are no wrong answers.
7. Ask your teacher for help if you are unsure.

PREVIEW

Name: _____ 12

Curriculum Connection
D1.3, D2.3

Breaking The Cycle

Categories	Habit I Do a Lot	Better Habit to Try
What is the habit? *(Eating sweets, watching screens, playing video games, etc.)*		
When do I usually do this habit? *(After school, before bed, when bored, when upset)*		
Why do you want to do it? *(It tastes good, it's fun, it helps me relax, I feel bored)*		
How do you feel BEFORE doing it? *(Excited, bored, tired, sad)*		
How do you feel AFTER doing it? *(Happy, tired, grumpy, calm)*		
What healthier choice can you try instead? *(Play outside, read, draw, talk to someone, rest)*		

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Name: _____ 13

Curriculum Connection
D1.3

Nicotine

Understanding Nicotine

Nicotine is a substance found in the tobacco plant. People use tobacco in different ways, like smoking cigarettes or in vaping devices.



Ways [illegible]

Smoking: is w[illegible]urn[illegible]bacco and breathe in the smoke. The smoke carries nicotine in[illegible]eir b[illegible]

Vaping: In vaping devices, [illegible]nta[illegible]g[illegible]ine is heated up to make a mist or vapor. People then breathe in this va[illegible]get th[illegible]ine into their bodies.

PREVIEW

Effects of Nicotine

Nicotine can make people feel awake or calm, but it is [illegible]od[illegible]. It is easy to become addicted to nicotine, which means a person fee[illegible]lik[illegible]eed it to feel normal. Nicotine addiction can lead to other health problems such as trouble breathing or heart disease.



Healthy Choices

Smoking and vaping are not good choices. If you or someone you know needs help to stop using nicotine, ask for help from a trusted adult.

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Name: _____ 14

Curriculum Connection
D1.3

Question What is nicotine? Where is it found? What are two ways people can use nicotine?

True or False ...e s...ment true or false?

1) Nicotine is found in to... ...plants.	True	False
2) Nicotine can make people fe... slee...	True	False
3) Smoking involves burning tobacco.	True	False
4) It is hard to become addicted to nicotine.	True	False
5) Nicotine is good for our bodies.	True	False

Word Search Find the words in the wordsearch

Nicotine	Lungs
Tobacco	Burn
Vape	Device
Smoke	Awake
Addicted	Health

K Y D J F G H A A Y P H U Y F
U S Z J Q T I W A S N U S B L
T M A L U S D A S W I O Y U U
L O S R S P L K B V C C P R N
S K Y D I X G E W F O C D N G
H E A L T H C L O R T A J W S
A D D I C T E D S X I B Q Y G
B V A P E P R G Y C N O L K Y
Q L D E V I C E K E E T D Q Q

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Curriculum Connection
D1.3, D2.3

Impact of Using Nicotine

How Nicotine Affects Our Bodies

Nicotine changes how our bodies work. Here are four ways it can impact us:

Feeling A… Nicotine can make us feel awake and alert. But this is temporary and … stay awake.

Addiction: Nic… ctiv… which means people may feel like they cannot s… sing … harmful.



Lung Harm: Both smoking an… ping … lungs. This can make it harder to bre… and pl… sport…

Heart Problems: Nicotine can cause heart problem… es the… work harder and can cause heart disease.

PREVIEW

Making Healthy Choices

Instead of using nicotine, we can make healthy choices. We can choose to play sports, eat healthy food, or talk to friends when we feel stressed. If someone needs help to stop using nicotine, they can always ask for help from a trusted adult.



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Curriculum Connection
D1.3, D2.3

True or False

Is the statement true or false?

1) Nicotine makes you feel sleepy.	True	False
2) Nicotine is not addictive.	True	False
3) Smoking and vaping can harm your lungs.	True	False
4) Nicotine makes the heart work less hard.	True	False
5) Playing [illegible] is a healthy choice.	True	False

Writ[illegible]

[illegible] six [illegible] nicotine can do to our body.



Questions

Answer the questions below using evidenc[illegible] the

1) What are two harmful effects of smoking and nicotine on the body?

_____

_____

_____

2) What are two healthy choices people can make instead of using nicotine?

_____

_____

_____

PREVIEW

Name: _____ 17

Curriculum Connection
D1.3, D2.3

Vocabulary Building: Nicotine

Instruction

- Think about words that are related to nicotine.
- Write one word for each letter of the alphabet.
- If you cannot think of a word, you may leave it blank.

A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

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Curriculum Connection
D1.3, D2.3

Activity – Impact of Nicotine On The Lungs

Objective What are we learning about?

To help students understand how nicotine can harm the lungs and why making healthy choices is important for the body.

Materials What do we need for our activity?

- Drawing page (
- Crayons, markers, colouring pencils



Method How do we complete this activity?

