

# Life is a Movie, FILM DRUG FREE

## *Healthy Habits and Being Present*

2024 RED RIBBON WEEK

### Materials needed:

-Laptop/projector

-[Movie Game Challenge \(PDF\)](#) -5 min.

Guided Mindfulness for Youth: <https://youtu.be/LqgBSsWT45M?si=9eqUOprM3rvw8LO->

-[RRW Logo printed sheets \(PDF\)](#)

### Objectives:

- Discuss and define Good & Harmful habits.
- Awareness of healthy and unhealthy habits
- Identify and strengthen positive and healthy habits.
- Discussing negative and unhealthy habits and stress.
- Activities that help deal with stress
  - Movie Game Challenge
  - Belly Breathing Technique
  - Mindfulness

## 1. Introduction – Red Ribbon Week

Red Ribbon Week is a time for students to celebrate good habits that keep us healthy and stress free. Red Ribbon week is a time to discuss how we can prevent ourselves from using harmful chemicals like drugs and alcohol that can ultimately change our behavior and our future goals.

The purpose of this lesson is to bring awareness to your habits and the role they have in our wellness and health. It's good to take time to be present and aware of our everyday positive/negative habits we don't always think about, like staying online for a very time, brushing your teeth after meals, washing our hands after using the bathroom, or even recycling. Having moral habits too can help us be better people, like telling the truth, treating others with respect and being respectful online. Being present helps us take care of our bodies.

## 2. DEFINE HABITS

*Say:* What does habits mean?

Habits are practiced behaviors repeated overtime, they can feel automatic, like second nature and sometimes hard to change. Not all habits are the same. There are habits that can be good, and some can be harmful and can hinder your health and success.

*Ask:* What are examples of GOOD HABITS?

1. Standing up for others who are being bullied: being a positive role-model/friend
2. Discipline: keeps us safe and helps reach our goals
3. Limiting time of online: helps us get enough sleep/spending time w/family & friends
4. Be honest: trustworthy/saying NO when pressured to do something unhealthy
5. Being respectful/kind online: maintain healthy relationships
6. Make friends: fun, someone to spend time with
7. Asking questions: clarifying misunderstandings
8. Asking for help: avoiding miscommunication
9. Biking riding: exercising
10. Walks: spending time outside; appreciate nature
11. Going to the movies: quality time with friends and family

These healthy habits create strong and meaningful relationships. It helps keep us healthy and happy.

*Ask:* What are examples of HARMFUL HABITS?

1. Being online for long hours: a habit of being online like playing video games, on your cell phone can be addictive and can change the development of the brain.
2. Not doing homework/studying: failing academically
3. Lying: not trustworthy
4. Cyber Bullying: creates anxiety, depression and stress towards others
5. Staying up late: unable to concentrate in school/unfocused in class; irritable
6. Smoking cigarettes: cancer/heart disease/addiction and even death
7. Drinking alcohol: trouble with the law and family/addiction/kicked off sports team/school club
8. Passive: always going along with others/low self-esteem/bullied
9. Fighting: suspension/expelled from school/grounded
10. Violence: kicked off sports/school clubs; having a record can prevent you from getting into a good college or hired for a job
11. Ignoring others: not showing empathy; others feeling lonely, isolated, low self-esteem, angry

These unhealthy habits create stress and can be harmful to our health and wellbeing. Stress can prevent us from being healthy and happy and from achieving our goals depending on what you do when you are stressed. So, what can we do to help us replace or change unhealthy habits when we are stressed?

### 3. STRESS AND THE BODY

Ask: Let's begin by asking, how do you know you are experiencing stress?

- Sweaty palms
- Face turns red
- Heart races
- Headache
- Upset stomach

Say: When we experience stress our brain releases chemicals to help us cope with the stress. A little stress is okay and can even be a good thing. We might feel stressed or anxious before a test or before a big game. This stress helps us to study so we can pass the test or practice to do well in the game. Stress can even help us to prepare for any tasks we need to complete, however, if we are in a constant state of stress or we don't have healthy ways to manage our stress the brain will continue to release these chemicals which could change the way the brain and body function and cause physical and mental issues, like, high blood pressure, diabetes, heart disease, anxiety and even depression. There are things we can do to help us when we are stressed.

Ask: What are healthy ways to cope with or deal with stress?

