



Grade 9 Sample Lesson Plan: Unit 11 – The Thin Commandments

SOLs

- 9.2.d Identify health-related decisions that contribute to heart disease, stroke, diabetes, and other chronic diseases and conditions.

Objectives/Goals

- Students will be able to read written unhealthy body ideals and transform them into healthier body ideals by creating a Healthy Commandments document.

Materials

- “The Thin Commandments” video <https://www.youtube.com/watch?v=g728ZXDfUJs>
- Thin Commandments worksheet
- Tribal graffiti

Procedure

Step 1	Have students watch the Carolyn Costin Video “The Thin Commandments” https://www.youtube.com/watch?v=g728ZXDfUJs	Essential Question: What is something you believe in so strongly?
Step 2	Print out a copy of the Thin Commandments	

	Tribal graffiti activity	
Step 3	Have students create a Healthy Commandments list.	Essential Question: Thin How would adopting these “Thin Commandments affect someone’s mental, physical and social health?

References

- Melanie Lynch, M.Ed. State College Area High School Carolyn Costin
- Additional Reading – Story of Namuh, Kathy Kater <http://bodyimagehealth.org/about-the-author/>