

Lesson Plan

MONDAY:

Lesson: What is Health and Wellness

Objective: Describe the 3 aspects of health in the Health Triangle and define Wellness

Activity: Discussion and health triangle note taking

Assignment: I learned sheet Read pages 4-7 Due Date: Next class

TUESDAY:

Lesson: Change me

Objective: Identify adolescent changes in social, physical, and mental health

Activity: Discussion and "what are you doing " game

Assignment: I learned sheet Due Date: Next class

WEDNESDAY:

Lesson: Change me

Objective: Identify adolescent changes in social, physical, and mental health

Activity: Discussion and "what are you doing " game

Assignment: I learned sheet Due Date: Next class

THURSDAY

Lesson: Decision Making

Objective: Explore the decision making model

Activity: Discussion and small group decision making scenarios activity

Assignment: I learned sheet Due Date: Next class

FRIDAY:

Lesson: Decision Making

Objective: Explore the decision making model

Activity: Discussion and small group decision making scenarios activity

Assignment: I learned sheet Due Date: Next class