

2009-2010 HEALTH LESSON PLANS

11/30/09

my
Health
Folder

3-P

ROTATION WEEK # 1

GRADE 3 HOMEROOM Pagachnik, Earhart, Ivy

DAY 1

MAIN IDEA: Welcome

LESSON: Sit 1st wherever, Tour of Room

Assign seats - 2 B's - 2 G's per table, if possible.

Play CD "Let's Figure Out Health" that they sang in 2nd grade

Pass out 3rd Grade Purple text books of cart by bathroom door.

Let them randomly, quietly look thru the book.

Make Health Folders. O. can decorate w/ Health pics if time.

DAY 2

MAIN IDEA: Health is Well-Being - Sit @ seats

LESSON: Purple text - A4 - A7

Transparency #1 - 3 Parts of Health (main idea of whole year!)

(If time - begin H.m # 2+3) - Probably won't be time w/ the text? T#1 discussion

DAY 3

MAIN IDEA: Review vocabulary words on A4 - A7

LESSON: Read A-8

Do H.m # 2+3 - Show class how each section in text goes w/ each section on Worksheets - Put papers in their folders.

DAY 4

MAIN IDEA: Grade by self H.m 2+3

LESSON:

Do H.m # 4 together using overhead T#1, 111

Main Idea of health this year and FOR LIFE...

DAY 5

MAIN IDEA: Our next section in Health class is dealing

LESSON: w/ your minds and your emotions. An emotion is a feeling inside you. Tell me an emotion. Discuss.

Video - All about Anger - See movie binder for details

Worksheet - what to do w/ Anger. Put into pairs 1st, then discuss w/ partner, then discuss w/ class and write answers on an overhead sheet

Health Is Well-Being

Directions: Complete the lesson outline by filling in the blanks.

The Three Parts of Health

1. Health is the condition of your _____, _____, and _____.
2. The three parts of health are
 - a. _____,
 - b. _____, and
 - c. _____.
3. How well your body works is _____ health.
4. The way you act, or _____, affects the three parts of health.

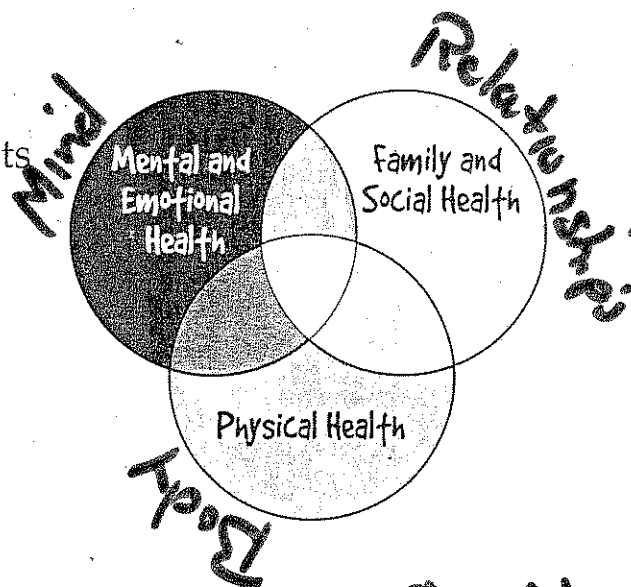
Healthful Behavior

5. Risk behaviors are actions that can _____ your health.
6. Ignoring your feelings is a _____ behavior.
7. Playing outdoors helps your _____ health.
8. Talking about your feelings helps your _____ health.
9. Fighting with others harms your _____ health.

continued

The Three Parts of Health

Health is the condition of your body, mind, and relationships. All three parts of health affect your well-being. The Venn diagram shows how the three parts of health are related. Use it to answer the questions on the lines provided.



1. What are the three parts of health?

- a. _____
- b. _____
- c. _____

2. How are all three parts like one another?

3. How do the three parts differ from each other?

4. In the diagram, the circles for each part of health are the same size. What does this tell you about the importance of each of the parts?

Quickly on
board draw

3 circles -

Ask class

what 1 word

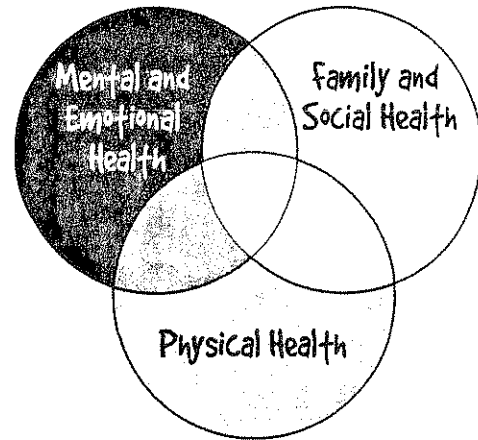
that we have
been talking
about is the

same as

"mental & emotional
Health".....

The Three Parts of Health

Health is the condition of your body, mind, and relationships. All three parts of health affect your well-being. The Venn diagram shows how the three parts of health are related. Use it to answer the questions on the lines provided.



1. What are the three parts of health?

a. _____

b. _____

c. _____

2. How are all three parts like one another?

3. How do the three parts differ from each other?

4. In the diagram, the circles for each part of health are the same size. What does this tell you about the importance of each of the parts?

What Do You Do With Anger

Think Page 3

Name _____

When something or someone makes you angry, what can you do? Talk about it with several classmates. Make a list of all the ideas your group thinks of.

