



Grade 10 Sample Lesson Plan: Health Dice: Healthy Decisions

SOLs

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.

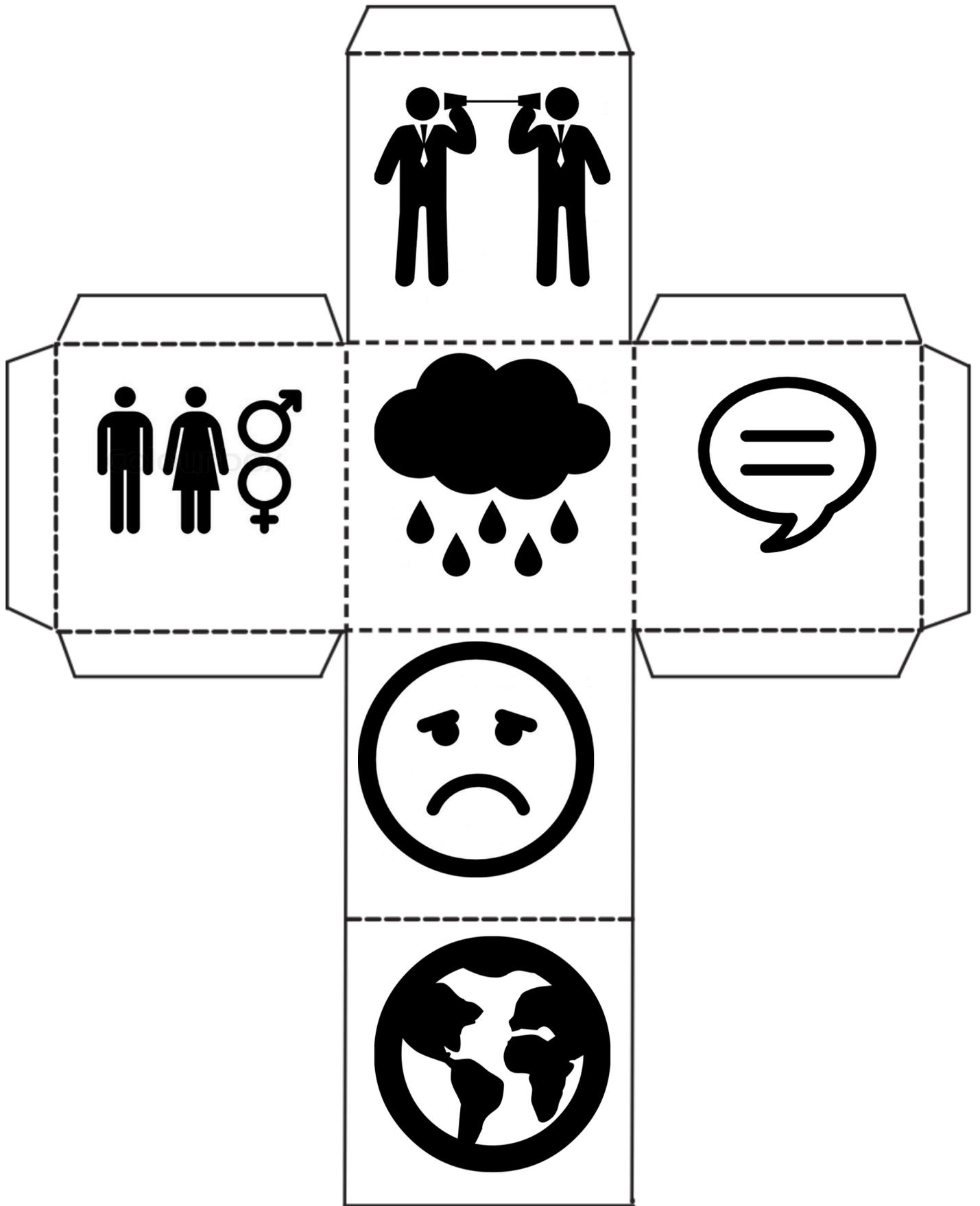
Allow students to re-tell their scenarios to their peers.

