

2009-2010 HEALTH LESSON PLANS

ROTATION WEEK # 2

GRADE 3 HOMEROOM Pogachnik, Earhart, Ivy

DAY 1

MAIN IDEA: Our next section continues to deal w/ your
LESSON: mind and your emotions. Last class you viewed the Video All About Anger. What are some ways for you to deal w/ your anger?

Text - Mind + Emotions Read + Discuss pgs A16- A21
11 min #7 + #8 Did pg 7 11 min Do by self then go over the answers

DAY 2

MAIN IDEA: Building Character

LESSON: Read + discuss pgs A22 - A27

Use quotes to show values of good character

Transparency #2 +

Be an "Advocate" for yourself!!!

DAY 3

MAIN IDEA: Video - Put Yourself in Someone Else's Shoes - 16 min

LESSON:

Begin w/ intro in video binder - pgs 4-5
Discuss? is to use on pg 7 (Pick a few to ask)
Do worksheet - Shoe Sayings Activity Sheet #2
If time remaining - do Word Search on Back

DAY 4

MAIN IDEA: Video - What is Courage - 15 min

LESSON: Program overview - pgs 2-3-4

Discuss video

2 sided paper - Do It Takes Courage - Put in their Health folders
Backside is a letter to parents.
A word find is also included if needed

DAY 5

MAIN IDEA: ~~Begin lesson on~~ Review the main ideas of

LESSON: ~~the work -~~

Building a character

What pg - was to put yourself in someone else's shoes?

Empathy

Courage - you are NOT born w/ courage - you

3 pages - Do ladder 1st - write in 7 ways to control anger -
Use anger sheet from movie last week if you need ideas

JAN 2010

#2 - Read together from sheet - 10 min
+ color w/ dark crayon the foot color
#3 - Do 1st 15 min
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AN 2010

Health - 3rd Grade

80 copies of :

7 + 8 - (B-to-B)

Shoe Sayings + Word Find (B-to-B)

It takes Courage - (B-to-B)

~~Word~~ Hidden Words -

Name _____

Date _____

Develop
Vocabulary

Your Mind and Emotions

Directions: Write the letter of the correct answer on the line.

- ____ 1. Having control over your emotions and actions
- ____ 2. A feeling inside you
- ____ 3. The way you think, act, or feel
- ____ 4. How you look, think, act, and feel
- ____ 5. A healthful way to talk about your feelings when you are upset

Vocabulary

- A attitude
- B emotion
- C I-message
- D personality
- E self-control

Directions: Answer the questions on the lines provided.

6. Tell a way to keep your self-control when you are angry.

7. What three things are included in an I-message?

Your Mind and Emotions

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

Healthful Ways to Show Emotions

1. An emotion is a _____ inside you.
2. A healthful way to express fear is _____ to a parent or trusted adult.
3. _____ is a healthful way to express sadness.

When You Are Angry

4. Self-control is having control over your emotions and _____.
5. In an I-message, you tell
 - a. _____;
 - b. _____; and
 - c. _____.

Staying in a Good Mood

6. Getting plenty of _____ helps you to stay in a healthful mood.

A Healthy Mind

7. One way to keep your mind healthy is to have a healthful _____.
8. Your mental, emotional, and physical health can be harmed by _____.

Shoe Sayings



There are lots of expressions that mention shoes. Here are some of them:

- "If the shoe fits, wear it."
- "The shoe is on the other foot."
- "It will be hard to find someone who can fill his shoes."
- "Put yourself in my shoes."

One of the expressions is appropriate for each situation below. Write each sentence on the line where it belongs.

1. Joe told Sam the news that the soccer coach was leaving.
"Oh no," said Sam. "He's the best coach we've ever had."
"I know," said Joe. _____



2. It was time for Marcy and Sue to clear the table and wash the dishes.
"I have a headache," said Marcy.
"You always get a headache when there's work to do," Sue said.
"Are you saying I'm lazy?" asked Marcy.
Sue replied, "_____"



3. Mike left his homework on the bus and Mrs. Stern scolded him. Danny laughed at him, and that made Mike mad. The next day, Danny forgot his homework.
"Ha!" said Mike, "_____"

4. Mrs. Evans always invited Ray in for milk and cookies. One day she asked him to rake the leaves for her. When she offered to pay him, Ray wouldn't take the money.
"Why didn't you let her pay you?" asked Tara.
Ray said, "_____
Would you let her pay you after she had been so good to you?"

