



Grade 10 Sample Lesson Plan: Unit 6 – Health Dice: Healthy Decisions

SOLs

- 10.2 The student will analyze, synthesize, and evaluate the protective factors needed to make healthy decisions throughout life.

Objectives/Goals

- To apply healthy decisions to a range of health related scenarios

Materials

- Introducing Health Dice Powerpoint
- Health Dice (will require cutting and glueing in advance)
- Or Health Spinners (requires less cutting and no glueing in advance)

Procedure

Step 1

Introduce the health dice to students via the Health Dice Powerpoint. There are 3 icons on the 2nd slide that link to resources for the teacher to check out in advance.

Slide 2 – Use health dice templates. Ask students to choose one template and list health related words that they think are represented with each icon. An icon might inspire any number of words.

Slide 3 – Watch a short video of students using the dice to create a story:

<https://slowchathealth.com/2017/02/14/story-cubes/>

Slide 4 – Using the 9 icons on the slide in any order, create a health related scenario. Encourage students to weave in elements covered in class. All scenarios must end positively as a result of good decisions being made, resources being accessed, health enhancing behaviors being applied etc.

Step 2

In small groups (4/5 works best) students create their own scenarios using the

dice/spinners. Give them multiple opportunities to create scenarios. With practice they will become more confident at creating increasingly complex scenarios.

Allow students to re-tell their scenarios to their peers.

Step 3

If you have a very good group, ask if they would be willing to be filmed while recording a live, unrehearsed roll of the dice. This can be shared with their peers, and/or other students that you teach.

References

- Andrew Milne, New Trier High School