

Thanks for previewing!

Overcoming Hardships Motivating Articles

Dwayne Johnson (The Rock):

The Rock has been listed as **one of the all-time greatest professional wrestlers as well as one of the top box office draws in wrestling history**. Over his acting career, he has become **one of the highest paid and most successful actors in Hollywood**.

Childhood: Dwayne Douglas Johnson was born on 2 May, 1972 in Hayward, California. He was a professional wrestler while his mother Ata Fata Johnson was a professional wrestler. His father is of Black Nova Scotian origin, which explains his exotic looks.

It was difficult for Johnson. He briefly lived with his mother's family. He returned to the U.S. with his



attended Hamden Middle School in Hamden, Hawaii. As he entered 11th grade, he moved to Bethlehem, Pennsylvania, where Johnson began playing football at the conference (PFLA). 11th grade might have been a difficult time to be the



Henry William Dalglish Cavill

Cavill is a British actor. He is known for his portrayal of Charles Brandon in Showtime's *The Tudors* (2007–2010), DC Comics character Superman in the DC Extended Universe, Geralt of Rivia in the Netflix fantasy series *The Witcher* (2019–present), as well as

Sherlock Holmes in the Netflix film *Enola Holmes* (2020).



ON GOOGLE DRIVE!

Dua Lipa

Born 22 August 1995 is an English singer and songwriter. Possessing a mezzo-soprano vocal range, she is known for her signature disco-pop sound. Lipa has received six Brit Awards, three Grammy Awards, two MTV Europe Music Awards, an MTV Video Music Award, two Billboard Music Awards, an American Music Award, and two Guinness World Records.



Ariana Grande:



Ariana Grande is a singer known for such hit songs as "Dangerous Woman." She has won several Grammy Awards, including Artist of the Year. Grand has also performed on *Saturday Night Live*. Her talents to the show, i

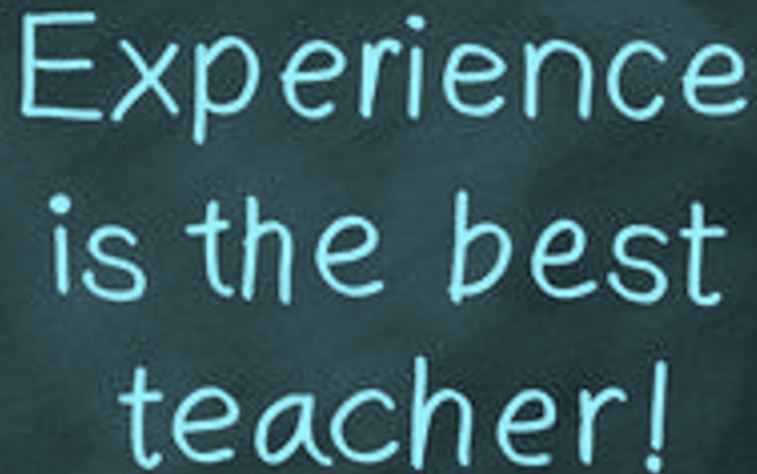
Health Education Today

Overcoming Hardships Sub Plans for Middle and High School



1. This Program's Creator is a Qualified Teacher

◆ I am a National Board Certified Teacher with a Master's of Education Degree and I have many years of experience teaching Health.



Experience
is the best
teacher!

2. The Program Meets Educational Health Standards:

◆ It meets **5 of 20** National Common Core Standards.

(For Technical Subjects 9/10 Grade level)



It also meets **11** State Health Standards

◆ It meets **5 of 8** Health Standards detailed “Performance Indicators.”



Here's What Buyers are Saying:

"A lifesaver!" "Awesome!" "Engaging."

"It is so nice to know that they will be accomplishing something meaningful when I am out."

"My grade sevens were talking and sharing. Loved it!"

"This gives a contemporary new twist which will be interesting to my students."

"Students looked forward to reading the authentic real world experiences in the articles. Thanks so much!"

