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| Date: **Friday Nov. 15, 2013**  Length of lesson: **60 minutes** Subject:**Health and Career 9** Unit: **Healthy Living** |
| Learning Outcomes:* Relate the characteristics of a healthy lifestyle to their ability to maximize personal potential
* Analyse how healthy eating habits can support a healthy lifestyle

Assessment:* Collect responses at the end of class

Materials and Preparation:* Emotional and Physical Health brainstorming organizer
* Index cards
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| **Lesson plan** |
| “Hook”: (APK)Think pair share: Brainstorm responses to the following sentence stems:-An emotionally healthy person is…….-A physically healthy person is……….  | 5 minutes |
| “Book”:Debrief as a class, focusing on specific characteristics of physical and emotional health such as:* Healthy relationships
* Emotional health strategies (e.g. stress management, adequate sleep, positive self-talk, seeking helf for anxiety or depression)
* Healthy eating habits (e.g., adequate and balanced nutritional choices, balancing energy input and output, monitoring fat and sugar intake, planning healthy food choices)
* Physical activity
 | 5 minutes |
| “Look”: Have students write:* When I am emotionally healthy I … (e.g., feel comfortable and conﬁdent about myself, am realistic about my goals, learn from my mistakes, can manage stress effectively, can concentrate on my school work)
* When I am physically healthy I … (e.g., have enough energy to do the things I want, am well-rested, provide my body with variety of nutritious foods for growth and development) Students should be able to make connections between their own lists and those discussed in class.
 | 10 minutes |
| “Took”: Self-Assessment: What things do you think you are doing well right now? What is one thing you think you need to change in your habits and why?-Answer using the same sheet of paper | 5 minutes |

Health and Career 9: Healthy Living

Lesson 1: Characteristics of Physical and Emotional Health

**Part 1: Brainstorming.**

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| An emotionally healthy person is……. | A physically healthy person is……. |
|  |  |

 **What can I add to my list?**

|  |  |
| --- | --- |
| An emotionally healthy person is……. | A physically healthy person is……. |
|  |  |

**Part 2: Analyze and Reflect.**

Think about how you ***feel*** when you are emotionally and physically healthy. Describe your thoughts, how you feel physically, what you are able to do, etc.

Provide at least 5 points for each column. Use the examples to guide you if you are struggling.

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| **When I am emotionally healthy I…** | When I am physically healthy I … |
| **Example**: * I feel comfortable and conﬁdent about myself
* I can manage stress effectively
 | **Example**: * I have enough energy to do the things I want
* I am well-rested
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**Part 3: Self-Assessment**

Assess your healthy lifestyle choices. What things do you think you are doing well right now? What is one thing you think you need to change in your habits and why?

**Answer these questions on the index card provided.**