



Grade 10 Sample Lesson Plan: Unit 13 – Wellness Challenge Take 2

SOLs

- 10.3A Create or modify a personal wellness plan (goals and action steps based on current guidelines) for healthy eating, physical activity, sleep, and personal hygiene

Objectives/Goals

- Students will select a SMART goal that they will then follow for the next 30 days.

Materials

- [Ted Talk](#) video by Matt Cutts
- Wellness journal.

Procedure

These lessons will help students to obtain the skills necessary to be successful with wellness goals that they set for themselves.

Step 1	<ul style="list-style-type: none">Choose <i>three</i> of the following questions and answer them thoroughly.	<ul style="list-style-type: none">★ What new things have you done recently?★ What's something you want to try to do?★ Is there anything you want to stop doing?★ What healthy habits do you have?★ How much time do you need to form a habit?★ What things do you do that are unhealthy?★ Do you like to try new things? Why/why not?
Step 2	<p>Watch the Ted Talk video by Matt Cutts again.</p> <ul style="list-style-type: none">o This video will highlight the importance and benefits of a 30-day challenge.	<p>Matt Cutts Ted Talk:</p> <p>http://bit.ly/Tv5Uux</p>

Step 3	Answer <u>ALL</u> of the following questions from the Matt Cutts TED talk:	<ul style="list-style-type: none">★ Why do you think he chose harder challenges as time passed?★ Name three challenges you might try where you add a new thing to your life.★ Why do you think it's important to make small, sustainable changes if you want a new habit?★ Why does he say “if you want something badly enough” before saying you can do anything for 30 days?★ He mentions a few good things about doing the challenges-- they make his life more memorable, he gains confidence, he becomes more adventurous-- -do you agree that doing the challenges would have those results?
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<p>Step 4</p>	<p>Choose and complete your challenge.</p> <ul style="list-style-type: none">★ You are going to choose <u>one</u> of the three challenges below and start it for 30 days.★ You must keep a daily journal about your challenge.★ You will complete this in a google doc and then upload it into Google Classroom.	<p><u>30 Day Challenge #1</u></p> <p>Go to http://www.doyouyoga.com/courses/30-day-meditation-challenge/</p> <p>Stress Management Challenge: 10 minute meditation</p> <ul style="list-style-type: none">★ This is a Stress management challenge.★ Sign up for the 30-day meditation challenge. It is Free★ If you are interested in finding out more about meditation, please collect below:★ Complete one 10-minute segment per day and then make an entry into your journal. <p><u>30 Day Challenge #2</u></p> <p>Go to http://www.niashanks.com/30-day-challenges/ .</p> <p>Nutrition Challenge: One Meal-a-Day</p> <ul style="list-style-type: none">★ No, this does not mean you'll eat a single meal per day! This challenge entails <i>changing</i> one meal per day from current habits.★ This will depend greatly on your current eating habits,
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		<p>but practically anyone can find <i>something</i> to change.</p> <p>★ If your first meal of the day isn't typically the greatest of choices, then that's where you should start.</p> <p>Using this example your sole focus for the next 30 days is making your first meal of the day a great choice. That is the ONLY change you're making for 30 days, but you must do it every single day.</p> <p><u>30 Day Challenge #3</u></p> <p>Go to http://www.niashanks.com/30-day-challenges/ .</p> <p>Physical Activity Challenge: 10 Minutes Plus</p> <p>★ This isn't the typical 30day fitness challenge.</p> <p>★ This is applicable to those who just can't stick to a fitness program for more than a week or so, and even someone who's wanting to increase their activity level.</p> <p>★ Every day for the 30 day challenge, do <i>something</i> physically active for at least 10+ minutes.</p> <p>★ If you are already on a fitness routine, add 10 minutes more to it by adding stretching, yoga, walking the dog, etc.</p>
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Step 5	<ul style="list-style-type: none">★ Every day you will type in your journal.★ You must copy and paste the empty journal to make new days.★ You also must type something different into your journal about your challenge.★ If you did not complete your challenge that day, a full explanation of the barrier to meeting your challenge that day.★ If you were successful, discuss how that happened and how that made you feel.	
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References

- Melanie Lynch, M.Ed. State College Area High School

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.