3. Here's an example of what is in this unit:

Overcoming Hardships Distance Learning + In-Class Lesson -1 to 5 Days -

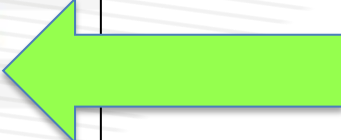
Name
1. Teacher Directions Online or In Class.docx
1. Teacher Directions Online or In Class.pdf
2. PowerPoints
3. Docs
4. Sub Plans Motivating Articles
5. STANDARDS MET
6. Learning Targets

NEW! Overcoming Hardships

On line Version: I used a PowerPoint with step-by-step directions and teaching points to walk students at home through this lesson.

Name
1. Teacher Directions.docx
1. Teacher Directions.pdf
2. PowerPoints
Distance Learning PowerPoint.pptx
In Class Version PowerPoint.pptx
3. Docs
Celebrity Overcoming Homework.docx
Celebrity Overcoming Homework.pdf
Extra Celebrity Articles
Great Quotes.docx
Great Quotes.pdf
Mahatma Gandhi Poster.docx
Mahatma Gandhi Poster.pdf
Overcoming Articles.docx
Overcoming Articles.pdf
Overcoming Reflections and Key.docx
Overcoming Reflections and Key.pdf
Overcoming Survey.docx
Overcoming Survey.pdf
Overcoming Worksheet.docx
Overcoming Worksheet.pdf

Now on
GOOGLE DOCS!



4. Standards are at the Beginning of Each Lesson:

In Class Version: Overcoming Articles

Washington State Middle and High School Standards

Common Core Standards

Content Learning Target

WA State 8th Grade Standards Met:		My State Standards Met:
<ul style="list-style-type: none"> -Analyze interrelationships of personal dimensions of health. H1.W1.8 -Explain how bystanders can help prevent, reduce, and avoid violence. H1.Sa3.8b -Demonstrate communication skills to enhance health and avoid or reduce health risks. H4.W5.8 -Demonstrate ways to manage or resolve interpersonal conflict. H4.So4.8 -Describe possible consequences of harassment, intimidation, and bullying. H1.So5.8a -Advocate for a bully - free school and community environment. H8.So5.8 		
WA State High School Standards Met:		
<ul style="list-style-type: none"> -Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS -Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS -Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.So4.HS -Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS -Demonstrate effective communication skills to express emotions. H4.So4.HS 		
National (By 8th Grade) Standards Met: 1, 2, 4, 5, 7, 8		
National High School Standards Met: 1.12.1, 1.12.3, 1.12.4, 1.12.5, 1.12.7, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.7, 6.12.1, 7.12.1, 7.12.2, 7.12.3, 8.12.1		
Common Core Standards Met: Reading 1, 2, 8 / Writing 4, 6		
Materials Needed:		
Packet	-"Empathy/Violence Packet"	-They should have this from Day 1
Printed Materials	-"Overcoming Articles Worksheet" and "Overcoming Articles" -Article Reflection -"Celebrity Homework"	- Print 1 worksheet for each student. - Print about 7 class sets of articles -Print 1 for each student -Print 1 for each student
Optional:		
Video Learning Target	Content: I will learn how people overcome hardships.	Behavioral: I will work on overcoming my hardships.
Assessment	"Overcoming Articles Worksheet" will be turned in and graded. "Overcoming Celebrity Homework" will be turned in and graded. Optional: "Overcoming Hardships Reflections" can be turned in and graded. Optional: "Motivating Art Posters" and/or "Mahatma Gandhi Poster" can be turned in and graded.	

Your Own State Standards

National Health Standards

Materials Needed

Behavioral Learning Target

Optional: Lesson Assessment

5. THERE ARE 3 FORMATS TO CHOOSE FROM:

1. Here is the presentation to teach in class:

20 slides!

2. Or here are the sub plan directions:

Print for Your Sub:

Substitute Directions: Motivating Art

Equipment Needed:

Either teacher print articles and worksheet and have printed the materials yet, the sub will need to print the Articles are in main folder "Docs" folder. (Or, make sure you have a version of the articles link below!)