- Go for a walk
- Talk to a trusted adult: teacher, parent, guardian, aunt, uncle
- Eat healthy
- Ride bikes
- Play Sports
- Family Quality Time/playing games with friends

**Directions:** *The Movie Game challenge (click PDF below) is played with two people guessing the Disney Movie. Whoever guesses the title of the movie first and correctly wins. (refer to the end for answers)*

[-Movie Game Challenge \(PDF\) -5 min.](#)

Say: The **Belly Breathing Technique** can also calm down your mind and body, so you are better able to deal with stressful situations. Practicing belly breathing can build awareness of what being calm feels like. Once you have the feeling of belly breathing mastered you can practice it daily and can apply it to stressful moments.

What you are doing simply by saying, "I am feeling really angry right now. I'm going to take some deep breaths to help me calm down before we talk more about this." This is a good way to manage big feelings.

## Let's Practice

1. Start by having them breathe normally. Ask if they notice anything about it. What parts of the body move as you breathe? What does it feel like?
2. Now have them relax the muscles and place hands on their belly.
3. With the mouth closed, have them breathe in for four seconds or until they feel the whole chest fill with air, all the way down to the belly.
4. Have them hold in the air for four seconds.
5. Have them slowly blow the air out until it's all gone. You can tell them to pretend they're snorkeling.

When you get angry or frustrated, you can do this as many times until you feel relaxed.

*Say:* **MINDFULNESS** is another technique you can use to help when you feel angry or stressed. *Ask:* Has anyone ever heard of Mindfulness? *Say:* Mindfulness means paying close attention to what's happening right now. It's about focusing your mind on the present moment. When you're being mindful, you notice things around you with all five senses; see, hear, smell, taste and touch in that exact moment. You're not thinking about the past or worrying about the future. A good way to take a little bit of time for yourself each day is to get into the habit of practicing mindfulness. Being mindful helps you feel calm, relaxed and in control. It can lower stress and make it easier to pay attention. It's about living in the present with awareness instead of letting your mind get carried away

with thoughts or feelings. This is a five-minute guided video you can follow along. *(see above link)*

## 4. WRAP UP:

*Say:* How did that feel? There are many videos you can look up on YouTube.

Remember, the habits we do reflect who we are and how others see us. Sometimes it is difficult to know what to do, but there are lots of things we can do to help us. Remember, life is full of decisions that can be stressful, so it is important to be mindful of our habits so that they are not harmful to our body and future. Learning healthy habits can also lower our stress. We can do this by being PRESENT and learning to deal with our anger, frustration, anxiety and stress in healthy ways.



## **ADDITIONAL OPTIONS:**

- a. The attached is the RRW logo. Have students color and post and display their pledge to be DRUG FREE!

-RRW Logo printed sheets (PDF)-

- b. Have the students dress up as their favorite movie/superhero character one day during RRW.

### Answers to the Movie Game: Part 3

1. Frozen
2. Finding Nemo
3. Up
4. Paw Patrol
5. Lion King
6. 101 Dalmatians
7. Toy Story
8. The Little Mermaid
9. Ratatouille
10. Captain American
11. Super Mario Bros.
12. Spiderman
13. Willy Wonka (or Charlie) and the Chocolate Factory
14. Cars
15. Kungfu Panda
16. Inside Out
17. Sing
18. Cinderella
19. Harry Potter
20. Beauty and the Beast

