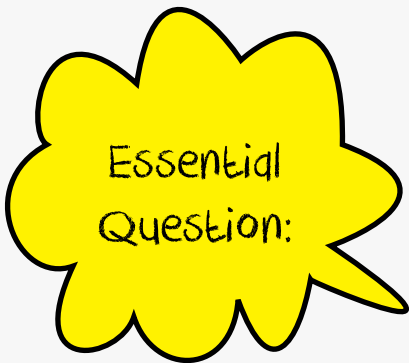


Drug and Alcohol Prevention

Whoosh!

Project and Purpose: Help students learn how others give us energy and support by playing a game that expresses the concepts visually and physically.



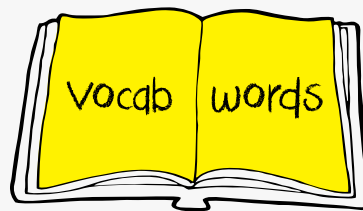
Essential Question:

How do classmates and friends give you energy to avoid drugs and alcohol?



materials

Large space for full group circle



vocab words

energy

energize

supportive

Procedure:

Introduction:

1. Ask students why it is a good thing to be in a circle when we come together. (Suggested reasons: everyone can see everyone, nobody is left out, there are no barriers between people, we can see everyone's hands, everybody's even, etc.).
2. Talk about circles as a way for us to be a supportive group. We can see each other, hear each other, and we share the same space. Nobody is left out because a circle includes everyone in the class.
3. Explain that teachers like circles because circles create good energy and support us. Ask students why group energy and support are important.
4. Explain that in today's lesson, students will play a game and talk about how our classmates energize us, how they give us energy and support.
5. Explain that after they play the game, they will talk about how playing together and sharing energy is a way of supporting each other.

Direct Instruction (I do):

1. Introduce the game of "Whoosh!" Demonstrate how to turn to the person on your left, gently push both hands toward that person, and say, "Whoosh!" Emphasize how when both hands push the "Whoosh!" there is no need to touch anyone. It is like pretending to push a ball of energy.
2. Demonstrate pushing the "Whoosh!" in both directions to volunteers.

Guided Exploration (We do):

1. Play the game “Whoosh!”
 - The teacher turns to the person on his/her left, pushes hands full of energy and says, “Whoosh!”
 - That person pretends to catch the energy, turns to the person on his/her left, does the same move, and says, “Whoosh!”
 - Send the “Whoosh!” all the way around the circle until it comes back to the teacher.
 - The teacher then sends the “Whoosh!” in the opposite direction.
2. After playing, ask students how they felt when they caught the “Whoosh!”
3. Talk about how we pass energy to each other every day, and being in a circle we can see the energy roll around the circle. Why is it important for us to see the energy go around the circle? How does it make us feel?

Independent Practice (You do):

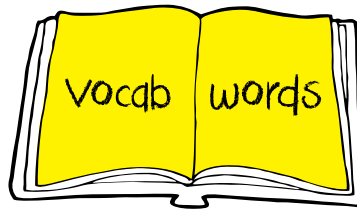
1. Break students into smaller circles and have them play one or two rounds of “Whoosh!” together.
2. Ask students if they like the small groups or the large group better and have them explain their answers.
3. Bring students back to one big circle. Ask students to think about how our classmates give us energy in other ways every day.

Conclusion:

Conclude the discussion with a transition to drug and alcohol prevention. Ask students how their classmates and friends give them the energy and support they need to avoid drugs and alcohol. Talk about how they used the word “Whoosh!” to pass energy to each other. Have students create a word or sound to push drugs and alcohol *away* from each other.

Notes:

Vocabulary & Definitions



energy (n): Definition: power, strength, and/or the ability to be active and do work

Context: Mikael always has a lot of energy and can run for hours!

energize (v): Definition: to give energy, power, or excitement to someone or something

Context: Tatiana energized the group by leading a very physical cheer.

supportive (adj): Definition: giving help or encouragement to someone

Context: Ms. Perla is a very supportive teacher's assistant, always giving us a kind word and helping to keep us on task.