- 1) Print "Overcoming Worksheet" - (Print one for each student)
- 2) Articles. Choose one of these 3 ways to use articles

A) If possible, print 1 original set of "Overcoming Articles" class sets of articles with each set on a different color of paper. Once printed, the teacher can put them in protector sheets

B) Or, NEW! I now have the articles on Google Docs to save space. See detailed directions on how to have students access Google Drive

Overcoming Articles on Google Drive: These will need to be printed. <https://drive.google.com/file/d/1TURKRJLKa2y9NltuQBNS9x...>

-Optional: There are a few really motivating videos of some people overcoming hardships. Previewing these, mark if you want your sub to show any of these

Mark Here if you want your sub to show any of the videos

Jonathon Antoine: <https://www.youtube.com/watch?v=...>

Shaquem Griffin: <https://www.seahawks.com/video/n...>

Adele: <http://mir.com/articles/112785/meaning-of-adeles-hello-01hrGHTW?>

Drake's "Shiggy Dance": <https://www.youtube.com/watch?v=...>

Set Up/Additional Teacher Directions:

-Seating Charts are:

7.

Here are some Examples From the Lessons:

Step-by-step STUDENT directions + articles + fill-in worksheets ALL ONLINE on **GOOGLE SLIDES!**

Distance Learning!

	What they are famous for:	List 2 Hardships they faced:	How did they overcome?:	What is one good lesson you can learn from the life of this person?
Meghan (Markle)Duchess of Sussex	X	X	X	X
Drake	X	X	X	
Emma Stone	X	X	X	
Chris Pratt	X			

Dwayne Johnson (The Rock):

The Rock has been listed as **one of the all-time greatest professional wrestlers as well as one of the**



Over his acting career, he has become one of the most successful actors in Hollywood.

In 2012, he was named one of the most powerful people in the world by Time magazine. He is also a professional wrestler and actor.

He was born in Hawaii. As he entered 11th grade, his mother died, and he began playing football at a difficult time to be the

Ariana Grande:



Dion and Whitney Houston.

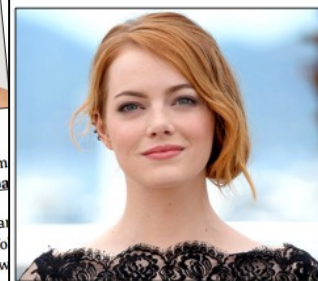
Childhood: Grande's family moved to Florida when she was pregnant with her, and her father was a

Career: In 1993 Ariana began singing in a Broadway play at age 15, followed by a role on TV's *Victorious*. She followed this with a chart-topping musical career in 2014, *Dangerous Woman* (2018). **Her popularity has increased on Instagram, Twitter and**

Ariana Grande is a sitcom-star-turned-pop music sensation, known for such hit songs as 'Problem,' 'Bang Bang' and 'Dangerous Woman.' Grande has **been nominated for two Grammy Awards, won three American Music Awards, and won the MTV Video Music Award for Best Female Video**

In 2012, he was named one of the most powerful people in the world by Time magazine. He is also a professional wrestler and actor.

Emma Stone Opens Up About Dealing With Childhood Anxiety



HEALTHY LIVING
12/22/2016 05:23 pm ET
By Lindsay Holmes

"If I listen to it enough, it crushes me."

For Emma Stone, growing up wasn't always easy.

The "La La Land" actress recently opened up about the anxiety she's experienced since the age of seven and how her brain works.

"My anxiety was constant," she told EW. "I would lay out. What time was she going to get out the door to school?"

Her parents noticed how much the anxiety was affecting her. Her therapist, Stone, who said **seeking help performing helped abate her symptoms**

Read the "Overcoming Articles": Be inspired by the hardships famous people overcame. (Just like your family was so poor they slept in a tent.)

- 1) Have a goal as you overcome your hardships
- 2) See what hardships famous people faced and how they overcame them. Different people found different ways to overcome their hardships.
- 3) Be motivated to overcome your own hardships

Dua Lipa



Born 22 August 1995 is an English singer and songwriter. Possessing a mezzo-soprano vocal range, she is known for her signature disco-pop sound. Lipa has received six Brit Awards, three Grammy Awards, two MTV Europe Music Awards, an MTV Video Music Award, two Billboard Music Awards, an American Music Award, and two Guinness World Records.

