



Educator Guide: “Every Moment” Song

Recommended for Grades:

6th grade

Time:

3 minutes

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.

Activity Description:

“Every Moment” is a fun, thought provoking song, written and performed by The Figureheads, that talks about making healthy choices in life and staying drug-free.

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the “Every Moment” Song. You may choose to use this list in any way that fits your needs.

- Abuse – to use improperly, or to misuse
- Addiction – a complex disease where a person’s body is so dependent on a drug that it is difficult to stop using the drug, and the person will use that drug despite harmful consequences to themselves or others around them
- Drug – a chemical that changes the way a person’s body works
- High – a short period of time when a person feels happy, euphoric or carefree after using drugs
- Prescription drugs – medications that a doctor prescribes to a person for a particular illness or condition



“Every Moment” Lyrics

Chorus:

This is just the beginning
Every moment is a fresh start
These are the decisions
That carry us to the next part of our story
Every moment is a fresh start
These are the visions
That will carry us to the next part of our story

Verse 1:

Every day is a fork in the road
Which way should we go?
And how do we know
Just listen for the whisper of the wind as it blows saying
Every day is a chance to change
Every moment a path to take
Your future is on the move and it's something you cannot shake
It's a fresh flowin' wind sayin' go for the win
And keep on goin' goin' in
The time is now, today is the day
To make a good choice, like a mark on the way
Every day is a fight for the story of your life
What will the story you live look like
Will it be a tragedy
Under the influence of drugs
Or will it be a victory
A comedy of becoming really free
Pursuin' what's good and makin' real friends
Pushin' for a life that's worth more in the end

Chorus

Verse 2:

Habits work both ways
For good or ill
It just depends on what kind of foundation you wanna build
Develop real skills, or develop an addiction
For real purpose there's no pill or prescription
Listen to your life
And you'll sense what's right
Livin' for the pleasure you fade into the night
Cuz the high is a lie, a mirage
The party life is an empty cause
Real life is joy mixed with pain
That's what creates real change
True friendship, hard work
These things are of infinite worth
Real purpose leads to real pleasure
Wisdom worth more than a treasure
So go hard for the things that matter
Cuz a life of substance abuse will scatter

Are you living in the moment, are you living in the past
Are you living for a future that you know is gonna last?
Are you living in the moment, are you living in the past
Are you living for a future that you know is gonna last?

Every win, every loss
Every road you cross
There's not a drug on the planet that could help you understand that love is the way
across

Chorus

Every moment is a fresh start
These are the visions
That will carry us to the next part of our story



Supplemental Activity: What's My Story?

Objectives:

After completing this activity students will be able to:

- Write a story, song or poem about how they see their life in the future.

Materials Needed:

- Paper
- Pen or pencil
- Copies of "Every Moment" Lyrics

Time Required:

40 minutes

Instructions:

Have a discussion with students about their hopes and dreams for the future. Talk with them about where they see themselves ten and 20 years from now. Ask them what they would like their life story to be. Maybe they're raising a family, or they could be helping those who are less fortunate than they are. They could be saving lives in some way.

Encourage students to think about the "Every Moment" song lyrics and give them copies if they need to review them. These students are at the beginning of their lives, and they will have decisions to make every day that can affect their future. Talk with students about every day being a fresh start and how each day gives them the chance to make healthy choices. Then, discuss with students how drugs can get in the way of living a long, happy and healthy life.

Next, have students write what they hope the story of their life will be. They can write their own story in the form of an essay, song, poem, etc. To get students thinking, you can ask them to think about the following questions:

- How have friends and family influenced your life?
- Has anyone or anything else influenced you?
- Did you make any mistakes along the way?
- Were there barriers you had to face along the way?
- What are your personal values and beliefs?
- Who and what is important to you?

If you are short on time, you can assign the writing as homework.

Once the stories are written and if students are willing to share, have a sharing session where students can read their stories out loud.

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

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