

Health Education Today – Unit Outline



Included in the “Beginning a Term” High School Lessons:

1. 81 pages of detailed teacher directions walk you through PowerPoint slides for every lesson.
2. 111 main PowerPoint slides.
3. Stand-alone lessons that can be taught in any order!

DAY 1 LESSONS:

- Start the year with a “First Day of School” lesson that has been proven successful year after year.
- Introduce yourself to students using a fun quiz about you (template included).
- Administer a “Learning Styles Survey” to help students understand how they learn best.
- Provide a “Learning Styles Explanation Handout” to deepen their understanding.
- Share amazing YouTube videos that students love!

DAY 2 LESSONS:

- Encourage students to develop an “I will” attitude with engaging activities.
- Introduce the "Famous Failures" version of the "I Will" theme, tailored for high school students.
- Use the theme, "Stop saying 'I wish' and start saying 'I will,'" to inspire determination.
- Implement the Classroom File Folders System for organization.
- Allow students to personalize and decorate their file folders.
- Introduce “Learning Target” posters and “Success Criteria Student Worksheets” to set clear goals.
- Show fun and inspiring videos to motivate students.

DAY 3 LESSONS:

- ★ **NEW!** Kick off the day with "Monday Morning Motivation" videos, featuring reflection questions to start the week on a positive note.

DAY 4 LESSONS:

- Present *The Little Red Hen* "I Will" Class Theme PowerPoint Story. A buyer once shared how students gave a round of applause after completing the included "Little Health Teacher" version!

DAY 5 LESSONS:

- Administer the Final Health Assessment as a pre-test to gauge students' knowledge at the start of the term.
- Use the "Anonymous Teen Health Survey" to gain insight into students' perspectives on various health topics. Highlight how student perceptions often differ from reality. For example, when students think, "Almost everyone drinks alcohol," the survey data reveals that only 26% of 140 peers surveyed had EVER consumed alcohol outside of family settings.

DAY 6 LESSONS:

- Optional: Use a "Getting to Know Your Classmates" icebreaker activity to build rapport.
- Practice communication skills with a partner activity that focuses on active listening.

DAY 7 LESSONS:

- Create a Mahatma Gandhi Poster project, complete with an "Artwork Rubric" to guide students.
- Introduce an "Art Competition for Extra Credit System" to inspire creativity.

DAY 8 LESSONS:

- Engage students in creating classroom rules with the "Sticky Note Rules" activity, allowing them to contribute to the classroom environment (template provided).

DAY 9 & 10 LESSONS:

- Challenge students with the Famous Old Proverbs Activity, encouraging critical thinking and discussions about the meaning behind classic proverbs. (See the “Preview” section for details.)