ALL DOCS are EDITABLE!



JIM CARREY BIOGRAPHY

Born: 17 January 1962
Where: Newmarket, Ontario, Canada
Awards: Won 2 Golden Globes, nominated for 1 BAFTA
Height: 6' 2"

He was born James Eugene Carrey on the 17th of January, 1962, in Newmarket, Ontario (it's worth noting that his first movie film was... Green and M...)

Articles on
GOOGLE DOCS
or for **PRINT!**

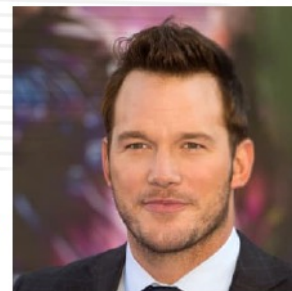


Singer Adele

is a Grammy Award-winning artist whose throwback soulful music is filled with hits like 'Rolling in the Deep' and 'Someone Like You'.

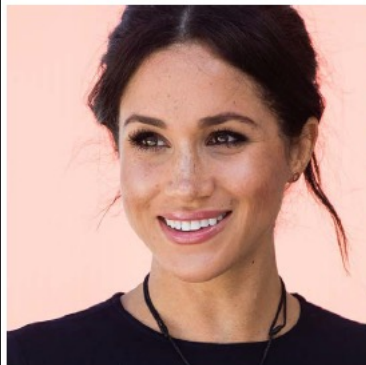
Actor Chris Pratt

Chris Pratt is a popular American actor who gained international fame with his stellar performances in films like 'The Lego Movie', 'Guardians of the Galaxy' and 'Jurassic World'. Chris Pratt's exceptionally brilliant performance in 'Guardians of the Galaxy' (2014) earned him the **Golden Globe for Best Actor**, **Academy Award for Best Actor**, **BAFTA Award for Best Actor**, **Saturn Award for Best Actor**, and **Screen Actors Guild Award for Best Ensemble and Saturn Award for Best Actor**.



15 Celebrities!

Meghan (Markle): Duchess of Sussex



Meghan, Duchess of Sussex, is a retired **American actress who became a member of the British royal family upon her marriage to Prince Harry**. During her studies at **Northwestern University**, Meghan began playing small roles in American television series and films. An outspoken **feminist**, **Markle has addressed issues of gender inequality, and her lifestyle website The Tig featured a column profiling influential women. Her humanitarian work in the 2010s saw**



her represent international charity organizations.

Childhood: Markle was born and raised in Los Angeles, California, and is of mixed-race heritage.

Amanda Gorman: Youth Poet Laureate from 2017 delivers a poem at President Joe Biden's inauguration.



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9. Here are more Examples From the Lessons:

★Here is what buyers have to say:

-*"A lifesaver!" "Awesome!" "Engaging."*

-*"This gives a contemporary new twist which will be interesting to my students."*

11. If you still have time, you can show any motivating videos you like. HERE ARE SOME IDEAS:

Billie Eilish - come out and play (Audio)

https://www.youtube.com/watch?v=xXFdnHiGwos&list=PL8me6B-LQqmYLETH25_IsYNIhKr_8tkkc&in

Powerful Inspirational tr

<https://www.youtube.com/w>

Nike: Find Your Greatnes

<https://www.youtube.com/w>

These are older, but favor

"Susan Boyle's Famous A

<http://www.youtube.com/w>

"Dear Me Series":

<https://www.youtube.com/>

<https://www.youtube.com/>



Opera duo Charlotte & Jonathan - Britain's Got Talent 2012 audition - UK version

Help in Overcoming Hardships Quotes:

Directions: Circle any you feel are inspiring

How can something bother you if you won't let it? ~The Quote Garden

A bend in the road is not the end of the road... unless you fail to make the turn. ~Author Unknown

I know God will not give me anything I can't handle. I just wish that He didn't trust me so much. ~

The only thing that overcomes hard luck is hard work. ~Harry Golden

We must try not to sink beneath our anguish... but battle on. ~J.K. Rowling

I ask not for a lighter burden, but for broader shoulders. ~Jewish Proverb

Who will tell whether one happy moment of love or the joy of breathing or walking on a bright mo

