



# SPHE FOR ME

## WORKBOOK

SPHE Activities for Primary

## **Just Rewards Publications**

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# THE BIG EVENT

Think about a big event that happened in your life last year.

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**What**  
was the event?

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**How**  
did it make you feel?

super positive

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super negative

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**What**  
outcomes were possible?

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**What**  
was the end result?

I can describe an experience in my life and how it made me feel.   

# SETTING GOALS

My goal

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I need to be:

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My steps to success

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My steps to success



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My strategy

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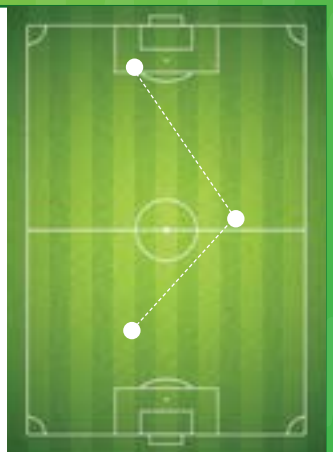
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I can identify a personal goal and strategies to reach it.



# EXPRESS YOURSELF

Statement 1

 I think:

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 We think:

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Statement 2

 I think:

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 We think:

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Statement 3

 I think:

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 We think:

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I can express personal opinions, and listen to and comment constructively on the views of others.



# HOMework PLANNER

Ask questions if there is something you don't understand

Plan ahead so that you leave enough time

Choose a good location (e.g. quiet, comfortable)

Tackle the hard stuff first when you have the most energy

Take regular breaks

Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Weekend					

Comments:

# DRUGS - HARMFUL OR HELPFUL?

Why might someone take a drug?

What do drugs look like?

What is a drug?

How do people get hold of drugs?

What effects do drugs have?

I can describe facts about drugs and their effects.



# SMART OR STUPID?

There's nothing else to do around here, so why not?

I keep seeing it on the TV. It looks really cool and new, so I want to try it.

My mum is ill with bad headaches. My friend gave me these because his dad uses them.

My older brother and his friends are always pressuring me to try it. I want to be grown up like them.

They're on at me all the time and I keep saying no. But I don't feel part of the gang anymore. Guess I'll just give in...

What would you advise these children to say or do?

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I can describe some reasons why people may misuse drugs.





# MIND MOVIE



Close your eyes and imagine what might happen next. After a couple of minutes, open your eyes and then write about your scene.

Blank writing area with horizontal lines for the first scenario.

Blank writing area with horizontal lines for the second scenario.

I can consider the role of peer pressure in making decisions about non-prescribed substances. 😊 😐 😞

# GIVING ATTITUDE

Read the statements about the use of different substances. Which do you agree/disagree with, and why?

“Alcopops aren’t that bad I’m sure. They come in all different colours and flavours, and they just taste like fruit juice.”

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“I don’t have any problem buying cider from my small local shop. If the owner is OK to sell it to me then then it must be OK, right?”

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“Having wine or beer every evening is a great way to relax.”

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“People who smoke stink. It’s on their clothes and in their hair. I can’t stand it – and I wish my friends would try and stop.”

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“People who misuse drugs are just weak. It’s easy to say no, so I don’t understand the problem.”

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I can explore attitudes towards the misuse of substances.