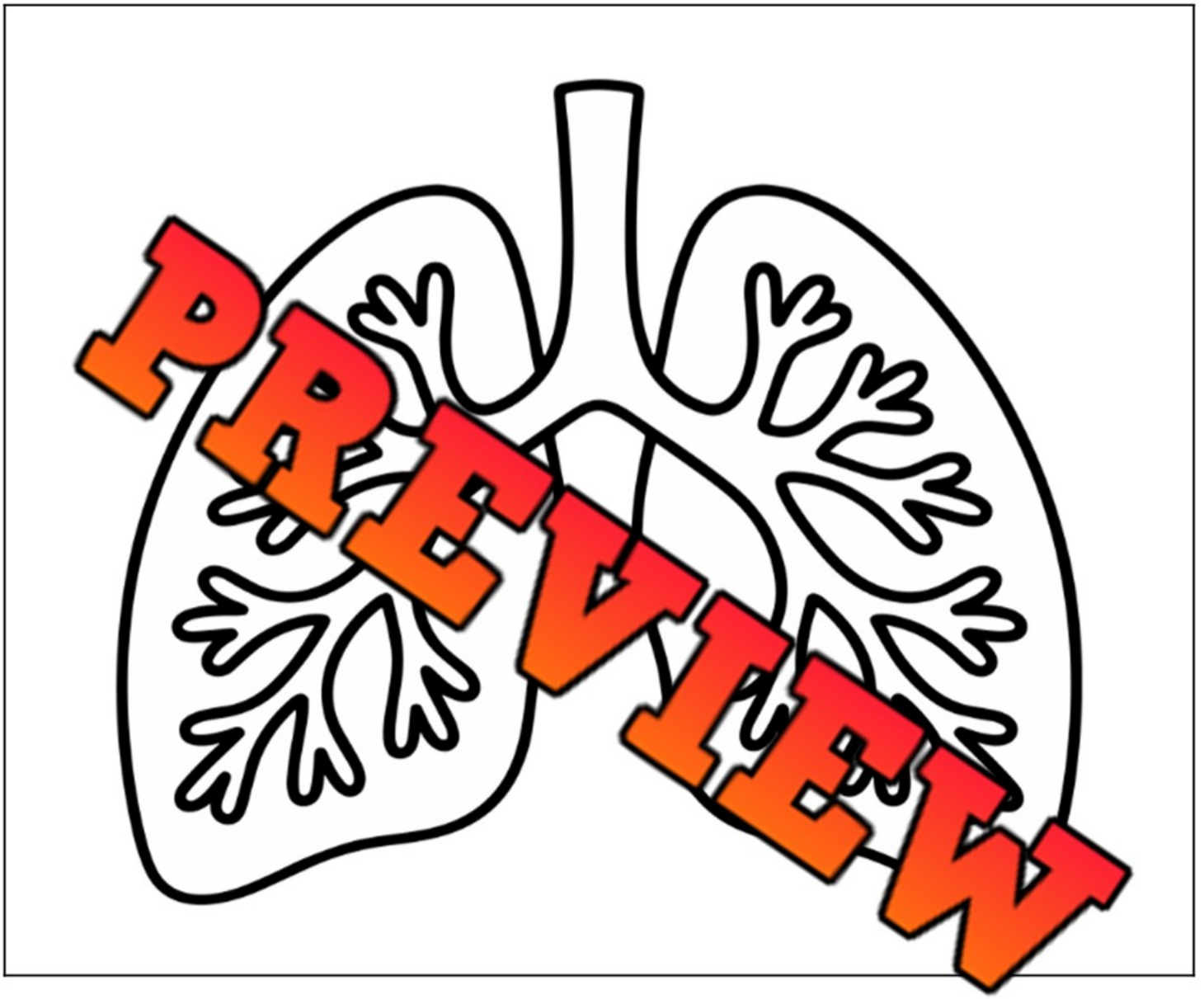
1. Hand out the lungs drawing worksheet to each student.
2. Ask the students to draw and design the lungs to show how nicotine can harm them (for example: dark spots, damage, or blocked airways).
3. Encourage students to think about how nicotine affects breathing and lung health.
4. Allow students to colour and add details to their drawing.
5. When finished, students answer the reflection question below the drawing.
6. If students are comfortable, invite them to share their drawings and ideas with the class.

PREVIEW

Name: _____ 19

Curriculum Connection
D1.3, D2.3

Draw Draw and design a pair of lungs to show how nicotine can harm the body.



Reflection How does your drawing show that nicotine is harmful?

_____

_____

_____

_____

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Curriculum Connection
D1.3, D2.3

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Is it a healthy choice?

1) Choosing not to smoke or vape.	Yes	No
2) Using nicotine to stay awake at night.	Yes	No
3) Playing sports instead of vaping with friends.	Yes	No
4) Smoking even when it is hard to breathe.	Yes	No
5) Asking a trusted adult for help to stop using nicotine.	Yes	No

Name: _____

Is it a healthy choice?

1) Choosing not to smoke or vape.	Yes	No
2) Using nicotine to stay awake at night.	Yes	No
3) Playing sports instead of vaping with friends.	Yes	No
4) Smoking even when it is hard to breathe.	Yes	No
5) Asking a trusted adult for help to stop using nicotine.	Yes	No

Name: _____

Is it a healthy choice?

1) Choosing not to smoke or vape.	Yes	No
2) Using nicotine to stay awake at night.	Yes	No
3) Playing sports instead of vaping with friends.	Yes	No
4) Smoking even when it is hard to breathe.	Yes	No
5) Asking a trusted adult for help to stop using nicotine.	Yes	No

Name: _____

Is it a healthy choice?

1) Choosing not to smoke or vape.	Yes	No
2) Using nicotine to stay awake at night.	Yes	No
3) Playing sports instead of vaping with friends.	Yes	No
4) Smoking even when it is hard to breathe.	Yes	No
5) Asking a trusted adult for help to stop using nicotine.	Yes	No

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Curriculum Connection
D1.3, D2.3

Caffeine

What is Caffeine?



Caffeine is a natural substance found in some plants. It is in our everyday drinks like coffee, tea, and some fizzy drinks too!

How Do[illegible]e Work?

Caff[illegible]wake and alert. When you drink a cup of coffee or a can of soda, the c[illegible]nt[illegible]ur body and gives you a quick energy boost.

The Effects of Caf[illegible]

Let us look at three thin[illegible]e ca[illegible]ur bodies:

Energy Boost: Caffeine can make yo[illegible]hore a[illegible]nd full of energy. This is why some people like to drink coffee in the m[illegible]g!

Heartbeat Changes: Caffeine can make your heart[illegible]er. Too[illegible] caffeine can sometimes make people feel nervous or jumpy.



Tooth Stains: Drinks with caffeine like coffee and tea can stain your teeth. That is why it is important to brush your teeth every day!

Choosing Wisely

Even though caffeine can make you feel more awake, it is important not to have too much. Children should not have too much caffeine because it can cause you to be anxious and it can cause you to not sleep well. Remember, drinking water is always a healthy choice!

PREVIEW

Name: _____ 22

Curriculum Connection
D1.3, D2.3

True or False

Is the statement true or false?

1) Caffeine is found in coffee.	True	False
2) Caffeine helps you feel sleepy.	True	False
3) Kids can have as much caffeine as adults.	True	False
4) Caffeine is found in some soft drinks.	True	False
5) Drinking water contains caffeine.	True	False

Fill in the

ite the missing word.

1)	Caffeine i abst found in some _____.	animals	plants
2)	Caffeine makes feel alert.	awake	asleep
3)	Drinks with caffeine lik and ___ your teeth.	whiten	stain
4)	Children should not have too much _____	caffeine	water
5)	Drinking _____ is always a healthy cho	ater	soda

PREVIEW

Questions

Answer the questions below using evi ro

1) What are 3 drinks that contain caffeine?

_____

_____

_____

2) Why is it important for children to limit their caffeine intake?

_____

_____

_____

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Name: _____ 23

Curriculum Connection
D1.3, D2.3

Activity - Caffeine Board Game

Objective

What are we learning about?

Students will be able to identify drinks that contain caffeine, understand its effects on the body, and choose healthier drink options.

Materials

What do we need for our activity?

- Caf[illegible] G[illegible]heet
- Di[illegible]
- Game [illegible]ins or erasers)
- Pencil



Method

How d[illegible]plete [illegible]tivity?

