



Preview – Information



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- ✓ A selection of Ready-To-Use Google Slides Lessons.
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Google Slides Lessons Preview





Ontario Health Curriculum

Substance Use Addictions – Grade 3

3-Part Lesson Format

Part 1 – Minds On!

- Learning Goals
- Discussion Questions
- Quotes
- And More!

LEGAL & ILLEGAL SUBSTANCES

LEARNING GOAL

We are learning to **identify** legal and **illegal** substances so we can **make** safe choices, understand why some substances can be harmful, and know how to stay healthy and safe.

LEGAL & ILLEGAL SUBSTANCES

QUICK TRUE OR FALSE

Read each sentence carefully. Drag the correct answer (True or False) beside each question.

1) Children should only take medicine from a trusted adult.	
2) It is okay to take something if you do not know what it is.	
3) Illegal substances are safe to use.	
4) Making safe choices helps keep us healthy.	
5) Medicines are legal drugs that help us when we are sick.	

True
False

Part 2 – Action!

- Writing
- Matching
- Drag and Drop
- Drawing
- And More!

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

3-2-1 REFLECTION

Write 3 words that describe legal drugs.

Write 2 problems caused by illegal drugs.

Write 1 reason to avoid illegal substances.

Ontario Health Curriculum

Substance Use Addictions – Grade 3



ACTION

UNDERSTANDING ADDICTION

WORD SEARCH

Find and circle the words hidden in the puzzle.

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

Choices	Friends	Sugar
Smoke	Habits	Body
Alcohol		Nicotine



ACTION

YES OR NO

Show your answer with a thumbs up 👍 or thumbs down 👎

1) A trusted adult can help someone stop using nicotine.	
2) Smoking and vaping are healthy choices.	
3) Learning about nicotine helps us make safe choices.	
4) Children should use nicotine products.	
5) People can get nicotine from smoking.	



ACTION

IMPACT OF SUBSTANCE USE

ALCOHOL IMPACT CHECK

Look at each picture carefully. Put a ✓ on the pictures that show a possible impact of alcohol. Put an ✗ on the pictures that do not show a possible impact of alcohol.

☐ ✓
☐ ✗



Ontario Health Curriculum

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SPORTS DRINKS AND HEALTHY CHOICES

WORD SEARCH

Find and circle the words hidden in the puzzle.

Healthy	Water	Drink
Exercise	Energy	Body
Sports		Sugar

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

USING MEDICINE

YES OR NO

Show your answer with a thumbs up 👍 or thumbs down 👎

1) Taking too much medicine can be harmful.	
2) You should ask a trusted adult before taking medicine.	
3) It is okay to take someone else's medicine.	
4) A doctor can help decide if you need medicine.	
5) It is safe to take medicine when you are not sick.	

2 When we spend too much time on screens:

A) We may move less	B) We may exercise more
---------------------	-------------------------

3 Spending time in nature can help us feel:

A) Calm and happy	B) Angry and upset
-------------------	--------------------

4 Drawing and creating art are:

A) Types of screens	B) Healthy activities
---------------------	-----------------------

5 Too much screen time may make us spend:

A) More time outdoors	B) Less time with people
-----------------------	--------------------------

6 Healthy screen habits help us:

A) Have a balanced lifestyle	B) Avoid all activities
------------------------------	-------------------------



Workbook Preview



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.**

NAME: _____

Substance Use, Addictions, and Related Behaviours



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

Legal substances are things that adults can use under certain rules. For instance, caffeine in coffee is a legal substance that can make people feel more awake.

Medicines like cough syrup are legal and 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.

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

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 can use alcohol and nicotine.	True	False
5) Substances can change how we think, feel, or act.	True	False

Identify

Write **Legal** or **Not Harmful** under each substance.

Questions

Answer the questions below using evidence from the text.

What is a substance?

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)	Eating 3 chocolate bars 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 15 years old.	Legal	Illegal
10)	Drinking 1 large glass of iced tea when you are 16 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

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 keep smoking, 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 health 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.

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) Addiction can make people feel sick if they try to stop.	True	False
5) You can get addicted to sugar.	True	False

Question What is addiction? What can happen if someone becomes addicted to something?

Draw

Draw 3 things that could be addictive.

