



Educator guide: Bookshelf shuffle activity

Recommended for grades:

4th – 5th grades

Time:

15 minutes

Prerequisites:

In order for students to be successful in the game, students would benefit from participating in the Inhalants lesson.

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this activity students will be able to:

1. Describe two short-term and two long-term health effects of using inhalants.

Activity description:

The Bookshelf shuffle activity is a word scramble game using words associated with inhalants. Students are presented with scrambled letters that, when unscrambled, spell out a word related to inhalants. They will drag and drop the letters into the correct spots to spell the word correctly. Up to three clues per word are given to help students. The clues will appear after several seconds if the player is not dragging letters to form the word. Six free letters are also available to use throughout the activity. Using a free letter places one letter in the correct spot. This is a challenging activity for many students. They may not unscramble all 10 words the first time. If possible, allow time for them to go through the activity more than once to see if they can figure out all 10 words.



Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Bookshelf shuffle activity. You may choose to use this list in any way that fits your needs.

- Heart – the organ in the body responsible for pumping blood to every other part of the body. The heart is part of the circulatory system.
- High – a short period of time when a person feels happy, euphoric or carefree after using drugs
- Inhalants – household products or chemicals, like gasoline, cleaning products or aerosols, that are sniffed (through the nose) or huffed (through the mouth) to get a quick high. Because they are typically products that are legal and easy to find, many people may not realize how dangerous and deadly inhalant use can be.
- Lungs – the organs of the body which take in air to provide the body with oxygen, and exhale, or get rid of, carbon dioxide. The lungs are part of the respiratory system.

Transcript

Instructions

Welcome to Bookshelf Shuffle! You will unscramble words that have to do with inhalants by dragging letters onto the bookshelf. For each mistake you make, you'll get a strike. If you get five strikes the game will end. You will be given clues, so if you can't figure out a word, be patient. If you get stuck, use one of the free letters. You'll only get six of these, so use them carefully. Ready to play? Drag the "u" to the bookshelf to complete the spelling of Bookshelf Shuffle and begin the game.

Below are the words in the order that they will appear along with the 3 clues for each word.

1. High
 - a. A rush
 - b. Usually only lasts a few minutes
 - c. The opposite of low
2. Death
 - a. A permanent effect of inhalant use
 - b. Can happen with the first use of an inhalant
 - c. Heart failure leads to this
3. Lungs
 - a. There are two of these in your chest
 - b. They help you breathe
 - c. Inhalants enter the bloodstream here
4. Dizzy
 - a. This feeling is a short-term effect
 - b. Not a good feeling
 - c. Everything's spinning
5. Heart
 - a. It keeps your blood flowing
 - b. If it stops working, you will die
 - c. Inhalants can cause it to fail
6. Talent
 - a. We all have this
 - b. You can meet new friends while exploring yours
 - c. A unique interest or ability



7. Hairspray
 - a. Becomes an inhalant when abused
 - b. Can be found in a bathroom
 - c. Should only be used on hair
8. Inhalant
 - a. Can be deadly
 - b. Things that are inhaled
 - c. Glue is an example of one
9. Headache
 - a. A long-term effect of inhalants
 - b. An ache in the brain
 - c. When your head hurts
10. Chemicals
 - a. Breathing these can cause a high
 - b. They're dangerous when absorbed into the lungs
 - c. Inhalants are made out of these

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