1. Place the game board on a flat ta[illegible]e e[illegible]ne in the group can see it clearly.
2. Give each player one game piece. All pla[illegible]lace [illegible] pieces on the START space.
3. Decide who will go first. Players take turns going
4. When it is your turn, roll the dice and count the number of s[illegible]. Move your game piece forward that many spaces.
5. Read the instruction written in the space you land on. Follow and complete the instruction before the next player takes their turn.
6. If you land at the bottom of a ladder, move your game piece up the ladder to the higher space.
7. If you land on a snake, slide your game piece down the snake to the lower space.
8. Be respectful, wait for your turn, and encourage your classmates while playing.
9. The first player to reach the FINISH space is the winner.

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Name: _____

Curriculum Connection
D1.3, D2.3

Caffeine Board Game

35. Say "I choose healthy drinks!"	36. Name a drink with too much sugar and caffeine.	37. Name five vegetables.	38. Climb the ladder – one more step!	
34. Shout y[illegible] name[illegible]	33. Name five fruits.	32. Name a cartoon character.	31. Say "Good job!" to the next player.	30. Name five healthy drinks
25. Name one wil[illegible] animal.	2[illegible] [illegible]p 3[illegible] [illegible]mes	Name a drink found in coffee shops.	28. Name one healthy habit instead of caffeine.	29. Sing a short song.
24. Name one sign you had too much caffeine.	[illegible] Sing the ABC song.	22. so[illegible] li[illegible] [illegible]k in t[illegible] [illegible]orning	1. Name one job that needs [illegible]ple to stay [illegible]ake	20. Say, "Water is good for me!"
15. Name a computer game you like.	16. Do 5 jumping hops.	17. Stand up a[illegible] turn around.	18. N[illegible] [illegible]ps yo[illegible] [illegible]tte[illegible]	19. Name a fruit [illegible]rink without caffeine.
14. Name one feeling caffeine can cause	13. Name a drink you should avoid before bedtime.	12. Freeze for 5 seconds.	11. Name o[illegible] reason kids should avoid caffeine.	[illegible]ke a bow!
5. Name one drink with NO caffeine.	6. Count backward from 10 to 1.	7. Name a healthy drink for kids.	8. Spell your name.	9. Dance for 5 seconds.
4. Jumping jacks for 5 times.	3. Sing "Happy Birthday."	2. Name one drink that has caffeine.	1. Spell the word "*CAFEIN*" correctly.	

PREVIEW

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Name: _____ 25

Curriculum Connection
D1.3, D2.3

Alcohol

Understanding Alcohol

Alcohol is a liquid that is found in some drinks. Many adults drink alcohol sometimes, but it is not for kids. In Ontario it is illegal to drink or buy alcohol if you are [illegible] years old. It is important to know about alcohol because it can hav[illegible]odies and lives.

PREVIEW

Effects on the Bo[illegible]

- Feeling Dizzy: Drinki[illegible]ol ca[illegible]ople feel dizzy or confused. It can be hard to walk straight or to th[illegible]ly.
- Sleep Problems: Alcohol might make so[illegible] feel[illegible]t first, but it can make it hard for them to sleep well later.
- Sickness: If a person drinks too much alcohol, they [illegible]feel throw up.

Long-Term Effects

Drinking too much alcohol over a long time can lead to big health problems. It can hurt the liver, a part of your body that helps keep you healthy. It can also lead to problems with the heart, another very important part of your body.



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Name: _____ 26

Curriculum Connection
D1.3, D2.3

Questions

Answer the questions below using evidence from the text.

1) What happens to your body when you drink too much alcohol?

2) Why can alcohol lead to people making bad choices?

PREVIEW

True or False

Is the statement true or false?

1. Alcohol is a liquid found in some drinks.	True	False
2. Alcohol can help people sleep well.	True	False
3. Alcohol cannot hurt your liver.	True	False
4. Drinking too much alcohol can make you feel sick.	True	False
5. In Ontario the legal drinking age is 18.	True	False

Matching Type

Draw a line to match the alcohol effect to what it can cause.

1. Trouble sleeping well	❑	❑	Feeling dizzy
2. Hard to think clearly	❑	❑	Sleep problems
3. Hard to walk straight	❑	❑	Sickness
4. Feeling weak or low on energy	❑	❑	Confusion
5. Feeling like throwing up	❑	❑	Tiredness

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Name: _____ 27

Curriculum Connection
D1.3, D2.3

Scenarios Read each scenario about alcohol and circle whether it is *Safe* or *Unsafe*.

#	Scenario Description	Safe	Unsafe
1	An adult drinking alcohol at a party	Safe	Unsafe
2	A child drinking juice	Safe	Unsafe
3	Someone feeling dizzy after drinking alcohol	Safe	Unsafe
4	A c ying no to alcohol	Safe	Unsafe
5	ed alcohol by a friend	Safe	Unsafe
6	An adult ater instead of alcohol	Safe	Unsafe
7	Someone g too hol	Safe	Unsafe
8	A child asking an for help	Safe	Unsafe
9	A person having trouble alki alcohol	Safe	Unsafe
10	A family having a meal without cohol	Safe	Unsafe
11	A child drinking milk at home	fe	Unsafe
12	Someone throwing up after drinking alcohol		Unsafe
13	An adult keeping alcohol locked away		afe
14	A child finding alcohol and not touching it	S	Unsafe
15	Someone driving after drinking alcohol	Safe	Unsafe
16	A child playing sports with friends	Safe	Unsafe
17	A person sleeping poorly after drinking alcohol	Safe	Unsafe
18	A child choosing healthy drinks	Safe	Unsafe
19	An adult talking about the dangers of alcohol	Safe	Unsafe
20	A child telling a trusted adult about alcohol at home	Safe	Unsafe

PREVIEW

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Name: _____ 28

Curriculum Connection
D1.3, D2.3

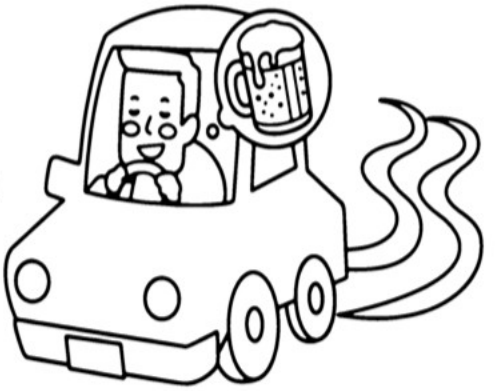
Impact of Using Alcohol

Understanding Alcohol Abuse

Alcohol is a drink that adults sometimes have. But too much alcohol is not good. When someone drinks alcohol too often or too much, it is called alcohol abuse.

Problems Caused by Alcohol Abuse

Alcohol abuse can cause big problems, for example:



- Drunk Driving: Alcohol can make a person not think clearly. If they try to drive a car, they might have accidents. These accidents can hurt them and others.

- Addiction: When people drink a lot of alcohol, their body starts to need it. This is called addiction. It can make them feel sick if they try to stop drinking.