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Breaking The Cycle

Objective

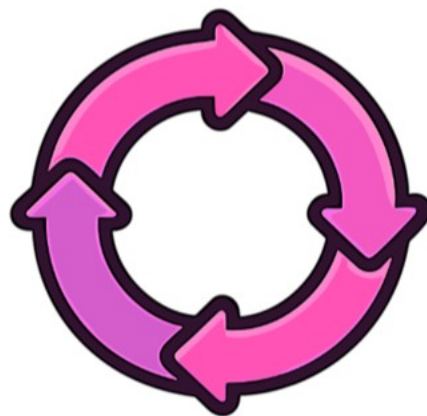
What are we learning about?

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?

- Break the Cycle activity sheet
- Pencil
- Crayons



Method

How do we do the activity?

1. Read the short message in the Thinking box.
2. Think about one habit you do a lot, such as using 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.

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 do this habit? (After school, before bed, when bored, 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)		

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 to Use Nicotine

Smoking: is when you burn tobacco and breathe in the smoke. The smoke carries nicotine into your body.

Vaping: In vaping devices, a liquid containing nicotine is heated up to make a mist or vapor. People then breathe in this vapor to get the nicotine into their bodies.

Effects of Nicotine

Nicotine can make people feel awake or calm, but it is not good for you. It is easy to become addicted to nicotine, which means a person feels they need 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.



Question

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

True or False Write the statement true or false?

1) Nicotine is found in tobacco plants.	True	False
2) Nicotine can make people feel sleepy.	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

Impact of Using Nicotine

How Nicotine Affects Our Bodies

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

Feeling Awake: Nicotine can make us feel awake and alert. But this is temporary and we may not be able to stay awake.

Addiction: Nicotine is addictive, which means people may feel like they cannot stop using it even though it is harmful.

Lung Harm: Both smoking and vaping can harm the lungs. This can make it harder to breathe and play sports.

Heart Problems: Nicotine can cause heart problems by making the heart work harder and can cause heart disease.

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.



Name: _____

16

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 _____ is a healthy choice.	True	False

Write down six things nicotine can do to our body.



Questions

Answer the questions below using evidence from the text.

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?

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	

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 (1 page)
- Crayons, markers, or coloured pencils



