

# 4

## LESSON PLAN ACTIVITIES BY AGE GROUP



## CANNABIS & MENTAL HEALTH



### Try it out with your class!

These combinations have been curated by age group and are intended to be used to initiate conversations with youth about topics of mental health and substance use health. You can incorporate these combinations into your classroom if you have some time to fill or use them as a designated lesson in a physical education class.

For each combination, you will find two components: a video “lesson” and an activity that relates to the topics taught in the video. Begin the lesson by playing the video. Once you have completed the video, you can start the activity. For most lessons, there are printable handouts that can be provided to students and an accompanying handout for you as the facilitator.



# Activities grouped by age

## Combinations for younger students (Grade 6-8)

### Combination 1

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#### Inner feel-good factory

Many of the things we do each day contribute to our sense of wellness by releasing feel-good chemicals, or neurotransmitters, in our bodies. Our “inner feel-good factory” can help us stay motivated to cope with our problems and create the lives we want.

#### Yoga

Yoga is one of the most complete forms of exercise, working on all systems in the body. But it helps with happiness too. Yoga taps into our endocannabinoid system, releasing anandamide (ananda means “bliss”) and other feel-good chemicals throughout the body.

### Combination 2

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#### Stress and Coping Strategies

How does stress affect us? Some things we experience in life can knock us off balance, but there are many things we can do to cope, recover, and thrive.

#### Mindful walking

We often take walking for granted. But did you know that there are ways of walking that can lift our spirits and relieve anxiety?



# Activities grouped by age

## Combinations for older students (Grade 9-12)

### Combination 1

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#### Where do you stand?

We all have different perspectives on issues that matter to us, based on our backgrounds and experiences. Being open to learning the stories and perspectives of others can help us broaden our understanding and build relationships. This activity can be used to prompt meaningful conversation about cannabis, but the approach can be used to explore any complex human issue.

#### Is cannabis bad for your brain?

Learning about the risks of using cannabis, and its potential effects on the brain, can be an eye-opening experience. But exploring ways to reduce harm can build confidence.

### Combination 2

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#### What is psychosis?

Learning about the symptoms and factors that contribute to psychosis can be helpful, especially from someone who's been there. It's also helpful to talk about it.

#### Harm reduction tips for cannabis users

All of us, including experienced cannabis users, can benefit from understanding strategies and practical tips for reducing harm.



# Activities grouped by age

## Combinations for older students (Grade 9-12)

### Combination 3

#### Ramble On

'Ramble On' was released in 1969 by legendary English rock band Led Zeppelin. Influenced by J.R.R. Tolkien's *The Lord of The Rings*, the song takes us on a journey and challenges us to think about what's important in life. It also prompts discussion around using substances to cope with disappointments in life.

#### Factors Game

This game was developed by the Canadian Institute for Substance Use Research for use in school classrooms and other places where young people gather. The game encourages critical thinking and conversation about the things that influence our substance use choices. Players draw from their backgrounds and experiences as well as information learned from others.

