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Dr. Fun

Activity Sheet



A prescription is a note from a doctor that tells a pharmacist what medicine you need and how to use it. But not all prescriptions come from a pharmacy. Sometimes the best medicine is fun and connection—doing meaningful things and spending time with people who care about you.

These can include talking with a friend, being outdoors, joining a club, playing a sport, helping someone else, and much more!

Instructions

1. Check out the information on Dr. Fun and peek at the prescription pad.
2. Pick one or more feelings from the list (or choose something else).
3. Practice writing a “social prescription” to help someone feel better.
4. Team up with other “social doctors” (your classmates, friends or family) and share your prescriptions.
5. Compare ideas. Share why you’ve chosen your social prescriptions.

Imagine you are Dr. Fun

Dr. Fun is a “social doctor” who writes social prescriptions for fun and connection! Your mission: Help people feel like they matter and belong.

Practice writing social prescriptions using the “prescription pad” as a guide. Check out this list of common feelings and experiences that a “patient” might talk to you about and want your help with:

- Sadness
- Stress
- Anger
- Boredom
- Your choice _____



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Dr. Fun's prescription pad for fun and connection

Patient's Name: _____

Prescription From: Dr. Fun (a.k.a. YOU!)

Remedy: (your social prescription to help improve your patient's mood, help them have fun and feel connected)

Why this will help: (explain how your idea could make your patient feel better)

Prescription instructions:

How often should they do this?

With whom should they do this?

Special notes: (add any additional notes to help your patient, such as advice or kind words to encourage)

Dr. Fun signature (Your signature)



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