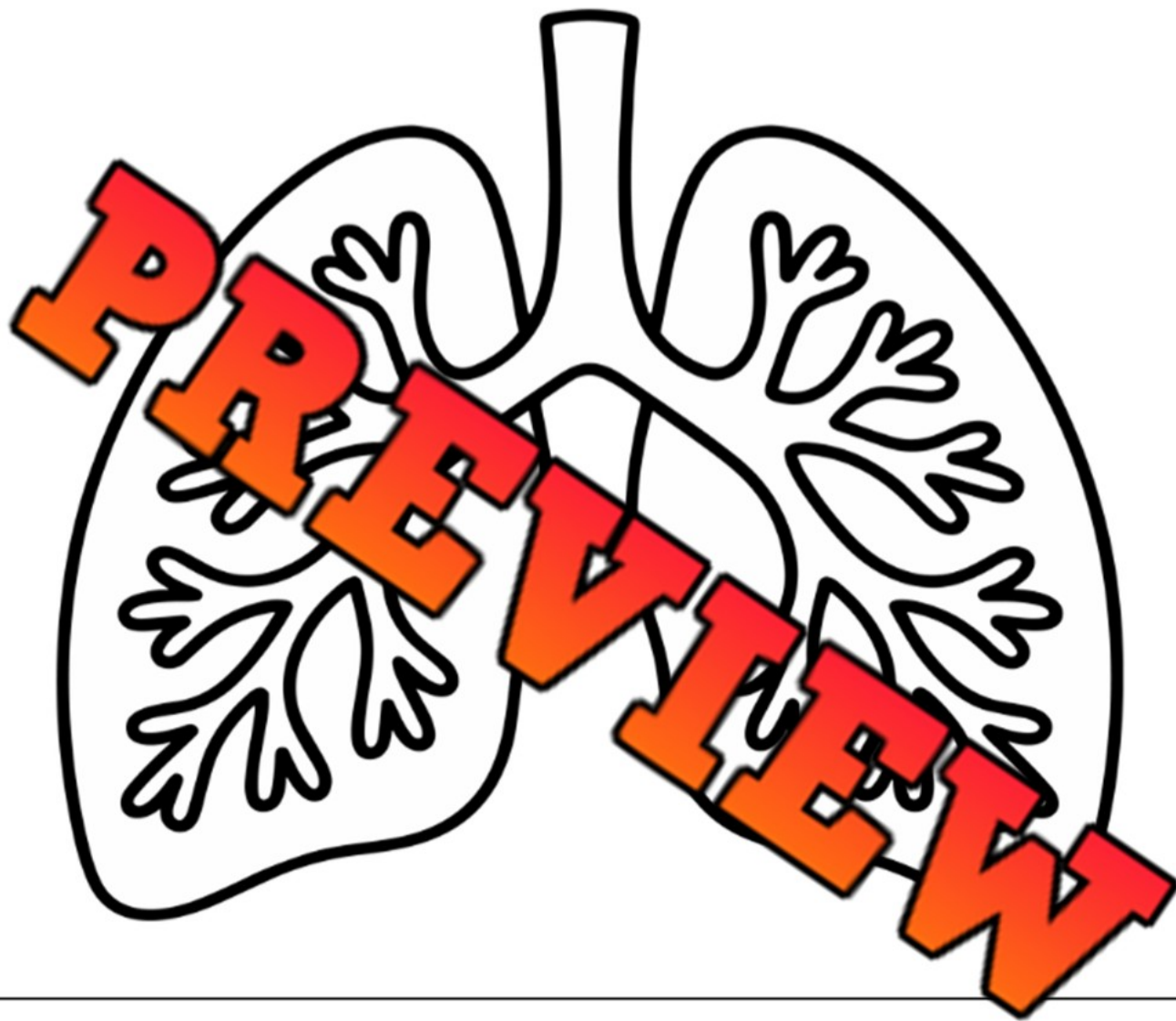
Method

How do we complete the 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.

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?

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

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 Does it Work?

Caffeine makes you wake and alert. When you drink a cup of coffee or a can of soda, the caffeine enters your body and gives you a quick energy boost.

The Effects of Caffeine

Let us look at three things caffeine can do to our bodies:

Energy Boost: Caffeine can make you feel more awake and full of energy. This is why some people like to drink coffee in the morning!

Heartbeat Changes: Caffeine can make your heartbeat faster. Too much 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!

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 blank. Write the missing word.

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

Questions

Answer the questions below using evidence from the text.

1) What are 3 drinks that contain caffeine?

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

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?

- Caffeine Game Sheet
- Dice
- Game pieces (clay, pipe cleaners or erasers)
- Pencil



Method

How do we complete the activity?

1. Place the game board on a flat table where everyone in the group can see it clearly.
2. Give each player one game piece. All players place their 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 spaces. 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.

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 your name	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 wild animal.	24. Name one sign you had too much caffeine.	23. 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.	23. Sing the ABC song.	22. Name a drink in the morning.	21. Name one job that needs people to stay awake.	20. Say, "Water is good for me!"
15. Name a computer game you like.	16. Do 5 jumping hops.	17. Stand up and turn around.	18. Name a drink that helps you better.	19. Name a fruit drink 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 one reason kids should avoid caffeine.	10. Make 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.	

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 under 19 years old. It is important to know about alcohol because it can have serious effects on bodies and lives.

Effects on the Body

- Feeling Dizzy: Drinking alcohol can make people feel dizzy or confused. It can be hard to walk straight or to think clearly.
- Sleep Problems: Alcohol might make some people feel sleepy at first, but it can make it hard for them to sleep well later.
- Sickness: If a person drinks too much alcohol, they can feel sick and 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.



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?

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

ScenariosRead 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 child saying no to alcohol	Safe	Unsafe
5	Someone offering alcohol by a friend	Safe	Unsafe
6	An adult drinking water instead of alcohol	Safe	Unsafe
7	Someone drinking too much alcohol	Safe	Unsafe
8	A child asking an adult for help	Safe	Unsafe
9	A person having trouble walking after drinking alcohol	Safe	Unsafe
10	A family having a meal without alcohol	Safe	Unsafe
11	A child drinking milk at home	Safe	Unsafe
12	Someone throwing up after drinking alcohol	Safe	Unsafe
13	An adult keeping alcohol locked away	Safe	Unsafe
14	A child finding alcohol and not touching it	Safe	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

Impact of Using Alcohol

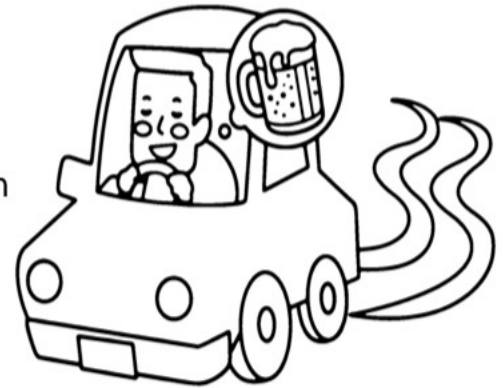
Understanding Alcohol Abuse

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 with 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 an accident that hurts them and others.
- Addiction: When people drink a lot of alcohol, they start to need it. This is called addiction. It can make them feel sad when they 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 even 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.

