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SAMPLE LESSON PLANS



CANNABIS & MENTAL HEALTH



Try it out with your class!

This sample lesson plan incorporates both the Cannabis and Mental Health certificate course and mentor guide and is adapted to be used in a traditional two-week health education class.

It is important to note that this is just a sample and can be modified to meet your class needs.

Each day, students can watch a series of videos from the course, followed by an activity. You can tailor these activities to your classroom by choosing an activity specific to the topic of **mental health** (MH), **substance use** (SU), or both—whatever fits your group best.

For each activity, you will find printable handouts, including one for you as the facilitator and one for the students. These can be printed in advance or used digitally in the classroom.

*Note** It is recommended that, if possible, students sign up for the course and follow along so that they can receive a certificate after course completion.





LESSON PLAN

WEEK 1			
Day	Resource	Activity	Duration
1	Course (Module 1)	What does MH mean to you?	5 mins
		Stress and coping strategies	3 mins
		Our inner-feel good factory	2 mins
	Mentor Guide	MH Activity: The guest house - poem	10-30 mins
		SU Activity: Cannabis and stress	30-60 mins
		Movement: Mindful walking	5-15 mins
2	Course (Module 1)	What is mental health?	4 mins
		Substance use health	4 mins
	Mentor Guide	MH Activity: Ramble on - song	30-60 mins
		SU Activity: Factors game	30-60 mins
3	Course (Module 2)	Perspectives on cannabis and mental health	4 mins
		What is cannabis?	1 min
		Cannabis 101	2 mins
		Endocannabinoid system	3 mins
	Mentor Guide	SU Activity: What is cannabis - discussion	30-60 mins
		Movement: Where do you stand	15-60 mins
4	Course (Module 2)	Cannabis and identity	2 mins
		Cannabis and identity lived experience	3 mins
		Is cannabis bad for young people's mental health?	2 mins
		Risk factors	1 min
	Mentor Guide	MH Activity: False identity - poem	20-45 mins
		SU Activity: Is marijuana bad for your brain?	1-2 hrs
5	Course (Module 2)	The impact of stigma	2 mins
		What is psychosis?	2 mins
		Can you become addicted to cannabis?	1 min
		Cannabis use disorder	3 mins
		Experiences of recovery	1 min
	Mentor Guide	MH Activity: What is psychosis? - discussion	20-60 mins
		SU Activity: Cannabis and gender	2 hrs



LESSON PLAN

WEEK 2			
Day	Resource	Activity	Duration
6	Course (Module 3)	History of cannabis legalization	2 mins
		Legal and social contexts	4 mins
		The impact of the war on drugs	3 mins
	Mentor Guide	MH Activity: Maya Angelou; Injustice - poem	30-60 mins
		SU Activity: Legalize it - song	30-60 mins
7	Course (Module 3)	The Cannabis Act	4 mins
		Criminalization costs and harms	4 mins
		Legalization and cannabis amnesty	1 min
	Mentor Guide	MH Activity: Cannabis criminalization costs and harms - discussion	30mins-3 hrs
		SU Activity: Cannabis Legalization and Justice	60 mins
8	Course (Module 4)	Putting into practice	4 mins
		Talking about legal drugs	1 min
		Harm reduction: an overview	2 mins
	Mentor Guide	MH Activity: Wu-Tang Clan	30-45 mins
		SU Activity: Cannabis use risks	30-60 mins
9	Course (Module 4)	Harm reduction tips for cannabis use	2 mins
		Risks for underage youth	3 mins
		Being there for a friend	2 mins
	Mentor Guide	SU Activity: Harm reduction tips for cannabis users - discussion	20-45 mins
		Movement: Yoga	1-2 hrs
10	Course (Module 4)	Finding your path to balance	1 min
		Mindful landscape	3 mins
		What does spirituality mean to me?	1 min
	Mentor Guide	MH Activity: Finding your path to balance - discussion	20-60 mins
		Movement activity: Hopscotch	2 hrs