- Relationship Problems: People who drink too much alcohol can have trouble getting along with friends and family. They might argue a lot or say things that hurt others' feelings. They may even become physically abusive.

- Financial Stress: People who abuse alcohol sometimes spend money needed for other things on alcohol. They may have trouble going to work and providing for their family.

Staying Safe

Always remember to talk to a grown-up you trust about alcohol. It is important to understand that it is not safe or healthy for kids to drink alcohol.

PREVIEW

Name: _____ 29

Curriculum Connection
D1.3, D2.3

True or False

Is the statement true or false?

1) Alcohol abuse means drinking too much alcohol.	True	False
2) Drinking alcohol can make you think clearer.	True	False
3) Drunk driving can lead to car crashes.	True	False
4) Alcohol is not safe or healthy for kids to drink.	True	False
5) Only adults become addicted to alcohol.	True	False

Direction

Circle the organs that are most affected by drinking too much alcohol.

Lungs		Kidneys	Teeth
Bones	Stomach	Hair	Heart
Brain	Fingernails	Pancreas	Skin

Questions

Answer the questions below using evidence from the text.

1) What is alcohol abuse?

_____

_____

_____

2) Name one problem that can be caused by alcohol abuse.

_____

_____

_____

PREVIEW

Name: _____ 30

Curriculum Connection
D1.3, D2.3

Alcohol Safety Scrabble Challenge

Objective What are we learning about?

Students will be able to identify words related to alcohol and safety and practise spelling and addition by using letter values.

Materials What do we need for our activity?

- Sc Spelli sheet
- Pencil
- Timer or clock



Method How do we te

1. Look at the letter tiles and their v es at th of page.
2. Choose a word that is related to alcohol an saf
3. Write the word in the Spelling Word column.
4. Write the value of each letter in the Point Calculation column.
5. Add the numbers to find the Total.
6. Keep choosing and writing new words related to the topic until time is up.
7. When time is finished, count how many correct topic-related words you wrote.
8. The student who has the highest number of correct words related to the topic is the winner.

PREVIEW

Name: _____ 31

Curriculum Connection
D1.3, D2.3

Alcohol Safety Scrabble Challenge



A1	B3	C3	D2			
E1	F4	G2	H4	I1	J8	
K5	L1	M3	N1	O1	P3	
Q10	R1	S1	T1	U1	V4	
	W4	X8	Y4	Z10		

PREVIEW

Spelling Word	Calculation	Total
Ex. Alcohol	1+1	12
Total		

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Curriculum Connection
D1.3, D2.3

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Check the ways on how to stay safe from alcohol addiction.

	Talk to a trusted adult about alcohol
	Say yes just once if someone offers alcohol
	Choose healthy activities instead
	Stay away from places where people are drinking
	Hide the alcohol from adult so that they won't know

Name: _____

Check the ways on how to stay safe from alcohol addiction.

	Talk to a trusted adult about alcohol
	Say yes just once if someone offers alcohol
	Choose healthy activities instead
	Stay away from places where people are drinking
	Hide the alcohol from adult so that they won't know

Name: _____

Check the ways on how to stay safe from alcohol addiction.

	Talk to a trusted adult about alcohol
	Say yes just once if someone offers alcohol
	Choose healthy activities instead
	Stay away from places where people are drinking
	Hide the alcohol from adult so that they won't know

Name: _____

Check the ways on how to stay safe from alcohol addiction.

	Talk to a trusted adult about alcohol
	Say yes just once if someone offers alcohol
	Choose healthy activities instead
	Stay away from places where people are drinking
	Hide the alcohol from adult so that they won't know

PREVIEW

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Curriculum Connection
D1.3, D2.3

Sugar

Too Much Sugar: Why It Is Not So Sweet!

Sugar is a sweet thing that we find in many foods like candy, cookies, and soda.

Eating a little sugar is okay, but eating too much is not good for our bodies.

What S... t... r Teeth

When we eat too... ar, it hurts our teeth. Bacteria in our mouth eat the sug... d ma... c... s acid makes cavities.



Sugar and Our Health

Eating lots of sugary foods isn't goo... our hea... es foods can harm our teeth and don't give us the nutrients we nee... healt... r... So, it's important to choose wisely.



Sugar Addiction

Sometimes, our body can want more and more sugar. This is called addiction. When we eat too much sugar, we might not want to eat healthier foods like fruits and veggies.

To stay healthy, eat foods with less sugar like, fruits, vegetables, and whole grains. These foods are full of the vitamins and fiber our bodies need, and they are good for our teeth. It is okay to have a sweet treat once in a while, but not all the time.

PREVIEW

Name: _____ 34

Curriculum Connection
D1.3, D2.3

True or False

Is the statement true or false?

1) Sugar can cause cavities in our teeth.	True	False
2) Sugar gives us all the nutrients we need.	True	False
3) Sugary foods are filling and full of fibre.	True	False
4) Fruits [illegible]getables are healthier than sugary foods.	True	False
5) It is [illegible]weet treat once in a while.	True	False

PREVIEW

Direction

[illegible] foods and an ✕ on the foods that are not sugary.

❑ Apple	❑ [illegible]	[illegible]ogurt	❑ Carrots
❑ Soda	❑ Candy	❑ B[illegible]	❑ Broccoli
❑ Ice cream	❑ Orange	❑ [illegible]	[illegible]onut

Draw

Draw 3 sweet treats you like to eat.

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Curriculum Connection
D1.3, D2.3

Activity – Sugary Choices Play

Objective What are we learning about?

To understand how too much sugar can affect our body and to practise making healthy food choices.

Materials What do we need for our activity?

- Chart paper
- Markers
- Sugar scenario cards



Method How do we complete this activity?

1. Divide the students into small groups and give each group a sugar scenario card.
2. Each group reads and discusses their scenario, focusing on why it is healthy or unhealthy.
3. The group creates a short role play showing the sugary choice and a healthier choice instead.
4. Allow time for groups to practise and perform their role play for the class.
5. After each role play, discuss how sugar affects the body and what better choices can be made.

PREVIEW

Name: _____ 36

Curriculum Connection
D1.3, D2.3

Scenario Cards | Cut out the topics below.

Scenario	Key Moments/Descriptions
Sugary Snacks All Day	A child eats sugary snacks all day and skips meals. Show how this choice affects their energy, mood, and hunger throughout the day.
Balanced Eating at Home	A family chooses healthy foods most days and sweets only sometimes. Show how balanced eating helps keep their body healthy and strong.
Drinking Water After Playing	A child drinks water instead of soda after playing. Show how this choice helps their body feel refreshed, hydrated, and strong.
Drinking Juice All Day	A child drinks juice many times a day instead of water. Show how too much sugary drink can affect teeth, energy, and hunger, and explain why water is a better choice.
Eating Sweets During Class Time	A student eats sweets during class instead of healthy snacks. Show how this can affect focus, behaviour, and energy levels during lessons.