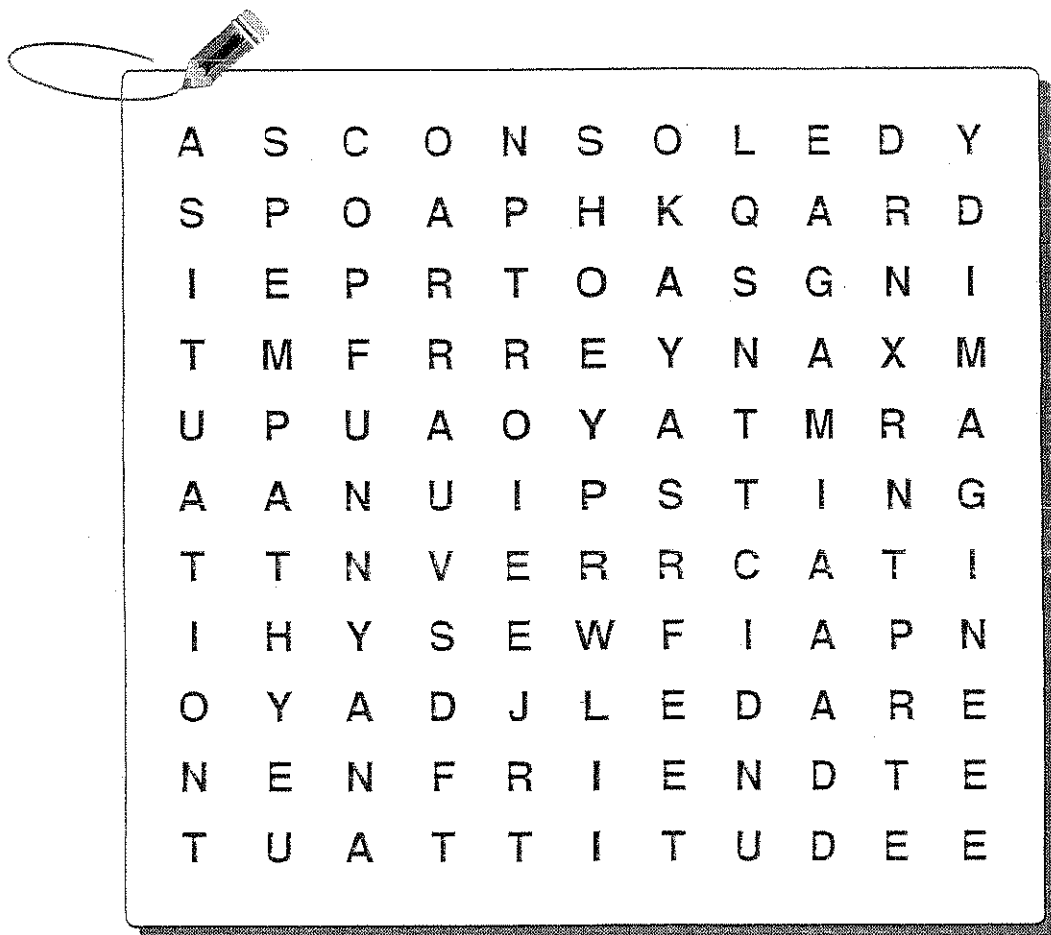


Name _____

Hidden Words

Activity
Sheet
13

All the words in the wordbox are hiding in the puzzle below. Circle each word that you find. Words can be found horizontally, vertically, or diagonally.



WORDBOX			
ANGRY	EMPATHY	IMAGINE	SORRY
APPROPRIATE	DARE	OAR	STING
ATTITUDE	FAIR	OKAY	TEASE
CARE	FEET	SAD	UNDERSTAND
CAT	FRIEND	SHOE	
CONSOLE	FUNNY	SITUATION	

Name: _____

Date: _____

Activity Sheet 10

Hidden Words

All the words in the wordbox are hiding in the puzzle below.
Circle each word that you find. Words can be found horizontally,
vertically, and diagonally.



