



**Do Drugs Make You Happy? (🧠 An Emotional Health Story)**  
**(5<sup>th</sup> Grade – 10-11 yrs.)**  
**Game: Too Much is No Good**



**STORY CONNECTION – SLIDE 18 (Approx Time: 25-30 mins)**

The bottom line is that drugs do make you happy – but at the cost of hurting the part of the brain that controls your happiness. Being happy is an emotion that we all like to feel. There are lots of things that make us happy – the problem with drugs is that they make us TOO HAPPY. As will lots of other things, too much of a good thing is not necessarily good. We all know that water is good for us, but if we drink too much water it can literally make cells in our body and our brain explode. Exercise is good for us, but if we exercise too much and do not give our bodies time to rest – then the exercise will start to break down our body. Video games can relieve stress that we are feeling, but if all we do is play video games – then we could become addicted to video games and playing them could hurt our brain's happy place. Moderation and balance are very important for your Brain Health. Being happy is important, but being TOO HAPPY can change your brain in a bad way.

**Materials needed:**

- Too Much of Anything Can Be Bad game sheet (included below)
- Pencils
- Timer
- Chart paper or whiteboard
- Markers

**Preparation needed:**

- Determine student grouping into teams of 3-4 student(s). (This game can be played between a facilitator and student with minor modifications.)
- Print Too Much of Anything Can Be Bad game sheets-1 per group
  - Note: These categories can be changed to meet the needs of the student(s). The activities/categories included are simply suggestions.
- Create a score board on chart paper or the whiteboard to use to tally the points at the end of the game.
- Determine how much time groups will have to complete their game sheet.

**Instructions:**

1. In this activity, student(s) will play a game to help them see that too much of anything can end up being a bad thing and moderation is one of the keys to a Healthy Brain.
2. Begin by reviewing the following examples from the story showing how good things can even be bad when done to excess. The examples are:

- Water is good for us, but if we drink too much water it can make cells in our body and our brain explode.
  - Exercise is good for us, but if we exercise too much and do not give our bodies time to rest – then the exercise will start to break down our body.
  - Video games can relieve stress that we are feeling, but if all we do is play video games – then we could become addicted to video games and playing them could hurt our brain’s happy place.
3. Explain to student(s) they will play a game with a small group based on these concepts.
  4. Go over the Too Much of Anything Can Be Bad game sheet.
    - Display it for student(s) to see as you talk about it.
    - Do not pass it out until all directions are explained.
    - The game sheet is a list of activities that ***most*** people would consider good, healthy, or positive.
  5. How to Play:
    - Each team will need to designate a recorder and a reporter.
      - The recorder will write down the team’s ideas.
      - The reporter will share them out with the group when time is called.
    - As a team, they need to try to produce as many examples as possible as to how each activity could turn bad if done to excess or not done in moderation. (Review examples from Step 2 to clarify)/
    - The object of the game is to produce as many unique or original ideas as possible--ideas they think the other teams will not think of.
    - They will only get a specified amount of time determined by the facilitator based on the activity's time constraints.
    - When the time is up, teams will share their lists. If another team says something on another team’s list, no points are awarded for that idea. Teams only receive a point for ideas that no other team thinks of.
    - Suggest to the teams that they work quickly and quietly so they can get as many responses as possible and not give their answers away by being too loud.
  6. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
  7. Assign teams.
  8. Teams will select their recorder and reporter.
  9. Pass out the game sheets.
  10. When everyone has their game sheets, set the timer, and allow the student(s) to create their lists.
  11. When time is called, all pencils are down, the game sheet must be in the reporter's hands.
    - The reporter will need a pencil to mark off the ideas from the lists if they are said.
  12. Each team will share their list for each category or round.
    - Record the points (number of unique responses) on the chart paper or whiteboard.
    - Start with a different team each time and continue until all lists have been read and points have been recorded.
  13. In closing, review that moderation and balance are especially important for your Brain Health. Being happy is important, but being TOO HAPPY can change your brain in a bad way. Even good things can be bad when done to excess. Maintaining balance and exercising moderation in all areas of their lives will make their body and brain happy, healthy, and SPECTacular!

### Too Much of Anything Can Be Bad Game Sheet

Team Name:				
Sleep	Homework	Handwashing	Ice Cream	TV
Sports	Reading	Social Media	Chores	Vegetables

