

Rainbow Days' "Healthy Choices" Activity

*Adapted from Rainbow Days'
Curriculum-Based Support Group (CBSG®) Program*

Healthy Choices Session Activity: I Would Never Do That

The goal of this activity is to help students to identify some "at risk" behaviors. This activity can be done in a small group setting or in a classroom.

Grades: upper elementary, middle and high school

Materials: blank paper, pens or pencils

Activity:

1. Divide students into groups of three or four.
2. Ask each group to write out 10 to 12 "at risk" behaviors of people their age.
3. Encourage team members to take turns and reveal which risky behavior they would *never* do. For example, if idea number one was "drinking and driving," count the number of members who would *never* drink and drive. Each team member who says they would never do the risky behavior gets one point.
4. Ask each team to add up all the points. The team that has the most points of *never* doing the risky behaviors wins the game.



To Process:

- What are some of the reasons they decided not to do some of the things that were listed? If the issues of sex and drugs were not mentioned, ask the group how they respond to these issues.
- How they would support one another in never doing the things that were listed?

The CBSG® Program, Rainbow Days' nationally recognized, award-winning curriculum, is a unique, model program with demonstrated effective outcomes and evidence-based preventative intervention for selective and indicated populations. Children and youth learn essential life skills in confidential small group settings to help them: cope with difficult situations; resist negative peer pressure; set and achieve goals; make healthy choices; and stay alcohol, tobacco and drug-free.

***To become a trained facilitator and access the complete CBSG®
curricula, visit RainbowDaysTraining.org.***

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Healthy Choices Session Activity: Stress Busters

The goal of this activity is to help students to identify ways to handle stressors.

Grades: middle and high school

Materials: flip chart/poster board and markers

Activity:

1. Brainstorm about things that cause stress in life and label the list "stressors."
2. Divide the group into pairs. Assign 3 to 5 stressors to each pair. Ask them to identify different ways to handle these stressors. Ask them to identify both positive and negative possibilities.



To Process:

- Ask each pair to share their responses.
- Why do people choose negative ways to handle stress?
- Does everyone need to handle stress in some way?
- What can happen to someone if they do not manage their stress?
- Is some stress in life good? Why or why not?
- What are some possible negative consequences for choosing alcohol or other drugs as a way to handle stress?

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