



Educator Guide: 5 Words Game

Recommended for Grades:

6th

Time:

15 minutes

Prerequisite:

For students to be successful in the game, they would benefit from participating in the following lesson:

- Coping Skills Lesson

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. Describe two health effects of marijuana use.

Activity Description:

In this game students will try to solve three word puzzles that focus on coping skills, marijuana use, anxiety and depression. A fourth bonus puzzle appears if they can solve the first three!



Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the 5 Words Game. You may choose to use this list in any way that fits your needs.

- Anxiety – a worried feeling that occurs when a person perceives a danger or threat
- Anxiety disorder – a condition that involves excessive amounts of fear, anxiety, nervousness, worry or dread
- Cannabis sativa plant – the plant that marijuana is made from
- Depression – feeling sad, moody, angry or just not caring about anything for an extended period of time
- Drug – a chemical that changes the way a person's body works
- Hallucinations – seeing and/or hearing things that aren't really there
- High – a short period of time when a person feels happy, euphoric or carefree after using drugs
- Illegal – something that is against the law
- Immune system – the body's defense system against germs and other organisms that can cause illness or infection
- Marijuana – a drug made from dry, shredded leaves, stems and flowers of the cannabis sativa plant
- Stress – an anxious, nervous or worried feeling a person gets when reacting to different situations, pressures or events

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Resources and Services: Alcohol and Other Drug-Use Prevention

- American Lung Association Lung Help Line, 1-800-LUNG-USA (800-586-4872)
- Children's Wisconsin, www.childrenswi.org
- KidsHealth, www.kidshealth.org
- LifeStance Health, www.lifestance.com
- National Institute on Drug Abuse (NIDA), www.drugabuse.gov
- Partnership to End Addiction, www.drugfree.org
- Rogers Behavioral Health, www.rogersbh.org
- The Tobacco Control Resource Center for Wisconsin, www.tobwis.org
- United States Government-Drug Enforcement Administration (DEA), www.getsmartaboutdrugs.gov
- Wisconsin Tobacco Quitline, 1-800-QUIT-NOW



Transcript

Instructions

Start by reading each clue. Then, click the word parts to spell out the matching words.

Click the guess button to see if the word you have spelled matches one of the clues.

Click the speaker buttons to hear the clues.

Use the hint buttons if you get stuck. You get four hints per puzzle.

Guess all five words in any order to complete the puzzle.

Click the help button to repeat these instructions any time you like.

Clues With Corresponding Answers

Puzzle One:

An anxious, nervous or worried feeling (answer – Stress)

When worry becomes extreme you may have an anxiety _____ (answer – Disorder)

Doing this can help calm you down (answer – Breathing)

Against the law (answer – Illegal)

A dangerous way to cope (answer – Drugs)

Puzzle Two:

It can help to talk to a trusted one of them (answer – Adult)

One way that marijuana is used (answer – Smoked)

Changing yours can help deal with stress (answer – Attitude)

A shredded, green or brown mix from the Cannabis sativa plant (answer – Marijuana)

Feeling sad, moody, angry or not caring for an extended period (answer – Depression)

Puzzle Three:

A good night of this is good for your body (answer – Sleep)

Getting this regularly will help keep you healthy (answer – Exercise)

This increases with marijuana use (answer – Appetite)

Long-term use of marijuana can lead to problems with this body system (answer – Respiratory)

Eyes become this when a person uses marijuana (answer – Bloodshot)

Bonus Puzzle:

A temporary period of feeling really good (answer – High)

Harder to fight infections when this system is affected (answer – Immune)

A worried feeling (answer – Anxiety)

Marijuana comes from the _____ sativa plant (answer – Cannabis)

Seeing things that aren't really there (answer – Hallucinations)

Puzzle Complete

Great job! You have completed this puzzle.

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