








**Activities Summary**  
**Do Drugs Make You Happy? (🌈 An Emotional Health Story)**  
**(5<sup>th</sup> Grade – 10-11 yrs.)**

-  **#1-Worksheet: Happy is as Happy Does**
  - Students focus on happiness-what makes them happy and what they can do for others to make them happy.
  - Approx Time: 20-25 mins
  - Story Connection: Slide 3
  
-  **#2-Think, Pair, Share: Stressbusters**
  - Students think about stress, their stress triggers, and strategies they can use to help alleviate and cope with stress in their lives.
  - Approx Time: 30-40 mins
  - Story Connection: Slides 5 & 8
  
-  **#3- Video-The Truth About Vaping and Nicotine**
  - Students distinguish fact from fiction when it comes to nicotine and vaping or e-cigarettes by watching three videos.
  - Approx Time: 30-35 mins
  - Story Connection: Slides 10-11
  
-  **#4-Think, Pair, Share: Medication, Drugs, and Addiction**
  - Students brainstorm the difference between medication and drugs and think about the effects addiction has on both the users and those around them.
  - Approx Time: 25-30 mins
  - Story Connection: Slide 13-14
  
-  **#5-Game: Too Much is No Good**
  - Students compete and learn that even too much of seemingly good things can be bad.
  - Approx Time: 25-30 mins
  - Story Connection: Slide 18