PREVIEW

Name: _____ 37

Curriculum Connection
D1.3, D2.3

Scenario Cards | Cut out the topics below.

Scenario	Key Moments/Descriptions
Eating Candy Before Bedtime	A child eats candy before bedtime and has trouble sleeping. Show what happens the next day, such as feeling tired, grumpy, or low on energy, and explain how too much sugar affects the body.
Choosing Soda Instead of Water	A student chooses soda instead of water every day. Show how this choice affects their teeth, energy levels, and over time.
Choosing Fruits Instead of Cookies	A child eats fruits instead of cookies for a snack. Show how this healthy choice helps them feel strong, energized, and ready to play.
Eating Too Many Sweets	Someone eats many sweets and gets a tooth pain. Show the pain caused by too much sugar and how it affects daily activities like eating, playing, or studying.
Healthy Lunch Choice	A student brings vegetables and rice for lunch. Show the positive effects of choosing healthy food on the body, such as better energy and focus.

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Curriculum Connection
D1.3, D2.3

Sports Drinks

What Is Inside a Sports Drink?

Sports drinks are often brightly colored and come in many flavours. They contain water, electrolytes like sodium and potassium, and a lot of sugar. These drinks are made for [illegible] who do workouts and need to replace fluids and energy quickly.

Too Mu[illegible]Sugar!

Although they [illegible]mmy, [illegible]inks have a lot of sugar. Just like with candy or soda, too much suga[illegible]ause ca[illegible]your teeth, and can even lead to diseases like diabetes. Water is the b[illegible]without any sugar!

Electrolytes: Not Always Needed

Electrolytes help our bodies work properly, but too [illegible] can be a problem. When we are not doing hard workouts, our body does not need extra electrolytes. So, having a lot of sports drinks when we are not active can be harmful.



Unnecessary Calories

Sports drinks have something called calories. If you drink them a lot and you're not moving around, it's not good for your body. If you want to stay hydrated, water is the best choice!

PREVIEW

Name: _____ 39

Curriculum Connection
D1.3, D2.3

Question Why is water a better choice than sports drinks when you are not exercising a lot?

True or Fa Is statement true or false?

1) Sports drinks cont	True	False
2) Sports drinks do not have ga	True	False
3) Plain water is the best for hydrati	True	False
4) You need sports drinks even if you are not .	True	False
5) Sports drinks are good for our teeth.	True	False

PREVIEW

Word Search Find the words in the wordsearch

Sugar	Water
Cavities	Diabetes
Calories	Sports
Teeth	Drinks
Exercise	Workout

P K S E E X E R C I S E Y H D
C A V I T I E S B W S U G A R
N F T E E T H W X T W H N B I
W O R K O U T A W C K W O E N
C U D I A B E T E S C S M V K
X Q M E T J B E X E B G C T S
P S P O R T S R O O K S I H W
C A L O R I E S H V K Q K E I

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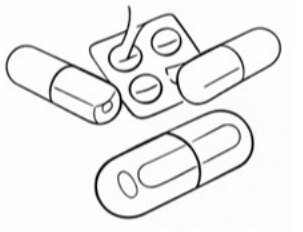
Curriculum Connection
D2.3

Medications

Taking Care with Medications

Medications help us feel better by fighting the things that make us sick. Let's find out what happens if we take them when we are not sick.



Medicine [illegible] Purpose

Medi[illegible] like an[illegible] are used to fight bad germs when we are sick. Cough syrups help u[illegible] have [illegible]h, and pain relievers help with things like headaches or body a[illegible]e

When Medicines are Misused

When we take medicines if we do not need the[illegible] leads [illegible]blems. Here is how:

- Your body starts to rely on the medicine, ev[illegible] [illegible]d it. This is called dependence.
- Some medicines, if taken too much, can harm your body ins[illegible] of helping it.
- Medicines like antibiotics, if used when not necessary, can lead to antibiotic resistance, where the bad germs learn how to fight against the medicine.



Take medicines only when needed, and as told by a doctor. This way, the medicine can do its job and keep us healthy.

PREVIEW

Name: _____ 43

Curriculum Connection
D2.3

True or False

Is the statement true or false?

1) Medicines should only be taken when we are sick.	True	False
2) Medicines cannot harm your body.	True	False
3) You can take antibiotics any time you want.	True	False
4) Misusing medicines can lead to dependence.	True	False
5) Bad ge[illegible]n learn to fight against antibiotics.	True	False

PREVIEW

Ques[illegible]ng

[illegible] two questions you have after reading the text

1)	
2)	

Questions

Answer the questions below using ev[illegible]ro[illegible]ext

1) What is one problem that can happen if you misuse medicines

_____

_____

_____

2) Why should you only take medicines when you are sick?

_____

_____

_____

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Curriculum Connection
D2.3

Doctor Advice Game

Objective What are we learning about?

Students will be able to identify common illnesses or injuries and give appropriate advice by role-playing as a doctor.

Materials ...ll you need for the activity?

- Game bo...
- Dice
- Counters or small ... (one pe...r)



Instructions How will you complete ...ivity?

1. Place the game board in the centre and ...ll co...s ...TART.
2. All players are doctors. Take turns going cloc...
3. On your turn, roll the dice.
4. The first number shows the row.
5. The second number shows the column.
6. Move your counter to the correct square and read the problem out loud.
7. Pretend you are a doctor and give advice using “You should...,” “You need to...,” or “I recommend...”
8. If the square says, “How do you feel?”, choose a classmate, ask the question, listen to their answer, and give advice.
9. End your turn. Keep playing until time is up or everyone has had several turns.

PREVIEW

Name: _____ 45

Curriculum Connection
D2.3

Doctor Advice Game

	1	2	3	4	5	6
1	NOSE Have a nosebleed	FOOT Have a blister	HEAD Have a headache	SKIN Have a burn	LEG Break your leg	BODY Have a sunburn
2	[illegible]	LEG [illegible]	HOW DO YOU FEEL?	HEAD Have a bump	HOW DO YOU FEEL?	YOU Have the flu
3	BODY Have a mosquito bite	[illegible]	[illegible]	EYE [illegible]	NOSE Have a broken nose	NECK Have a stiff neck
4	SKIN Feels itchy	HOW DO YOU FEEL?	EYE Have an allergy	[illegible] Twist [illegible] ankle	[illegible]	FOOT [illegible] your
5	HOW DO YOU FEEL?	EYE Have a black eye	NOSE Have a runny nose	HOW DO YOU FEEL?	YOU Have a fever	HOW DO YOU FEEL?
6	YOU Have a chill	BODY Have a bee sting	LEG Get bit by a dog	HEAD Feel dizzy	SKIN Have a rash	BACK Have a backache