C	O	U	R	A	G	E	P	S	W	S	K	P
H	H	Y	O	S	M	N	E	P	Y	R	V	E
A	F	O	D	A	I	C	R	I	E	A	R	R
L	O	D	I	S	C	O	U	R	A	G	E	S
L	R	U	C	C	D	U	V	I	N	V	S	E
E	T	L	T	L	E	R	O	T	O	A	O	V
N	I	J	I	X	W	A	A	T	J	L	L	E
G	T	M	O	H	F	G	K	H	G	U	U	R
E	U	E	N	L	M	E	T	T	L	E	T	A
W	D	G	A	D	O	B	L	A	A	S	I	N
B	E	O	R	E	R	O	D	N	E	A	O	C
P	G	S	Y	S	T	A	N	D	U	P	N	E

WORD BOX

courage	mettle	dictionary
resolution	perseverance	discourage
spirit	encourage	fortitude
challenge	choice	stand up
goal	values	

Send-Home Page



Dear Family Member:

Your child viewed a program called **What Is Courage? Building Character**. This video helps children understand that courage is not confined to people who perform extraordinary acts of bravery, but can also be found in individuals who act courageously in ordinary, everyday situations. Here are some points about courage that your child learned from the video:

- There are many synonyms for courage: some examples are mettle, perseverance, resolution, fortitude, spirit, guts, strength of mind.
- There are many ways to demonstrate courage.
- Courage is not something we are born with. It comes from within, from the choices we make.
- Some of these choices are overcoming fear and doubt and rising to a challenge, persevering in pursuit of a personal goal despite the threat of failure or defeat, and standing up for what you believe is right.

Here are some ways to engage your child in a discussion of courage and its meaning in everyday life:

- Introduce the topic: Ask, "What's the first thing you think of when you hear the word 'courage'?"
- Talk about someone you admire for the extraordinary courage he or she showed in his or her life. This could be an historical person, like Mahatma Gandhi, or a sports hero like Lou Gehrig or Jackie Robinson, or someone who stood up for what was right, people like Martin Luther King, Jr. or Rosa Parks. But it also might be someone in your family, or someone you read about like the thousands of people who displayed acts of courage after the terrorist attacks on September 11, 2001.
- Talk about a time when there were challenges in your life that called for courage, when you: overcame your fears or doubts and found you could do something you didn't think you could do; persevered despite the threat of defeat or failure; or stood up for something you knew was right.
- Describe the pressure you felt in the situation. You had a choice: you could do nothing, or you could rise to the challenge and make a difference.
- Together with your child, read books that focus on the theme of courage. Here are two you might use:

Naylor, Patricia Reynolds. *One of the Third-Grade Thonkers*. Macmillan, 1988.

Shreve, Susan. *Joshua T. Bates Takes Charge*. Knopf, 1993.

Name: _____

Date: _____

Activity Sheet 2

It Takes C-O-U-R-A-G-E

In each of the following situations, circle the degree of courage you think you would need to rise to the challenge, then write one or two sentences telling why.

How much courage would it take for you to:

- tell your best friend to stop teasing a new classmate?

a little some a lot

- try a new activity that you've never tried before?

a little some a lot

- refuse to go along when friends are planning something dangerous?

a little some a lot

- disagree with someone and risk losing that person's friendship?

a little some a lot

Handling Anger

You can handle your angry feelings.

Just Stop and Think.

1. Use Emergency Anger Control Procedures.

- Count to ten.
- Talk to yourself.
- Take a deep breath.
- Walk away.

2. Get your feelings off your chest.

Tell how you feel to the person who is making you angry without name-calling or blaming.

Then you can:

3. Try to solve the problem. Do something positive.

Take action to turn your angry feelings around.

Remember, you can control your angry feelings so they don't control you.

Find Your Way Out of the Anger House

Sometimes it takes a little time to get over feeling angry.

What kinds of activities make you feel better?

Pretend that you are in the angry house. To get out you must follow the maze of rooms. In each room, write one activity that makes you feel better. Keep going until you are out of the anger house.



Start

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.