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

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

Lungs	Kidneys	Teeth
Bones	Stomach	Heart
Brain	Fingernails	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.

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?

- Spelling sheet
- Pencil
- Timer or clock

**Method**

How do we do it?

1. Look at the letter tiles and their values at the top of the page.
2. Choose a word that is related to alcohol and safety.
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.

Alcohol Safety Scrabble Challenge



A ₁	B ₃	C ₃	D ₂		
E ₁	F ₄	G ₂	H ₄	I ₁	J ₈
K ₅	L ₁	M ₃	N ₁	O ₁	P ₃
Q ₁₀	R ₁	S ₁	T ₁	U ₁	V ₄
W ₄	X ₈	Y ₄	Z ₁₀		

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

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

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 Sugar Does to Our Teeth

When we eat too much sugar, it hurts our teeth. Bacteria in our mouth eat the sugar and make an acid that makes cavities.



Sugar and Our Health

Eating lots of sugary foods isn't good for our health. Sugary foods can harm our teeth and don't give us the nutrients we need to be healthy. 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.



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 and vegetables are healthier than sugary foods.	True	False
5) It is okay to have a sweet treat once in a while.	True	False

Direction

Put a ✓ on the sugary foods and an ✗ on the foods that are not sugary.

☐ Apple	☐ Banana	☐ Yogurt	☐ Carrots
☐ Soda	☐ Candy	☐ Bread	☐ Broccoli
☐ Ice cream	☐ Orange	☐ Cookies	☐ Donut

Draw

Draw 3 sweet treats you like to eat.

--	--	--

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 (see page 36)



Method

How do we complete the 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 whether 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.

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 a few times. Show how balanced eating helps keep them healthy and strong.
Drinking Water After Playing	A child drinks water instead of soda after playing. Show how this choice helps the 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.

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 overall health 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 learn.
Eating Too Many Sweets	Someone eats many sweets and gets a toothache. 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.

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 people who do workouts and need to replace fluids and energy quickly.

Too Much Sugar

Although they taste yummy, sports drinks have a lot of sugar. Just like with candy or soda, too much sugar can cause cavities in your teeth, and can even lead to diseases like diabetes. Water is the best choice for staying hydrated without any sugar!

Electrolytes: Not Always Needed

Electrolytes help our bodies work properly, but too many 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!

Question

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

True or False

Is the statement true or false?

1) Sports drinks contain a lot of calories.	True	False
2) Sports drinks do not have a lot of sugar.	True	False
3) Plain water is the best for hydration.	True	False
4) You need sports drinks even if you are not exercising.	True	False
5) Sports drinks are good for our teeth.	True	False

Word Search

Find the words in the wordsearch

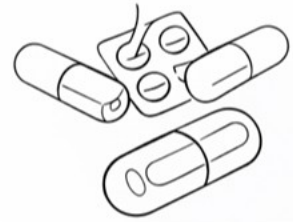
Sugar	Water
Cavities	Diabetes
Calories	Sports
Teeth	Drinks
Exercise	Workout

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

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.



Medicines and their Purpose

Medicines like antibiotics are used to fight bad germs when we are sick. Cough syrups help to ease a cough, and pain relievers help with things like headaches or body aches.

When Medicines are Misused

When we take medicines if we do not need them, it leads to problems. Here is how:

- Your body starts to rely on the medicine, even when you no longer need it. This is called dependence.
- Some medicines, if taken too much, can harm your body instead 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.

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 germs can learn to fight against antibiotics.	True	False

Questions

Write two questions you have after reading the text

1)	
2)	

Questions

Answer the questions below using evidence from the text

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

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

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

What do you need for the activity?

- Game board
- Dice
- Counters or small objects (one per person)



Instructions

How will you complete the activity?

1. Place the game board in the centre and all counters on START.
2. All players are doctors. Take turns going clockwise.
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.

