

# LESSON 1:

## SADD 101/THE BRAIN SONG



### OVERVIEW

**Grade Level:** 1-5

**Topic:** The Brain

**Objective:** Understand how alcohol harms brain development

**Time:** 30-45

**Vocabulary:** SADD, Alcohol, Acronym

**Materials Needed:** The brain song displayed or printed out for each student.

### STARTER:

- Ask students the question, “What is an acronym?” Explain that an acronym is an abbreviation. The first letter of several words is joined together to form an acronym.

Below are some examples of acronyms. *If you have a white board or projector, you might want to write them on the board and allow the group to guess the correct answer.*

Examples:                      USA = United States of America.  
                                      VIP = very important person  
                                      RIP = rest in peace  
                                      ASAP = as soon as possible

- Explain that SADD is an acronym for four words. Ask the group, “Does anyone know what SADD stands for?”
  - SADD stands for Students Against Destructive Decisions. Ask students, “what are some destructive decisions?”
    - A destructive decision is something that harms (hurts) us or others. (Allow time for students to provide you with examples of destructive decisions.)
  - Be sure to ask students, “Does anyone know what the word safe means?”
    - Being safe is being protected from harm or danger and good choices are safe decisions.
  - Explain that SADD (Students Against Destructive Decisions) is a group of students who make safe, smart decisions that keep themselves and everyone around them safe.
  - Chant SADD several times with the group and have students recite “Students Against Destructive Decisions” for reinforcement.



- o Explain to students that during SADD meetings we will be discussing the brain and how it's important to protect their brain to keep it safe. The brain is the boss of your body.
- Ask the question, "Can someone tell me, what is alcohol?" Wait for appropriate responses.
  - o Alcohol is a chemical substance that affects the way your mind and body functions. (Repeat this a few times.)
  - o Explain that alcohol is dangerous. Alcohol changes the way we act, think, and talk because our brains are not fully developed.
  - o Ask the question, "Does anyone know how old you are when your brain is fully developed?" Wait for answers.
    - The correct answer is 25. This does not mean you are done learning at 25, but this means your brain is fully developed and it's done growing.

## ACTIVITY:

### Brain Song

*Either play the video of the brain song or sing it to the group.*

- Be sure to play the video or practice it before teaching the group the song. (It takes some practice.)
- To ensure students understand the lyrics, go line-by-line when teaching the song. (See lyrics below.)
- Teach the hand gestures with the words to help with memorization.
- After you have reviewed the song a couple times with the group, sing it a few times for reinforcement.

## WRAP UP:

- Go through each line of the brain song and discuss it with the group.
- Explain how important our brains are to our life functions, including our senses and life support functions (heart, lungs, etc). Our brain is very fragile and needs to always be protected. You can protect your brain by not drinking alcohol and
- using other drugs.
- Alcohol damages our brain because they are not fully developed and we do not want our brain to be damaged.
- Our brains tell us to breathe, eat, sleep, our hearts to beat, everything! So, we need to keep it safe all the time. We do this by not using drugs like alcohol. That's right, alcohol is a drug.
- In closing, explain to students that it's their job to protect their brain from alcohol so they can be the best version of themselves and live the best life.

## THE BRAIN SONG

*\*Tune of Twinkle Twinkle Little Star\**

My brain controls the rest of me  
It helps me grow and hear and see  
It tells my body what to do  
All day long and nighttime too  
I need my brain to think things through  
Yes I know that this is true  
*\*with hand motions\**

