

Children's Connection Curriculum

Session Topic: Substance Abuse (Bananagrams and Substance Abuse)

Developmental Level: Elementary/Middle School

Purpose: To discuss with fellow group members what it may feel like to have a family member who uses/abuses alcohol or drugs.

Materials: Bananagrams game (or Scrabble tiles), One balloon, all items Located in Activity Box

Description of Session:

1. Ask students to brainstorm words they might feel if someone they loved was abusing alcohol or drugs. Write them on the board.
2. Give a handful of Bananagrams (or Scrabble) tiles to each student. Ask them to create any of the words written on the board. You can give a Lifesaver or other incentive for most words created.
3. Ask the students for the words they were able to create. Each time one is spoken, blow a little bit of air into the balloon, until it is about to pop. Explain how every time we feel one of these emotions, it's like putting air into a balloon. If we don't find a way to release that pressure, we could very well pop.
4. Brainstorm ways to release some of those emotions: talking to someone, crying, writing/drawing, listening to music, etc.

Discussion Questions:

1. What was the most memorable thing for you about the activities we did today?
2. What is your number one way you choose to release emotions you feel?

Reference: Children's Connection Counselors