Doctor Advice Game

	1	2	3	4	5	6
1	NOSE Have a nose bleed	FOOT Have a blister	HEAD Have a headache	SKIN Have a burn	LEG Break your leg	BODY Have a sunburn
2	LEG Have a sore throat	HEAD Have a bump	HOW DO YOU FEEL? Have a headache	HEAD Have a bump	HOW DO YOU FEEL? Have a fever	YOU Have the flu
3	BODY Have a mosquito bite	STOMACH Have a stomach ache	THROAT Have a sore throat	EYE Have a pink eye	NOSE Have a broken nose	NECK Have a stiff neck
4	SKIN Feels itchy	HOW DO YOU FEEL? Have a cold	EYE Have an allergy	FOOT Twist your ankle	SKIN Feel a rash	FOOT Bruise your foot
5	HOW DO YOU FEEL? Have a cold	EYE Have a black eye	NOSE Have a runny nose	HOW DO YOU FEEL? Have a fever	YOU Have a fever	HOW DO YOU FEEL? Have a headache
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

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.
Stomach / Chills	Cough	Stomachache
- You should stay warm. - 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 rest 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	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 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.

Doctor Advice Guide

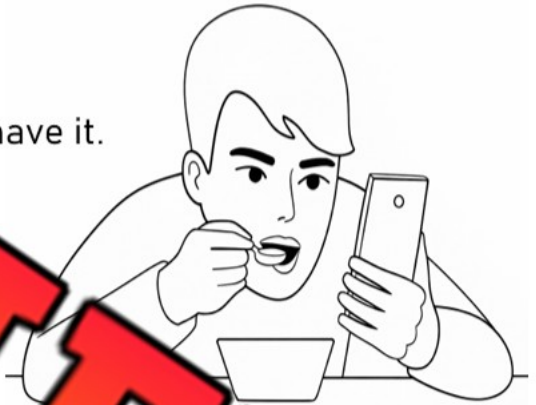
Burn / Sunburn	Bump on the Head	Twisted Ankle
- You should cool the area with water. - You need to stay out of the sun. - You should tell a grown-up.	- You should rest quietly. - You need to tell an adult. - You should use a cold compress if allowed.	- You should stop running and rest. - You need to sit down. - You should tell a teacher or adult.
Dizzy	Sunburn	Flu
- You should lie down. - You need to drink water. - You should tell an adult how you feel.	- You should stay in the shade. - You need to drink water. - You should use sunscreen. - You should protect your skin next time.	- You should rest at home. - You need to drink lots of fluids. - You should tell a trusted adult.
Broken Leg	Broken Nose	Backache
- You should not move too much. - You need to tell an adult immediately. - You should stay calm and rest.	- You should stay calm and sit down. - You need to tell an adult right away. - You should avoid touching your nose.	- You should rest your body. - You should avoid 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.

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 know it is not healthy. People can get dependent on, video games, sugar, or substances like alcohol and cigarettes. When someone is dependent, they might:

- Think about it all the time.
- Feel upset or uncomfortable when they cannot have it.
- Keep using it even when it causes problems.



How It Affects You

Dependency can make it hard for you to do things like going to school or just feeling happy. You might not want to do anything else except the thing you are dependent on. This is bad because there are so many other important things 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!

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

Directions

Write what a person should do if they are becoming dependent on something.

☐ Keep doing what you are doing	☐ Spend time with friends or family
☐ Take a break from doing it	☐ Try a new hobby or activity
☐ Ask for help from a teacher or parent	☐ Find out more how it makes you feel
☐ Hide the problem from everyone	☐ Talk to a trusted adult
☐ Spend time playing outside	☐ Drop out of school instead of school

Questions

Answer the questions below using evidence from the text.

1) What does dependency mean?

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

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 talk back all the time, 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.	

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 times they can lead to dependencies, which are not good, for example:

- Eating unhealthy foods
- Watching TV or playing video games for too long each day
- Using our phones or tablets all the time
- Drinking lots of soda or sugary drinks



How do These Behaviours Affect Us?

When we do these things too often, our bodies start to crave them all the time and we feel like we cannot be happy without them. This makes it hard 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.

Questions

Answer the questions below using evidence from the text

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

2) How do dependencies affect us and the people around us?

True or False

The statement is true or false?

1. Habit forming behaviours are always

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.

True

False

5. It is okay to ask for help when you are feeling dependent.

True

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

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 list of statements about addictive behaviours (e.g., sugar intake, screen time, video games)
- A "Fact" sign and a "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.