PREVIEW

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Curriculum Connection
D2.3

Doctor Advice Guide

Nosebleed	Sore Throat	Headache
• You should sit down and lean forward. • You need to pinch your nose gently. • You should tell an adult right away.	• You should drink warm water. • You need to rest your voice. • You should avoid cold drinks.	• You should rest in a quiet place. • You need to drink water. • You should close your eyes for a while.
Fever / Chills	**Cough**	**Stomachache**
• You should rest. • You need to drink plenty of fluids. • You should tell a grown-up.	• You should cover your mouth when coughing. • You need to drink warm water. • You should tell your body.	• You should lie down and rest. • You need to eat light food. • You should drink small sips of water.
Feeling Like Throwing Up	**Mosquito Bite**	**Rash / Itchy Skin**
• You should sit or lie down quietly. • You need to drink small sips of water. • You should tell an adult how you feel.	• You should not scratch the bite. • You can put on soothing cream. • You should keep the area clean.	• You should avoid scratching. • You can put on soothing cream. • You should tell an adult if it spreads.
Cut	**Bee Sting**	**Blister**
• You should clean the cut carefully. • You need to cover it with a bandage. • You should tell an adult.	• You should stay calm and still. • You need to tell an adult right away. • You should keep the area clean.	• You should keep it clean and dry. • You need to avoid popping it. • You should rest your foot.

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D2.3

Doctor Advice Guide

Burn / Sunburn	Bump on the Head	Twisted Ankle
• You should cool the area with water. • You need to stay out of the sun. • You should tell a grown	• You should rest quietly. • You need to tell an adult. • You should use a cold compress if allowed.	• You should stop running and rest. • You need to sit down. • You should tell a teacher or adult.
Dizzy	**Sunburn**	**Flu**
• You should down. • You need to drink water. • You should tell an adult how you feel.	• u should stay in the to drink water. u s d prote next	• You should rest at home. • You need to drink lots of fluids. • You should tell a trusted adult.
Broken Leg	**Broken**	**Backache**
• You should not move too much. • You need to tell an adult immediately. • You should stay calm and rest.	• You should stay ca and sit down. • You need to tell an adult right away. • You should avoid touching your nose.	You rest your bod Yo p Yo id heavy lifting.
Toothache	**Muscle Pain**	**Short of Breath**
• You should rinse your mouth with water. • You need to avoid very sweet foods. • You should tell an adult or visit a dentist.	• You should rest the sore muscle. • You need to stretch gently if allowed. • You should tell an adult if it still hurts.	• You should sit down and rest. • You need to take slow, deep breaths. • You should tell an adult right away.

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Curriculum Connection
D2.3

Symptoms of Dependency

Recognizing Dependency Signs

Dependency means needing something so much that you cannot stop using it, even if it is bad for you. It is like when someone cannot stop eating candy even though they kno[illegible] healthy. People can get dependent on, video games, sugar, or subs[illegible] d cigarettes. When someone is dependent, they might:

- Think abo[illegible] all [illegible]me.
- Feel upset or u[illegible] cannot have it.
- Keep using it even whe[illegible]



How It Affects You

Dependency can make it hard for you to do thing[illegible]ng, st[illegible], or just feeling happy. You might not want to do anything else e[illegible] th[illegible] dependent on. This is bad because there are so many other imp[illegible]s in life.

How It Affects Others

When someone is dependent, their friends and family might feel sad or worried.

If you or someone you know might be dependent on something, talk to a grown-up you trust, like a parent or teacher. They can help you understand what is happening and find ways to get better. Remember, it is okay to ask for help!

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D2.3

True or False

Is the statement true or false?

1) Dependency means needing something a lot.	True	False
2) Dependency only happens with bad things.	True	False
3) Dependency makes it easier to study and play.	True	False
4) Only the person who is dependent feels the effects.	True	False
5) Dependency only happens with adults.	True	False

Directi

what a person should do if they are becoming dependent on

❑ Keep doing	❑ Spend time with friends or family
❑ Take a break fro	❑ Try a new hobby or activity
❑ Ask for help from a teac pa	ore how it makes you feel
❑ Hide the problem from everyone	❑ T usted adult
❑ Spend time playing outside	oose y instead of school

Questions

Answer the questions below using evide the

1) What does dependency mean?

_____

_____

_____

2) What should you do if you think you or someone you know might be dependent?

_____

_____

_____

PREVIEW

Name: _____ 51

Curriculum Connection
D2.3

Symptoms of Dependency: Problem Solving

Instruction Below are some problems related to habits and dependency. Write a healthy solution for each problem.

PROBLEM	SOLUTION
You feel upset when you cannot play video games.	
You think about video games all the time, even during class.	
You keep using your phone even when it causes trouble at home or school.	
You feel angry when someone tells you to stop using screens.	
You skip homework because you want to play games instead.	
You feel bored or sad when you cannot have sugary snacks.	
You stay up late using gadgets and feel tired the next day.	
Your habit is stopping you from playing with friends.	
A friend feels worried because you always choose games over them.	
You notice a classmate cannot stop using something and looks unhappy.	

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D2.3

Addictive Behaviours

What are Habit Forming Behaviours?

Habit forming behaviours are actions that we do often, until they start to feel normal. Sometimes, these behaviours can be good, like brushing our teeth every day. Other[illegible] they can lead to dependencies, which are not good, for example:

- E[illegible]ry foods
- Watching T[illegible] games for too long each day
- Using our pho[illegible] tab[illegible]me
- Drinking lots of soda [illegible]



How do These Behaviours Affect Us?

When we do these things too often, our bodi[illegible] sta[illegible]m all the time and we feel like we cannot be happy without them. [illegible]s it [illegible]r for us to focus on school or play, and we might not feel our best.

Effects on Friends and Family

Our friends and family might also be worried about us. They might feel sad that we are not as happy as we used to be, or that we are not taking care of ourselves. Remember, it is okay to talk about these feelings. It is important to ask for help if we think we are becoming dependent on something. Adults around us, like our parents and teachers, can help us find better habits.

PREVIEW

Name: _____ 53

Curriculum Connection
D2.3

Questions

Answer the questions below using evidence from the text

1) What are some examples of behaviours that could lead to dependencies?

2) How co[illegible]pendencies affect us and the people around us?

PREVIEW

True or False

[illegible]e stat[illegible]e or false?

