

Children's Connection Curriculum

Session Topic: Substance Abuse (We know that we can find help for ourselves from others whom we trust)

Developmental Level: Elementary and Middle School

Purpose: To teach children that asking for help is appropriate.

Materials Needed: Balloon located in Activity Box

Description of Session: Remind the children of the different types of feelings each person feels. Have them share an uncomfortable feeling, blow a little air into the balloon as each person shares about their uncomfortable feeling with the group. Do not blow the balloon up so much that it pops. When all the children have finished sharing, tie a knot in the balloon to keep the air in. Begin a discussion about people that each student can trust in their life. Share how this may be something that is not in their family or that they live with. Pass the balloon around the room and have each student share the name of the person that they trust and how they know them. This may be a teacher, neighbor, police, parent, sibling, etc. Once everyone had shared untie the balloon or cut the knot letting the air slowly come out of the balloon. Share with the students that the uncomfortable feelings can get pent-up or stuck inside our bodies and can be released when we talk with someone that we trust.

Discussion Questions: If students feel comfortable have them share about something they were uncomfortable with and who they shared it with. Have them share what they felt like after they shared with the person they trusted. Remind students that talking with that person may be hard, and you could also journal about those feelings or write a letter to someone to express those feelings.

Reference: 12 Stepping Stones by Suzanna Diou & Lois Caldwell, p. 29-30