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 all day is healthy for your body.	Fiction
4	Using screens too much can affect sleep and focus.	Fact
5	Addictive behaviours can make it harder to do homework or play outside.	Fact
6	Playing video games all night makes your brain grow stronger.	Fiction
7	Talking to a trusted adult when something feels hard to stop.	Fact
8	Addictive behaviours only happen to some people.	Fiction
9	Drinking water instead of soda is a better choice for the body.	Fact
10	Drinking sugary drinks never affects your teeth.	Fiction
11	Taking breaks from screens helps the brain rest.	Fact
12	Doing the same habit too much can sometimes cause problems.	Fact
13	Using screens all day does not affect sleep.	Fiction
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

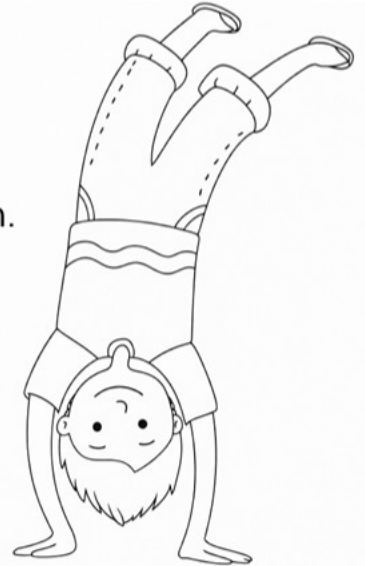
Avoiding Screen Time Addiction

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 lose their strength and flexibility. 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. It helps us learn how to share, express our feelings, and understand others. Being glued to screens 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.

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 the letters to form the correct word.

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

Draw

Draw 3 healthy activities you like to do that do not include screens.

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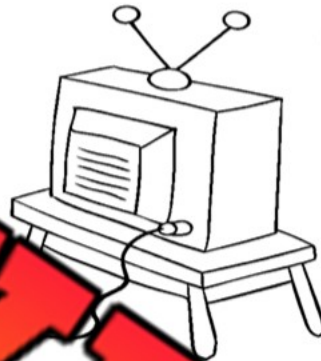
Screen Time and Mental Health

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.

Screen Time and Your Feelings

Spending too much time on screens can affect how we feel. When we spend too much time on screens, it can make us feel sad or worried. This can make our mental health, or how we feel inside, 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 meals.

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!

Making Connections

What activities make you feel better than screen time?

Direct

write

you can do instead of using screens.



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

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, markers or 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.

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 videos
- 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

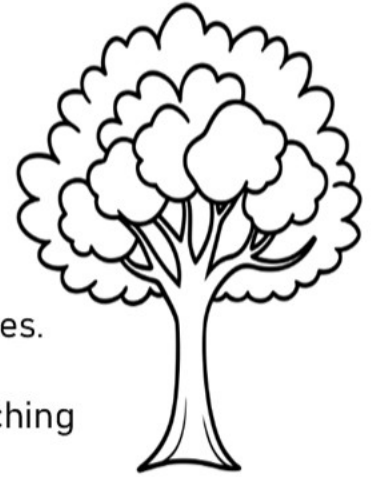
5) Why is it important to balance screen time with other activities?

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

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 tell us that we should treat everything with respect. This means taking care of people, taking care of nature like trees and animals, and taking good care of our own bodies. This means not doing things that are harmful for us, like watching TV all day or eating a lot of food that is not healthy like candy.



List of Actions Inspired by Indigenous Teachings

- 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!

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

Directly write down the actions that show Indigenous teachings.

	Treating people with kindness and respect
	Taking care of the environment and nature
	Playing outside and spending time in nature
	Eating junk food every day
	Balancing screen time with other activities

Questions

Answer the questions below using evidence from the text.

1) How can Indigenous teachings help us avoid unhealthy behaviours?

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

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 play with	2. What can caffeine in coffee make people feel? a) Sleepy b) Hungry c) Sad d) More awake
3. How can smoking harm our lungs? a) Makes them stronger b) Helps them breathe 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) 21
5. What is not a good result of too much sugar? a) Makes teeth stronger b) Causes cavities in teeth c) Gives energy d) Makes you thirsty	6. What do medications help with? a) Making us sick b) Making us feel worse c) Helping things that make us sick d) Making us healthy
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 value in Indigenous teachings? a) Staying indoors all day 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

Matching

Draw a line to match the term with its description

<u>Term</u>	<u>Description</u>
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
Screen time	Helps fight things that make us sick
Medications	Watch playing video games, or using a computer

Define

What does _____ believe?

<u>Term</u>	<u>Definition - What does it mean?</u>
Addiction	

Short Answer

Answer the questions below – Each question is worth 5 points

1) What should you do if you or someone you know is dependent on something?

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