



# Healthy Harold's Classroom Cards



# Teacher

Thank you so much for joining us in a Life Education session.

We hope your students learnt about the physical, social and emotional effects of alcohol and strategies to reduce the risk of alcohol-related harm.

Please find attached 5 activity cards. These cards will reinforce concepts learnt during the Life Education lesson. These may be done individually, as a small group, or with the whole class.

# Activity 1

## Investigator

Find newspaper or online articles related to alcohol.

What are the main messages in the articles?

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Create your own newspaper article summarising what you have discovered about alcohol. You might like to call it, 'The truth about drinking alcohol' or 'Alcohol - here's the facts!'

Can you think of another catchy heading? Submit the articles to the Principal and request if they could be added to the school newsletter to educate the broader school community.



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# Activity 2

## Artist

Create an art piece that portrays the effect alcohol has on body parts and how it travels around the body.

You might like to focus on one body part, or several.

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Choose completed artwork to accompany the article in the school newsletter.

# Activity 3

## Role Play

Brainstorm situations where you might feel pressured to drink alcohol either now or in the future.

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As a group, role play solutions or strategies for each situation you have identified.

# Activity 4

## Q&A Panel

Students can act as members of an expert panel, taking the role of a doctor, a representative from an alcohol company, a substance abuse counselor, and a recovering alcoholic or family member.

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Choose another student or your teacher to lead a question and answer discussion between the class and the panel of experts around the topic of alcohol.



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# Activity 5

## Infographic

Survey ten people about why they think some people choose not to drink alcohol. See if you can get some adults in your results.

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Record your findings.

Use your findings to create an infographic comparing the answers from both groups.

You could also add some facts about alcohol to your infographic.

### Why not drink?

#### Top 3 answers for adults

Wanting to be healthy or having a history of health issues

Costs a lot of money

#### Top 3 answers for kids

Don't like or enjoy the taste

Don't like the effect on the brain