*Look over your list. Put a star by the two ideas you like best.
Talk with your group about why you chose them.*

From 12th Grade Video

Use w/ 3rd Grade - Pg A-18

and a worksheet
what to
do w/
Anger

A final scene about using your words shows Jason having a very bad day. Everything seems to be going wrong, but with each incident Jason talks to himself and this helps him to calm down. The program is stopped here to do the "Use Your Words" activity sheets.

Scene 3: Get Busy

Jason wants to play with his favorite program game, but he discovers that the wires are all tangled. Jason gets mad and starts wildly yanking at the wires, and ends up breaking the game. The host explains that a person who feels angry has a lot of energy inside, and this energy needs to be used in ways that are not destructive. We see Jason doing a series of things to use up his angry energy: pounding clay, drawing a picture, playing the guitar, riding a bike, doing exercises. The host points out that any type of physical activity will burn up angry energy so that it doesn't get out of control. The program is stopped to do the worksheets for this section.

Conclusion

The host recaps the ways to cool off:

1. Freeze.
2. Count to ten.
3. Walk away.
4. Ask a question.
5. Talk about how you feel.
6. Write about how you feel.
7. Talk to yourself.
8. Kick a ball.
9. Draw a picture
10. Climb up high!

10 ways
to Cool Off!!

What Do You Do With Anger

Think Page 3

Name _____

When something or someone makes you angry, what can you do? Talk about it with several classmates. Make a list of all the ideas your group thinks of.

1. Stop and think
2. Talk to someone
3. Punch a pillow
4. Take a deep breath
5. Count to 10
6. Rest
7. Write a note to self
8. Bike / Run / Walk
- 9.

Look over your list. Put a star by the two ideas you like best.
Talk with your group about why you chose them.

1. Stop and think
2. Talk to someone
3. Punch a pillow
4. Take a deep breath
5. Count to 10
6. Rest
7. Write a note to self
8. Bike / Run / Walk
9. Freeze
10. Walk away
11. Talk to yourself
12. I - message
13. Draw a picture

Don't say anything
 15. 14. 13. 12. 11. 10. 9. 8. 7. 6. 5. 4. 3. 2. 1.

What Do You Do With Anger

Think Page 3

Name _____

When something or someone makes you angry, what can you do? Talk about it with several classmates. Make a list of all the ideas your group thinks of.

Use overhead
to write
the answers

On overhead
are the pens
& plastic
sheets to use

Last week's
other 3rd Grade
class's answers
are xeroxed in
back of the
Rotation #2 Packet

For you to
look @ if
needed!!



Look over your list. Put a star by the two ideas you like.
Talk with your group about why you chose them.

What Do You Do With Anger

Think Page 3

Name _____

When something or someone makes you angry, what can you do? Talk about it with several classmates. Make a list of all the ideas your group thinks of.

*Look over your list. Put a star by the two ideas you like best.
Talk with your group about why you chose them.*

From 1st Grade Video

Use w/ 3rd grade page A-18

A final scene about using your words shows Jason having a very bad day. Everything seems to be going wrong, but with each incident Jason talks to himself and this helps him to calm down. The program is stopped here to do the "Use Your Words" activity sheets.

Scene 3: Get Busy

Jason wants to play with his favorite program game, but he discovers that the wires are all tangled. Jason gets mad and starts wildly yanking at the wires, and ends up breaking the game. The host explains that a person who feels angry has a lot of energy inside, and this energy needs to be used in ways that are not destructive. We see Jason doing a series of things to use up his angry energy: pounding clay, drawing a picture, playing the guitar, riding a bike, doing exercises. The host points out that any type of physical activity will burn up angry energy so that it doesn't get out of control. The program is stopped to do the worksheets for this section.

Conclusion

The host recaps the ways to cool off:

1. Freeze.
2. Count to ten.
3. Walk away.
4. Ask a question.
5. Talk about how you feel.
6. Write about how you feel.
7. Talk to yourself.
8. Kick a ball.
9. Draw a picture
10. Climb up high!

What Steps Can You Take?

On each step of the ladder below, write one thing that you can do to help deal with your angry feelings.





What Can You Do When You're Angry?

Read each idea below. Make a check if you think that it will help to solve the problem.



1...10



- _____ 1. Break a pencil.
- _____ 2. Slam a door.
- _____ 3. Stop and stand still.
- _____ 4. Hit the person who made you angry.
- _____ 5. Take deep breaths.
- _____ 6. Count to ten.
- _____ 7. Throw something.
- _____ 8. Walk away.

Write a paragraph about one of the sentences above and why you think it is a good thing to do. Draw a picture to go with your paragraph, if you like.

Handwritten notes on the writing lines:

- Extra* (written over item 4)
- Option to do w/ 3rd grade if* (written diagonally across items 5-7)
- fine 1st grade* (written diagonally across items 7-8)
- From video* (written diagonally across the bottom of the writing area)
- Blank sheet attached* (written at the bottom right)
- Two smiley face drawings: one in a circle and one as a simple face.

What Can You Do When You're Angry?

Read each idea below. Make a check if you think that it will help to solve the problem.



- _____ 1. Break a pencil.
- _____ 2. Slam a door.
- _____ 3. Stop and stand still.
- _____ 4. Hit the person who made you angry.
- _____ 5. Take deep breaths.
- _____ 6. Count to ten.
- _____ 7. Throw something.
- _____ 8. Walk away.

Write a paragraph about one of the sentences above and why you think it is a good thing to do. Draw a picture to go with your paragraph, if you like.

[illegible]