1. Habit forming behaviours are alway[illegible]	True	False
2. Dependencies can make us unhappy.	True	False
3. Watching TV all day is a good habit.	True	False
4. Playing video games all the time is a healthy habit.	Tr[illegible]	False
5. It is okay to ask for help when you are feeling dependent.		False

Word Search

Find the words in the wordsearch

Sugar	Worry
Tablet	Habit
Focus	Feeling
Help	Behaviour
Videos	Dependent

D E P E N D E N T J X T U W E N Z
G G O B V Y A X Y M D I V E Y K F
N V L U I H R I E Z D O K R C M O
I F I U N A A N Q F E Z R K V Z C
L P L D G T A B L E T O I N M I U
E A O U E K Q Z I X W P H B N I S
E C S W E O M A E T L G V R J Y I
F O W Z T T S W B E H A V I O U R
R E P A W I Q U H O X R Q C I M J

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D2.3

Fact or Fiction – Addictive Behaviours

Objective

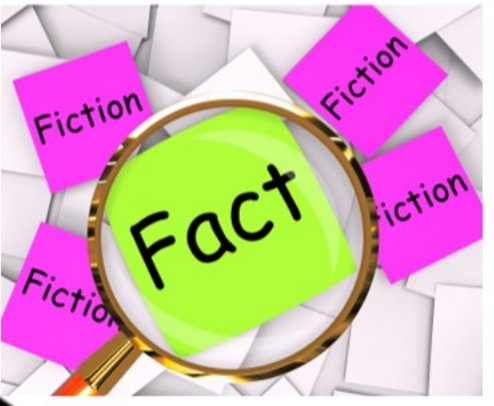
What are we learning about?

To help students identify facts and myths about addictive behaviours and understand how habits like sugar intake, screen time, and gaming can affect health and daily life.

Materials

What will you need for the activity?

- A set of statements about addictive behaviours (e.g., sugar, screen time, video games)
- A "Fact" sign and "Fiction" sign
- Space in the classroom for students to move to either side



Instructions

How will you complete the activity?

1. The teacher will read statements about addictive behaviours.
2. Students listen carefully and think about whether each statement is true or false.
3. If students believe the statement is true, they move to the Fact side of the room.
4. If students believe the statement is not true, they move to the Fiction side of the room.
5. Students stay in their chosen area while the teacher explains the correct answer.
6. A short discussion may follow to explain why the statement is a fact or fiction.
7. Students return to their seats and prepare for the next statement.

PREVIEW

Name: _____ 55

Curriculum Connection
D2.3

Fact or Fiction | Read the statements to the class.

#	Statement	Fact or Fiction
1	Eating too many sugary foods every day can affect your health.	**Fact**
2	Playing video games for a very long time can make it hard to stop.	**Fact**
3	Eating [illegible] all day is healthy for your body.	**Fiction**
4	Usin[illegible]uch can affect sleep and focus.	**Fact**
5	Ad[illegible]e beha[illegible]make it harder to do homework or play outside.	**Fact**
6	Playing vi[illegible]all nig[illegible]your brain grow stronger.	**Fiction**
7	Talking to a truste[illegible]thing feels hard to stop.	**Fact**
8	Addictive behaviours only [illegible]	**Fiction**
9	Drinking water instead of soda is a [illegible]body.	**Fact**
10	Drinking sugary drinks never affects your te[illegible]	**Fiction**
11	Taking breaks from screens helps the brain re[illegible]	**Fact**
12	Doing the same habit too much can sometimes cause [illegible]s.	**Fact**
13	Using screens all day does not affect sleep.	**[illegible]tion**
14	Everyone can build healthier habits with help and practice.	**Fact**
15	You should never ask for help if something is hard to stop.	**Fiction**
16	Feeling upset when you cannot have something can be a sign of dependency.	**Fact**
17	Addictive habits cannot be changed.	**Fiction**
18	Healthy habits are boring and not helpful.	**Fiction**
19	Doing something too much can never cause problems.	**Fiction**
20	Getting enough sleep helps reduce unhealthy habits.	**Fact**

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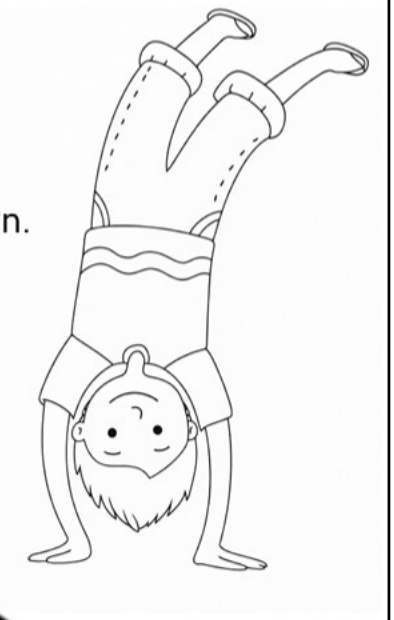
D2.3

Avoiding Screen Time Addiction

Screen Addiction

Screens can be addictive. If we spend too much time on them, it can become a habit that is hard to break.



Missing Out on Moving Around

When we are glued to screens, we are sitting or lying down. Our bodies love to jump, play. If we are in front of a screen, we are not getting the exercise that helps us stay strong and healthy.

Not So Social

Screens usually mean we are by ourselves. Spending time with friends and family in person, playing games or chatting, is important as it helps us to share, express our feelings, and understand others. Being glued to screens can sometimes make us forget how to interact with real people.

Nature Needs Us

Spending time outdoors in nature is like a magical potion for our brains. It helps us to feel calm, happy, and more creative. When we are always in front of screens, we miss out on the magic of the great outdoors.

While screens can be fun it is important to balance them with other activities.

PREVIEW

Name: _____ 58

Curriculum Connection
D2.3

True or False

Is the statement true or false?

1) Our bodies dislike moving around.	True	False
2) Screens always require us to move a lot.	True	False
3) Spending time with friends in person helps us learn sharing.	True	False
4) Nature makes our brains feel calm and happy.	True	False
5) Screens help us to interact with real people.	True	False

Unscramble

Unscramble the letters to form the correct word.

1)	Spending too much time [illegible] can be _____.	DDIACVETI	
2)	It is ____ to break the [illegible]	DARH	
3)	Balance in using screens is _____ [illegible]sary.	ERVY	
4)	Screen time can limit our _____ skills.	[illegible]S	
5)	Spending time outdoors can make us more _____	CIVEA	

Draw

Draw 3 healthy activities you like to do that do not inclu[illegible]

PREVIEW

Name: _____ 61

Curriculum Connection
D2.3

Screen Time and Mental Health

Understanding Screen Time and Its Effects on Mental Health

Spending too much time with screens can mean you are missing out on playing with friends or family, which are important parts of being happy and healthy. Not talking or playing with other people can lead to feeling lonely, which is not fun at all.

PREVIEW

Scree[illegible]ings



Spending too [illegible] on s[illegible] can affect how we feel. W[illegible] on screens, it can make us fe[illegible] or worried. This can make our mental h[illegible], or ho[illegible] side, not as good as it could be.

Tips to Keep Screen Time in Check

Set Screen-Free Times: Have times with no screens like during [illegible]

Find Fun Off-Screen Activities: List things you like to do like sports, reading or art.

