LEARN IT, LIVE IT! EXTENSION ACTIVITIES

It is important that youth are given more opportunities to expand on what they have learned in the **Health Rocks!** Curriculum and also meet individual group requirements. Utilize this list to develop extended learning opportunities or absentee work for youth. Research shows that youth learn effectively through hands-on experiences. So try to incorporate as much experiential learning as possible to promote positive development in youth.

1. **HELPER HIGH-FIVES:** Identify adult helpers who you can turn to to help you solve problems. Create a "high-five" certificate, identifying them as being a great person to turn to in times of need.
2. **DECISIONS, DECISIONS:** Identify three challenging decisions you need to make in your life. With a group of peers or helpful adults, brainstorm possibilities for each challenging decision. Utilize the problem-solving steps previously learned.
3. **WHAT ARE THE CONSEQUENCES?:** Design posters to display in a library, community center, school, or other public place identifying the consequences of vaping. Post these posters in a public location, with adult assistance and permission.
4. **KNOW THE FACTS:** Create informational handouts on what e-cigarettes are and what they look like. Include the harmful side effects of using e-cigarettes. Distribute handouts to adults and peers.
5. **SAYING NO!:** With your peers, practice ways to say no to vaping. Make this challenge fun by creating songs, rhymes, and other ways to help you remember the power of saying no.
6. **MODEL BEHAVIOR:** Thank a role model by writing a note expressing your gratitude for serving as a good example.
7. **ENVISIONING MY FUTURE:** Create a vision board using pictures from magazines, websites, or other sources that showcase your goals for a drug-free life. Hang up your vision board in your room to remind yourself the importance of making good choices.
8. **POSITIVITY POSTER:** Using social media, look up ten different role models from your friends list. Based on their posts, create a poster collage of good role models. Write down characteristics that make them good role models.
9. **COOKING UP FUN:** Create a list of ten healthy activities you can do with friends that DO NOT involve drugs, alcohol, or tobacco. Share this list with friends and on social media.
10. **LET'S CELEBRATE:** Organize a celebration for friends and family once you reach a vaping goal—either not vaping or stopping vaping for a certain amount of time.