

Lesson 1 Preparing for Take Off - *Setting Reachable Goals*

Language Arts Extender

Write a short story about a character who reaches a short-term goal. Include how the character used the Goal-Setting Model to reach his or her goal. The Goal-Setting Model has six steps to reaching a goal. Step 1 is to name a goal. Step 2 is to picture yourself reaching your goal. Step 3 is thinking how to do the goal and making an action plan. Step 5 is to put your plan into action and go for it. Finally, step 6, you celebrate your success.

Language Arts Extender

Write a poem, song, or rap to teach someone to make good decisions.

Social Studies Extender

Research how different Native American tribes make decisions. Who are the decision makers? How is their decision-making process similar to or different from how your society or family makes decisions? Then, write a paragraph about the information you gathered on each tribes decision making skills and processes.

Language Arts Extender

Write a paragraph about the last time you were furious, not just mad, but furious. What caused that feeling? How did you manage the emotion? Did you manage the emotion in a healthy way? What would you do differently the next time you feel furious?

Art Extender

Create an Art Journal to share your thoughts and feelings using pictures or drawing. Include collages, scribbles, doodles, or other creative designs to express the emotions you feel. For each entry, include the date and time so you can track how your emotions change over time.

Music Extender

Listen to several different instrumental selections of music. Include classical and modern pieces if possible. After listening to a piece, write the emotions it evokes under the title. What characteristics of each piece contribute to the emotion represented? After, write which pieces might be good to listen to if you are sad or upset. There is no right or wrong answer.

Language Arts Extender

Think about your favorite sport or physical activity to play during P.E. Communication probably happens all the time during this sport or activity. Write one to two paragraphs to describe how communication happens in this sport or activity. Perhaps you use words or maybe hand signals or eye contact with your teammates. If communication is verbal, how do people's tones of voice change throughout the game? How does the coach or team captain communicate to the players?

Science Extender

Even though animals don't use language to communicate, they do communicate in many ways. For example, cobras inflate their hoods to scare other animals away. Wolves howl to call to other wolves in the pack. Skunks use their smell to ward off predators. Research how other animals communicate. In a couple of paragraphs, report what your selected animals do to communicate and the purpose of the communication. Consider if the communication is social or if it is a defense mechanism. Possible animals to research are listed below.

Ants

Dogs

Fireflies

Elephants

Dolphins

Tigers

Koalas

Bats

Prairie Dogs

Kangaroos

Language Arts Extender

Write and illustrate a picture book about a friendship that develops between two kids your age. Include how the friends meet, the common interests they share, and the healthy friendship qualities they enjoy about each other.

Think about two things that are not the same but always go together such as peanut butter and jelly; a knife and fork; colors like red and yellow or blue and green; etc. Write a paragraph describing how different each thing is from the other. Then, describe how they make each other better when they are together. Compare this to you and your best friend. Explain how you are both different and how you make each other better when you are together.

Art Extender

Showing friends you are thankful for their friendship can make them feel special. Create a thank you card for a friend. Include reasons why you are thankful for his or her friendship and the qualities of your friendship you appreciate most. Your card should match the characteristics of your friendship. For example, if you and your friend are always laughing, make your card funny.

Language Arts Extender

Think about a mistake you made. What did you do to manage it, and what did you learn from it? Write a letter to a fictional person who has made a similar mistake. In your letter, offer advice on how to handle the mistake in a healthy way including using positive self-talk and recognizing what can be learned from the mistake.

Arts Extender

The misuse of medicine is not a mistake anyone would want to make. Create a poster to raise awareness about safety with medicine. You can use markers, crayons, or any art supplies you want to create your message poster. Include one of the following safety measures:

1. Never share your medicine with others or take somebody else's medicine.
2. Keep medicines in their original bottles or containers.
3. Always store medicines in safe places within your home.
4. Only take medicine from individuals that a parent (or guardian) gives permission.

Language Arts Extender

You are in the hallway at school, and you witness a peer-pressure situation between Renee and Jason. Jason is pressuring Renee to let him copy her homework. You see that Renee doesn't really know how to handle the pressure from Jason. She gives in and lets him copy her homework. Write an anonymous letter to Renee offering her some advice on how to handle peer pressure. Inform Renee about the peer-pressure refusal strategies and how to use them effectively.

Language Arts Extender

Imagine you are in ninth grade and getting ready to go to a party. You might be pressured to drink alcohol at this party. Write a paragraph to remind yourself about the effects of alcohol use and how drinking alcohol could keep you from reaching your goal.

Science Extender

What happens to alcohol after a person takes a drink? Where does it go? Research the path alcohol takes through the body after it enters the mouth. How does the body process the alcohol? Which organs are involved? Draw a diagram of the human body and highlight the path alcohol takes through the body.

Think of a short-term goal you would like to reach in 3-6 months. Apply Step 4 of the Goal Setting Model to Think How to Do It. What will you need to be able to do to reach your goal? Will you need to speak clearly? Will you need balance and coordination? Once you have identified what you will need to reach your goal, build a model of a healthy brain. Label the areas of the brain that control the specific skills and abilities you will need to reach your goal. You may use any materials you wish to create your brain model.

Math Extender

Research the cost of a pack and/or carton of cigarettes in your area. Then, determine what it would cost a smoker to smoke one pack of cigarettes a day for a month, a year, and a decade. For each time period, make a list of other items that could be purchased for the amount of money spent on cigarettes.

Art Extender

Imagine you have been hired to create a public health poster to encourage people to stop using tobacco products. Research and list seven benefits of quitting nicotine use. Then, create a “quit now” message, including graphics for the poster. Your message should be informative and based in fact.

Art Extender

Create a “We are Drug Free” trading card. Create a trading card to highlight yourself in their favorite sport or physical activity. Look at examples of baseball and football trading cards to use as templates. On one side of the “trading card,” draw a picture of yourself playing your favorite sport or physical activity. Then, write a positive caption or statistic about your participation in the activity.