3 Cs
I care about myself.
I care about you.
I care about my community.

Help students to understand and invite them to state clearly:
I have the right to care about myself.
I have the responsibility to make smart choices when I care about myself.
I show I care about myself when I make choices to live healthy and not use alcohol, tobacco or other drugs.

Preparation
Materials
Butcher paper
Paper and pencil
Music
“Scoot, Scat, Groove” from the CD: Take a Stand (see page 158)

Vocabulary
natural highs
unnatural highs

Lesson at a Glance
Introduction
1. Describe Good Feelings
Strategy
2. Natural Highs and Unnatural Highs
3. “Scoot, Scat, Groove”
Conclusion
4. Natural High Mural

Core Curriculum Objectives and Standards
Objectives
Recognize what they can do to feel the pleasure of a natural high.

Standards
7030-0302 Model behaviors that foster healthy interpersonal relationships.
1. Describe good feelings.
   - Think of a time when you felt good because you accomplished something hard, won a race or game, or did something enjoyable.
   - What kinds of things were you thinking about?
   - What are the words and phrases that you use to describe those good feelings?
     List the words on the board.

2. Natural Highs And Unnatural Highs.
   - These good feelings are called “natural highs.”
   - When you receive a natural high, your body actually secretes special chemicals called “endorphins” that affect the pleasure center of your brain.
   - You get these feelings without taking any drugs or taking anything unnatural into your body.
   - Natural highs have no negative physical consequences.
   - Sometimes, people who are bugged try to feel good by using unnatural highs such as feelings caused by drugs.
   - Unnatural highs can impair judgement and ruin your health.
   - Unnatural highs can create more bugs that can make us feel stressed or out of control.

3. “Scoot, Scat, Groove.”
   - Teach song: “Scoot, Scat, Groove.”
   - Let children move around to the beat of the music and point out that it feels good to exercise, dance, etc.
   - Think of other ways to feel good without taking anything unnatural into your body.
   - Instruct students to choose an activity in which they’ve experienced a natural high.
   - Write another verse to “Scoot, Scat, Groove” using the chosen experience.
   - Allow students time to perform their new verse.

4. Natural High Mural
   - Emphasize the importance of looking for natural highs when feeling low.
   - Title a chart or mural “50 Ways to Feel Good Naturally.”
   - Have students complete and display the mural by listing 50 different ideas for natural highs.

Introduction
Discussion
Strategies
Conclusion

Song

Activity

Tie in the 3 Cs
I care about me.
I care about you.
I care about my community.

Prevention - Dimensions

Prevention - Dimensions