



Grade 9 Sample Lesson Plan: Unit 22 – Wellness Challenge: Small Changes

SOLs

- 9.1.g Describe the importance of health habits that promote personal wellness.

Objectives/Goals

- Students will learn about and create “small changes” to their lifestyle which will benefit them personally with positive, healthy results
- Students will learn how to identify areas of positive change and implement them into their own daily lives
- Students will describe the benefits and importance of these healthy changes

Note: This game should be played over a one to two month period (while other lessons are being taught) with periodic checking in by the instructor to see how the game is going

Materials

- Small Changes Bingo Worksheet
- Blank Small Changes Bingo Worksheet
- Month Wellness Challenge Ideas Sheet

Procedure

Step 1: Introduce Game

- Make a class set of copies of the “Small Changes Bingo” game card.
- Read each box in the game sheet with the students and call on students to cite examples of what they can do for each
- Explain to students that they will be taking the sheet home and will be attempting to make and keep track of the small changes listed on the sheet

Step 2: Start the Game

- Depending on the time allotted by the instructor, give students two weeks to a month to complete the “Small Changes Bingo” worksheet. Each time they accomplish one of the items listed on the card, they should cross it off and provide evidence of each (a signature from a witness, a picture included as an attachment, etc.
- The object of the game will be to cross off as many squares from the sheet as possible in the time allotted by the instructor.

Step 3: Create Your Own Month Long Wellness Challenge

- Make a class set of copies of the “Month Wellness Challenge” blank bingo card
- Make a class set of copies of the “Ideas for Month Wellness Challenge” sheet
- Pass out both sheets to students. Inform students they will be creating their own wellness bingo card using the ideas from the “Ideas” worksheet. Discuss as many of the ideas from that sheet as you prefer, but leave room for imagination of the students to also come up with their own set of wellness challenges that may be more personalized to suit their own set of goals.
- Allow students to fill out and “customize” their “Month Wellness Challenge” sheet. Tell students they will have one month to accomplish as many of the small changes on their sheet as possible. Assign a turn-in date to see how many they can do by that date. Remind them to gather evidence for each accomplishment.

Assessment Idea

- When the month deadline has been reached for the personalized wellness sheets, students will bring their sheets to class for discussion.
- As an exit ticket to the day, students should write a 2 to 3 paragraph reflection of their experiences that includes the following information:
 - Of all the changes they made, what were the 3 most remarkable changes they made?
 - Did they develop any positive habits from the exercise?
 - Did anyone notice any of the positive changes they made?
 - Do they plan on keeping up these changes? Why or why not.

References

- TED Talk: Try something new for 30 days
https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days
- Kimberly Ohara-Borowski M.Ed. Ocean View High School

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Ideas for Month Wellness Challenge

These are all ideas below. I would like you to come up with your own ideas that interest you.

<p>Physical- Sleep:</p> <ul style="list-style-type: none">• Go to bed earlier• 20 mins before bed turn off all devices and don't expose your eyes to blue light (devices, tv)• Turn off wifi before going to bed <p>Nutrition:</p> <ul style="list-style-type: none">• Cook your own meal• Balance a meal "MyPlate"• Try a new fruit or vegetable• Encourage a friend to make a healthy food choice <p>Physical Activity:</p> <ul style="list-style-type: none">• Download a fitness app• Research and try a new physical activity• Ask a friend to join you in a workout• Take a walk <p>Medical/Dental:</p> <ul style="list-style-type: none">• Floss your teeth• Make a doctor's appt (yearly physical)	<p>Social-</p> <ul style="list-style-type: none">• Get involved in a sport activity• Help someone who needs help out• Join something you have never done before• Have a conversation face to face instead of via social media• Call a friend• Spend time with friend or family member• Plan a date with a friend or family member• Plan a device free meal with a friend or family member• Introduce yourself to someone new
<p>Spiritual:</p> <ul style="list-style-type: none">• Try a guided meditation• Download an app for meditation/mindfulness• Try a mindfulness activity• Take a walk in nature and enjoy beauty around you• Take 10 mins for yourself• Write down 5 things you are grateful for• Try a new yoga pose• Focus on breathing• Pray	<p>Mental/Emotional:</p> <ul style="list-style-type: none">• Thank someone in your life you are grateful for• Do an act of kindness for someone• Listen to music that improves your mood• List 5 things you are good at• Reduce clutter in your bedroom• Resolve a conflict with someone. Say you're sorry• Try a mindfulness coloring activity• Create art• Watch a cute animal video

Small changes bingo

Look up a positive quote that inspires you. Post it where you can see it.	Try a new physical activity	Device free dinner	Send a positive text message to someone you care about in your life.	Download a free meditation or fitness app. Try something from the app.
Try a new vegetable	Device free lunch	Drink extra water	Call an old friend	Cook a meal with someone
Floss your teeth	Walk after dinner	BONUS "You choose" Something that will enhance your health	Write a handwritten Thank you to someone you appreciate	Device Free Day
Make your bed	Watch a funny video that will make you laugh	Spend time with your family	Help someone	Try a mindfulness technique or Pray
Listen to your favorite music that will improve your mood	Go to bed early	List 5 things you are grateful for.	Help clean a room	Write down 5 things you are good at.

Make sure to collect signatures in the boxes as you go. Collect evidence: signatures, photos, videos, word of mouth from others.

Month Wellness Challenge