Spend Time With Others: Play a game with your family or friends.

Listen to Your Body: If you have been sitting for a while, get up and move.

Remember, screens can be fun and useful, but it is important to balance screen time with other parts of life, like being with others and moving your body. This will keep you feeling your best!

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Curriculum Connection
D2.3

Making Connections What activities make you feel better than screen time?

Direc Write you can do instead of using screens.



PREVIEW

Word Search Find the words in the wordsearch.

Mental	Friends
Health	Family
Active	Television
Read	Tablet
Play	Computer

P N W O V N X D M K X Q X A X Z M
A P L A Y X F L P E I P A Q T G T
C Q X X B F A M I L Y L M W E A D
T L O K V T T E L E V I S I O N V
I Z D D N H E A L T H G X B K T X
V Y Z E N F U F P W F R I E N D S
E S M T R E A D C O M P U T E R K
U W I F X T X P U E T A B L E T M
S W D N K D A Y Y O H Y C I P T Q

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Curriculum Connection
D2.3

Screen Time Tracker

Objective What are we learning about?

To understand how much time we spend on screens and think about healthier alternatives.

Materials What you will need for the activity.

- One sheet of paper per student
- Markers or crayons
- Stickers (optional)
- Timer or clock



Instructions How you will complete the activity

1. Set Up Your Tracker: You will get a sheet of paper, some crayons, and maybe some stickers.
2. On your paper, make two columns. Label one column "Activity" and the other "Time Spent".
3. Recording Your Screen Time: Every time you use a screen, write down what you're doing in the "Activity" column (like watching TV or playing a game). In the "Time Spent" column, colour in or place a sticker for each half-hour you're on the screen.
4. Keep Track of Time: Use a timer or a clock to help you know how long you've been using a screen.
5. Bring Your Tracker Back: Make sure to bring your tracker to class tomorrow so we can talk about our screen time.

PREVIEW

Name: _____ 64

Curriculum Connection
D2.3

Screen Time Tracker

Discussion | After completing the tracker, answer the questions below

1) How much time did you spend on screens overall?

- Less than 1 hour
- 1-2 hours
- 2-3 hours
- More than 3 hours

2) What activities were you doing on the screen?

- Watching TV
- Playing video games
- Doing homework
- Other (Specify: _____)

3) What else could you have done during that time?

- Exercise
- Read a book
- Play outside
- Spend time with family

4) How did you feel after spending time on screens?

- Energetic
- Tired
- Happy
- Bored

5) Why is it important to balance screen time with other activities?

- To stay healthy
- To learn new things
- To spend time with loved ones
- To get enough sleep

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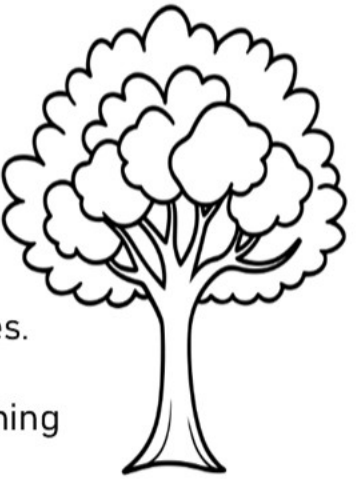
Indigenous Teachings

Learning From Indigenous Wisdom

Indigenous nations in Canada have really smart ideas that can help us live in a better way. For example, many Indigenous teachings s t we should treat everything with respect. This g r eople, taking care of nature like trees and ani o t good care of our own bodies. This means not do ing ful for us, like watching TV all day or eating a lot o od c candy.



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List of Actions Inspired by Indigenous Teachi

- Spend time outdoors in nature.
- Balance screen time with other activities.
- Show respect for your body by eating healthy foods.
- Build strong relationships with family and friends.



Remember, these are just some of the ways Indigenous teachings can help us make healthy decisions. There is so much more we can learn from these rich cultures!

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True or False

Is the statement true or false?

1) Indigenous teachings discourage spending time in nature.	True	False
2) Spending too much time on screens is a healthy behaviour.	True	False
3) Balance is important in Indigenous cultures.	True	False
4) Playing video games all day is a good way to maintain balance.	True	False
5) It is important to have strong relationships with family and friends.	True	False

Direct

the actions that show Indigenous teachings.

	Tre te wit ess and respect
	Taking car nature
	Playing outside a ure
	Eating junk food every da
	Balancing screen time with other ies

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Questions

Answer the questions below using evide m

1) How can Indigenous teachings help us avoid unhealthy behaviours

2) Give an example of how you could show respect for your body.

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Unit Test – Substance Use

Multiple Choice /10

1. What are substances? a) Things we can draw b) Things we can wear c) Things we can put into our bodies that might change how we think, feel, or act d) Things we [illegible] with	2. What can caffeine in coffee make people feel? a) Sleepy b) Hungry c) Sad d) More awake
3. How ca[illegible] lungs? a) Makes [illegible] stron b) Helps them b[illegible] c) Causes damage d) Makes them bigger	4. At what age can you legally drink alcohol in Ontario? a) 15 b) 18 c) 19 d) 10
5. What is not a good result of too [illegible] sug[illegible] a) Makes teeth stronger b) Causes cavities in teeth c) Gives energy d) Makes you thirsty	[illegible] do medications help with? a) Maki[illegible]ck b) M[illegible]us fe[illegible]se c[illegible]ng thi[illegible]e us sick d) Ma[illegible]y
7. What does dependency mean? a) Needing something occasionally b) Forgetting something quickly c) Not needing something at all d) Needing something so much you can't stop using it	8. What's a [illegible]e in [illegible]y I[illegible]igenous teachings? a) Staying indoors all [illegible] b) Watching TV non-stop c) Spending time outdoors in nature d) Eating only candy
9. What happens if we have too much screen time? a) We feel more active b) We become better at sports c) We might feel tired or grumpy d) We make more friends	10. Why is it important to not misuse medications? a) It makes them work better b) It leads to better health always c) It can harm the body or make germs resistant d) It's fun

PREVIEW

Matching Draw a line to match the term with its description

Term	Description
Nicotine	○ A drink adults sometimes have
Caffeine	○ Natural substance in coffee and tea
Alcohol	○ Can cause cavities in teeth
Sugar	○ Makes you feel awake and alert
Scree[illegible]ne	○ [illegible]s fight things that make us sick
Medications	○ Watch[illegible] playing video games, or using a computer

Define What does [illegible] bel[illegible]?

Term	[illegible]ion – W[illegible]es it mean?
Addiction	

Short Answer Answer the questions below – Each ques[illegible]ion i[illegible]

1) What should you do if you or someone you know is dependent on s[illegible]ething?

2) What is one important teaching from Indigenous nations in Canada?

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