

CHOOSE
SMART
SOLUTIONS



DRUG AWARENESS WEEK

TRUE^{OR}
FALSE?

ACTIVITY FOR GROUPS
AGE 10 TO 12

STATEMENT 1

At some point in your lives, you will all face challenges or hardship.

TRUE OR FALSE?





TRUE

Whether you're young, old, or in the prime of your life, you will face difficulties, changes, or challenges. Such situations can be stressful and can lead to all sorts of reactions and emotions. That's completely normal.

Luckily, there are ways of approaching these situations that can make them easier to deal with.

Question:

Do you have examples of situations that can be stressful, either from school or your life in general?

STATEMENT 2

Stress affects different people in different ways.

TRUE OR FALSE?





TRUE

Before finding better ways of dealing with life challenges, it's important to know how you might react to stress. Many different reactions are possible.

Here are a few examples:

- Your heart beats faster.
- You breathe faster.
- You might have a stomachache or be less hungry.
- You might have a hard time concentrating or be more forgetful.
- You might feel wound up or have cold hands.

STATEMENT 3

There is no way to react more calmly to stress.

TRUE OR FALSE?





FALSE

There are plenty of ways to diminish the effects of stress.

Here are a few of them:

- Talk about what you're going through. No matter what it is that's bothering you, it helps to tell someone you feel comfortable with (like a parent, a friend, a teacher, or a coach).
- Practice deep breathing.
- Get some exercise.
- Laugh.
- Do something you like to take your mind off things for awhile.

Question:

What do you do to deal with stress?

STATEMENT 4

Besides stress, challenging situations can lead to all kinds of emotions, like sadness, surprise, anger, disappointment, and doubt.

TRUE OR FALSE?





TRUE

Not all feelings are pleasant, but every one of them is perfectly normal. It's better to recognize your feelings than try to ignore them. Once again, talking to someone you trust can help you feel better.

Question:

Who do you feel most comfortable talking about your feelings with?

STATEMENT 5

In a tough situation, besides talking to someone, you can also look for information and make a list of potential solutions.

TRUE OR FALSE?





TRUE

Once you've calmed down, you can think things over and try to find solutions or ways to improve the situation. If there's no way to change the situation, there are probably ways of seeing it differently.

STATEMENT 6

Since your brain reacts to the kinds of questions you ask, you can choose to focus on positive questions as a way of adapting to change or facing difficult situations.

TRUE OR FALSE?





TRUE

Since your brain reacts to the questions you feed it, it's important to ask the right ones! The best way to know if a question is worth asking is to figure out if the answer could be helpful.

Here are some examples:

- What am I proud of in my life?
- What do I want to improve in my life?
- What could I do today that will help me reach my goal?

Questions:

1. Do you think those questions lead to positive or negative thoughts?
2. Can you answer them?