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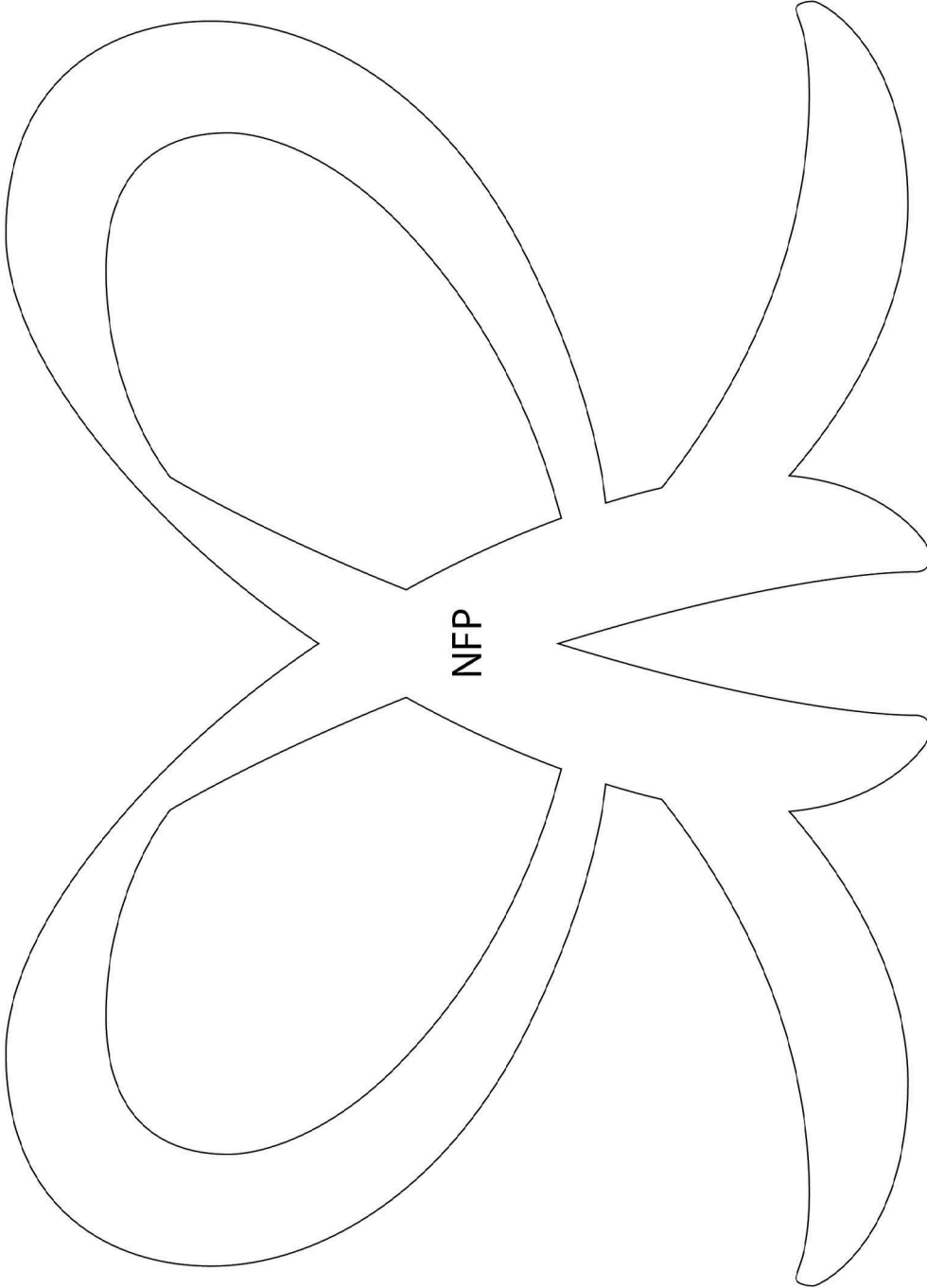


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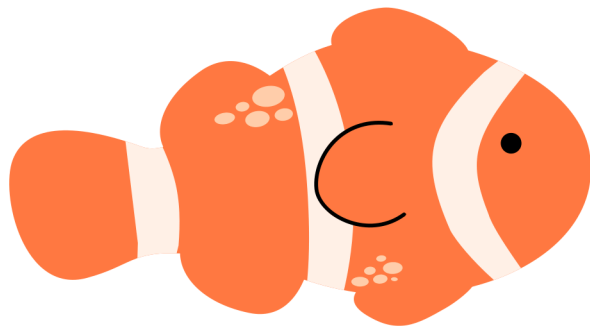
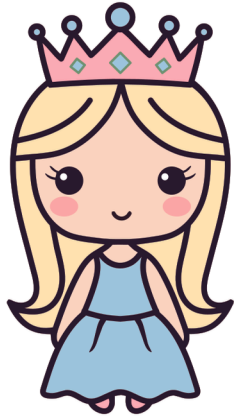




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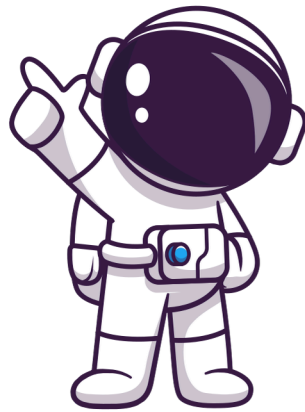


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**STORY**

