



## Grade 10 Sample Lesson Plan: Unit 13 – Wellness Challenge Take 2

### **SOLs**

- 10.3A Create or modify a personal wellness plan (goals and action steps based on current guidelines) for healthy eating, physical activity, sleep, and personal hygiene

### **Objectives/Goals**

- Students will select a SMART goal that they will then follow for the next 30 days.

### **Materials**

- [Ted Talk](#) video by Matt Cutts
- Wellness journal.

### **Procedure**

These lessons will help students to obtain the skills necessary to be successful with wellness goals that they set for themselves.

<p>Step 1</p>	<ul style="list-style-type: none"> <li>● Choose <b>three</b> of the following questions and answer them thoroughly.</li> </ul>	<ul style="list-style-type: none"> <li>★ What new things have you done recently?</li> <li>★ What's something you want to try to do?</li> <li>★ Is there anything you want to stop doing?</li> <li>★ What healthy habits do you have?</li> <li>★ How much time do you need to form a habit?</li> <li>★ What things do you do that are unhealthy?</li> <li>★ Do you like to try new things? Why/why not?</li> </ul>
<p>Step 2</p>	<p>Watch the <a href="#">Ted Talk video</a> by Matt Cutts again.</p> <ul style="list-style-type: none"> <li>○ This video will highlight the importance and benefits of a 30-day challenge.</li> </ul>	<p><b>Matt Cutts Ted Talk:</b></p> <p><a href="http://bit.ly/Tv5Uux">http://bit.ly/Tv5Uux</a></p>

<p>Step 3</p>	<p>Answer <b><u>ALL</u></b> of the following questions from the Matt Cutts TED talk:</p>	<ul style="list-style-type: none"> <li>★ Why do you think he chose harder challenges as time passed?</li> <li>★ Name three challenges you might try where you add a new thing to your life.</li> <li>★ Why do you think it's important to make small, sustainable changes if you want a new habit?</li> <li>★ Why does he say "if you want something badly enough" before saying you can do anything for 30 days?</li> <li>★ He mentions a few good things about doing the challenges-- they make his life more memorable, he gains confidence, he becomes more adventurous- -do you agree that doing the challenges would have those results?</li> </ul>
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<p>Step 4</p>	<p>Choose and complete your challenge.</p> <ul style="list-style-type: none"> <li>★ You are going to choose <b><u>one</u></b> of the three challenges below and start it for 30 days.</li> <li>★ You must keep a daily journal about your challenge.</li> <li>★ You will complete this in a google doc and then upload it into Google Classroom.</li> </ul>	<p><b><u>30 Day Challenge #1</u></b></p> <p>Go to <a href="http://www.doyouyoga.com/courses/30-day-meditation-challenge/">http://www.doyouyoga.com/courses/30-day-meditation-challenge/</a></p> <p><b>Stress Management Challenge: 10 minute meditation</b></p> <ul style="list-style-type: none"> <li>★ This is a Stress management challenge.</li> <li>★ Sign up for the 30-day meditation challenge. It is Free</li> <li>★ If you are interested in finding out more about meditation, please collect below:</li> <li>★ Complete one 10-minute segment per day and then make an entry into your journal.</li> </ul> <p><b><u>30 Day Challenge #2</u></b></p> <p>Go to <a href="http://www.niashanks.com/30-day-challenges/">http://www.niashanks.com/30-day-challenges/</a> .</p> <p><b>Nutrition Challenge: One Meal-a-Day</b></p> <ul style="list-style-type: none"> <li>★ No, this does not mean you'll eat a single meal per day! This challenge entails <i>changing</i> one meal per day from current habits.</li> <li>★ This will depend greatly on your current eating habits,</li> </ul>
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		<p>but practically anyone can find <i>something</i> to change.</p> <ul style="list-style-type: none"> <li>★ If your first meal of the day isn't typically the greatest of choices, then that's where you should start.</li> </ul> <p>Using this example your sole focus for the next 30 days is making your first meal of the day a great choice. That is the <b>ONLY</b> change you're making for 30 days, but you must do it every single day.</p> <p><b><u>30 Day Challenge #3</u></b></p> <p>Go to <a href="http://www.niashanks.com/30-day-challenges/">http://www.niashanks.com/30-day-challenges/</a> .</p> <p><b>Physical Activity Challenge: 10 Minutes Plus</b></p> <ul style="list-style-type: none"> <li>★ This isn't the typical 30day fitness challenge.</li> <li>★ This is applicable to those who just can't stick to a fitness program for more than a week or so, and even someone who's wanting to increase their activity level.</li> <li>★ Every day for the 30 day challenge, do <i>something</i> physically active for at least 10+ minutes.</li> <li>★ If you are already on a fitness routine, add 10 minutes more to it by adding stretching, yoga, walking the dog, etc.</li> </ul>
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Step 5	<ul style="list-style-type: none"><li>★ Every day you will type in your journal.</li><li>★ You must copy and paste the empty journal to make new days.</li><li>★ You also must type something different into your journal about your challenge.</li><li>★ If you did not complete your challenge that day, a full explanation of the barrier to meeting your challenge that day.</li><li>★ If you were successful, discuss how that happened and how that made you feel.</li></ul>	
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**References**

- Melanie Lynch, M.Ed. State College Area High School

**Handout**

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