

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

Day 1: WHAT IS EMPATHY

- -Definition of Empathy
- -"Empathy Survey"
- -"Empathy Homework"
- -Empathy Video

Day 2: OVERCOMING LABELS AND STEREOTYPES

- -"Venn Diagrams" activity
- -Labels and Stereotypes Discussion
- -"Bystander Effect" Video (Try this on your students!)

Day 3: OVERCOMING HARDSHIPS

- -"The Gingham Dress"
- -"Overcoming Hardships" Worksheet
- -"Our Words Have Power Activity"
- -Empathy Can Change the World!

Day 4: OUR WORDS HAVE POWER

- -Empathy in "Perspectacles"
- -"What Would It Be Like" Worksheet
- -"If you Really Knew Me Activity"

Day 5: POWERFUL LIFE STORIES PROJECT

- -“Life Story Posters Project” (This is my all-time favorite activity! Very impactful and can be class-changing!)

Day 6+7: IMPROVING SELF-ESTEEM & PERSONALITY SURVEYS!

- -“Self-Esteem Survey” (Taken from "Self-Esteem Unit")
- -"Positive Self-Talk Activity" (Taken from "Self-Esteem Unit")
- -Work on “Life Story Posters”
- -How to Deal with Bullying
- -Personality Survey

Day 8:

- -“Overcoming Hardships Inspiring Articles Activity”
- -Reflection

Day 9: RECOGNIZING AND STOPPING PREJUDISMS

- -Prejudisms Discussion
- -Reading true stories
- -Prejudism Video

Day 10: More on PREJUDISMS

- -2020 to Current Events!
- -"Say Our Names" Project
- -One person can make a difference
- -Share “Life Story Posters” in small groups activity

Day 11: PROTECTION AGAINST VIOLENCE

- -Intro to violence
- -Definition of violence
- -True story articles
- -"Risk and Protective Factors Survey”

Day 12: CONTROLLING ANGER!

- -Understanding anger
- -Body cues
- -"Anger Survey"
- -Setting an anger goal
- -Optional Anger Cartoon

Day 13: RISK FACTORS FOR VIOLENCE

- -20 risk factors for violence
- -Don't hang out with violent people
- -Violence Video
- -What's the big deal about fights?

Day 14: BEING ASSERTIVE, NOT AGGRESSIVE

- -"Values Lesson"
- -Assertive, NOT Aggressive
- -"Assertiveness Survey" (Taken from "Conflict Resolution Unit")
- -What Life is Like in Prison video
- -"Blind, Paralyzed, or in Prison for Life"

Day 15 + 16: STOP BULLYING AND SUPPORTING VICTIMS

- -"Stop Bullying: Making Your Voice Count Activity"

Day 17: BULLYING AND EMPATHY DIGITAL ESCAPE ROOM!

- -Get interactive on Google Forms with this great survey with a "coded" message!

Day 18: FORGIVENESS

- -Violence Video
- -Ex prison inmate talks about forgiveness!
- -Super powerful Forgiveness Activity

Day 19: EMPATHY FINAL TEST

- -Wrap Up Video
- -“Empathy Test” (written or outloud)

Day 20: GUEST SPEAKER

- -Guest Speaker: My Vice-Principal comes and go over all the school rules, and our Resource Deputy goes over all the state laws on bullying, harassment, violence, fights, cyber bullying, etc. (Many things that are against school rules are not actually against the law off campus, out in public!)