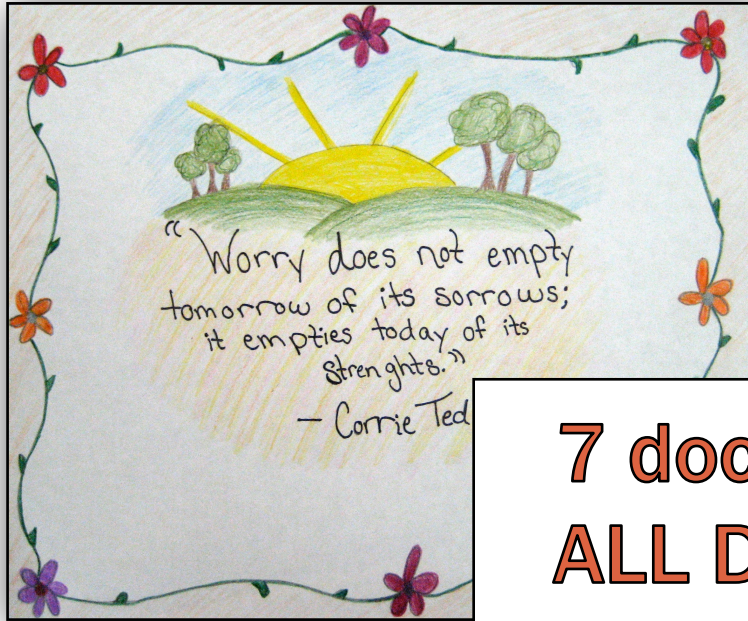
the fresh air, is not worth all the

Turn your wounds into wisdom.

22 links to
free videos!



10. Here are more Examples From the Lessons:



Selena Gomez: Actress/Singer

Selena Marie Gomez is an American **singer, actress, and producer**. After appearing on the children's television series *Barney & Friends*, she received wider recognition for her portrayal of Alex Russo on the Disney Channel television series *Wizards of Waverly Place*, which aired for four seasons from 2007 until 2012.



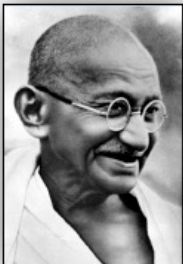
Throughout her career, she has won **an American Music Award, a People's Choice Music Award, and eighteen Teen Choice Awards**.

She was born in Grand Prairie, Texas on July 22, 1992. Her mother, who was adopted, has some Italian ancestry.

7 documents-
ALL DOCS are
EDITABLE!

Your habits become your destiny.

Your values become your destiny.”



— Mahatma Gandhi

Be Above the Past - Overcome Hardships:

Put an “x” by any tip that might help you deal with past hardships, be a healthier person, or get along with others better

- be more assertive - set my boundaries and make them known!
- laugh and enjoy life more
- celebrate the changes I see in myself
- take baby steps out of my shyness
- believe in myself
- choose to have a more positive attitude
- stop comparing myself to others
- do better about writing in a journal



11. This Program is all About the Students...

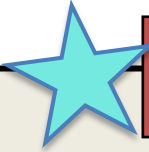
◆ The program is classroom and “**kid-tested,**” teacher-approved, and full of real student examples and responses.

◆ It promotes **high student engagement and interaction!**

◆ This lesson **challenges and touches the lives and wellness of teens!**



12. Buy it Today, Teach it Tomorrow!



Here is what makes this program unique!!

- ◆ This program features highly organized step-by-step teacher directions follow daily PowerPoints, and the directions tell you exactly to say!!
- ◆ **Documents and PowerPoints are editable** and docs are included in both Word and PDF formats.
- ◆ PowerPoints are full of what's trending, photos, and video links teens will appreciate.



About the Author:



- ◆ I've been a certified K-12 Physical Education and Language Arts teacher for many years (19 of those years also include my Health certification). Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

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Owl and Yosemite Photos by me.

WA Standards From: <http://www.k12.wa.us/healthfitness/Standards.aspx>

NYC Standards From:

<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealtheducation/healthPEFACSLearningStandards.pdf>

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