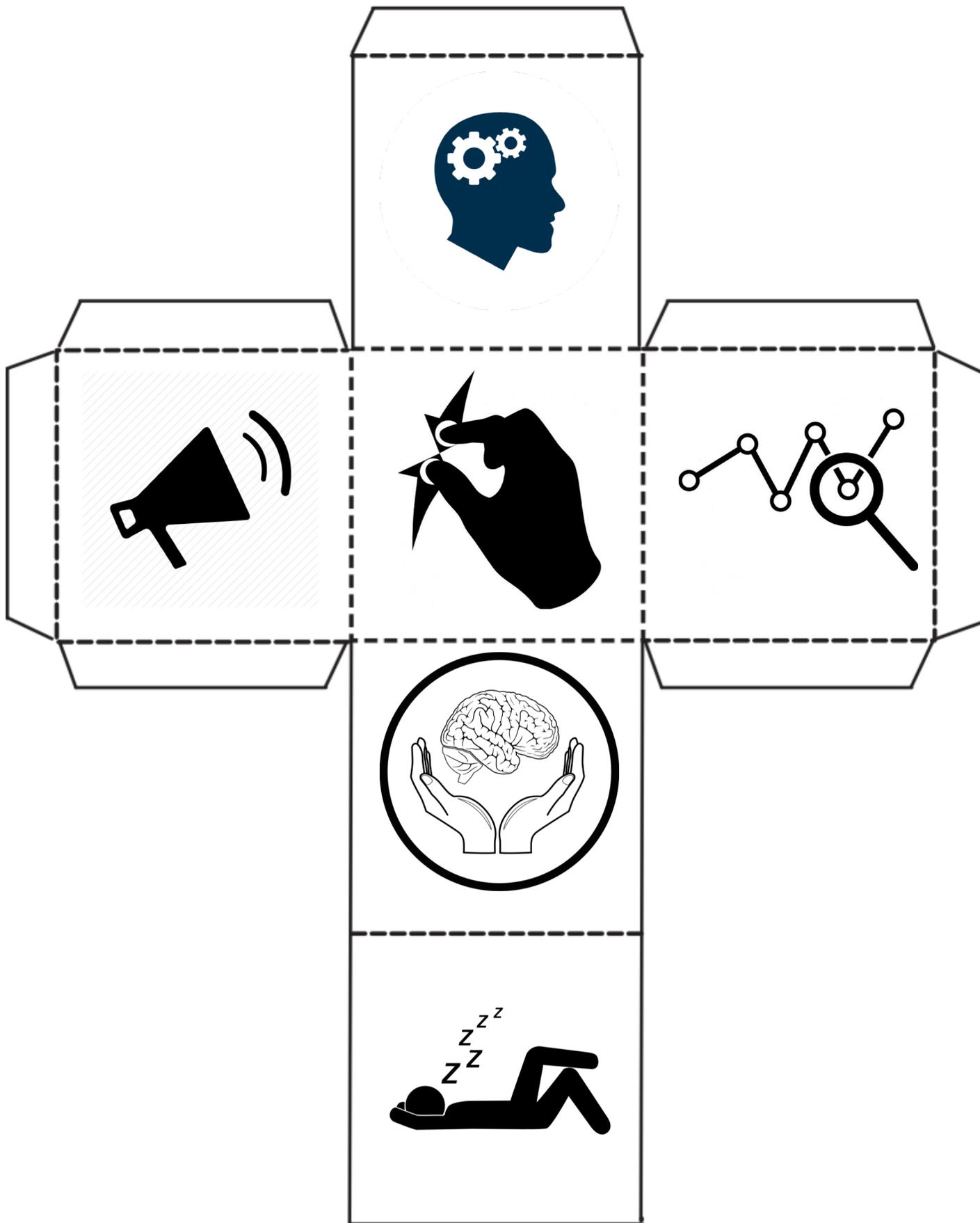
Step 3

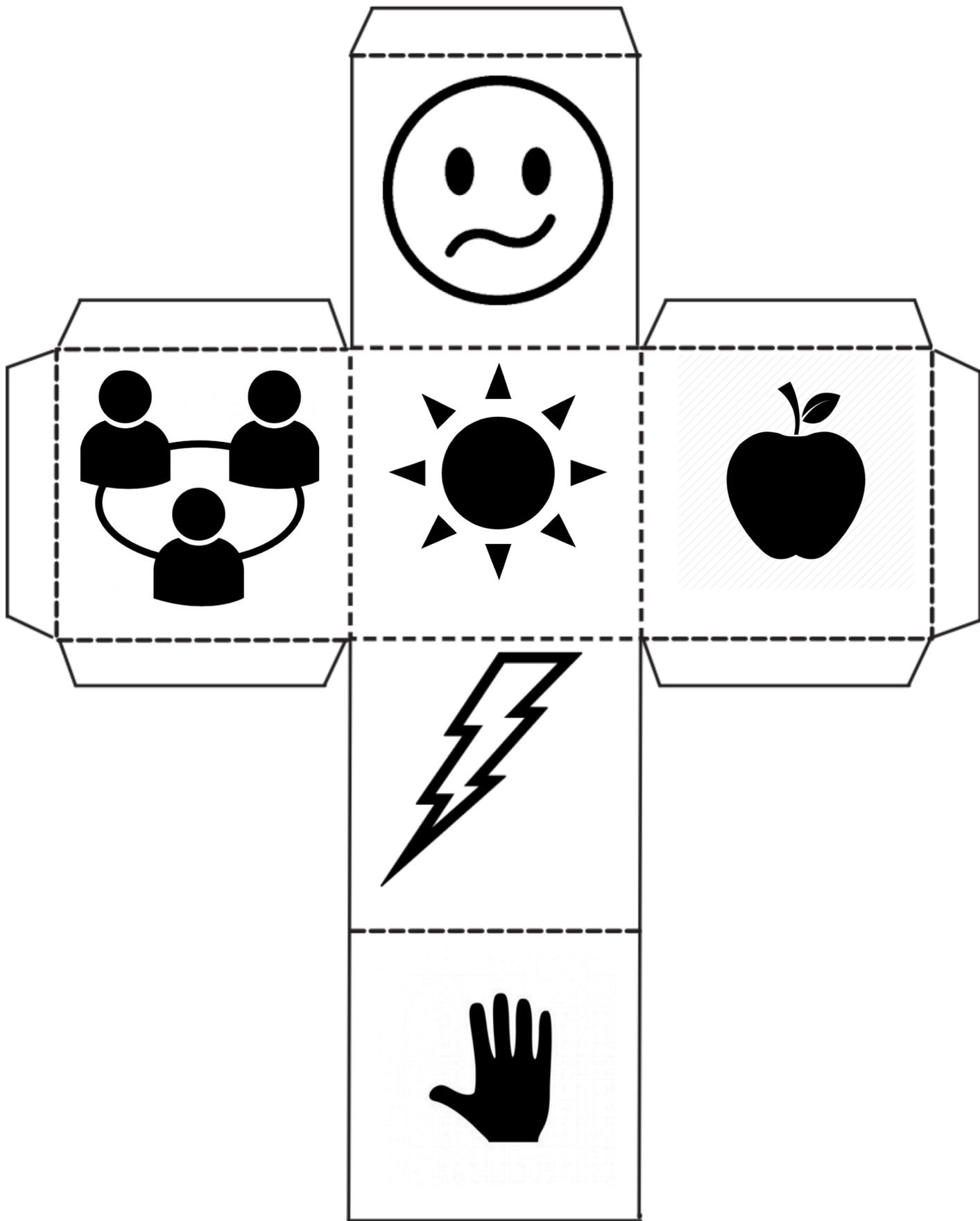
If you have a very good group, ask if they would be willing to be filmed while recording a live, unrehearsed roll of the dice. This can be shared with their peers, and/or other students that you teach.

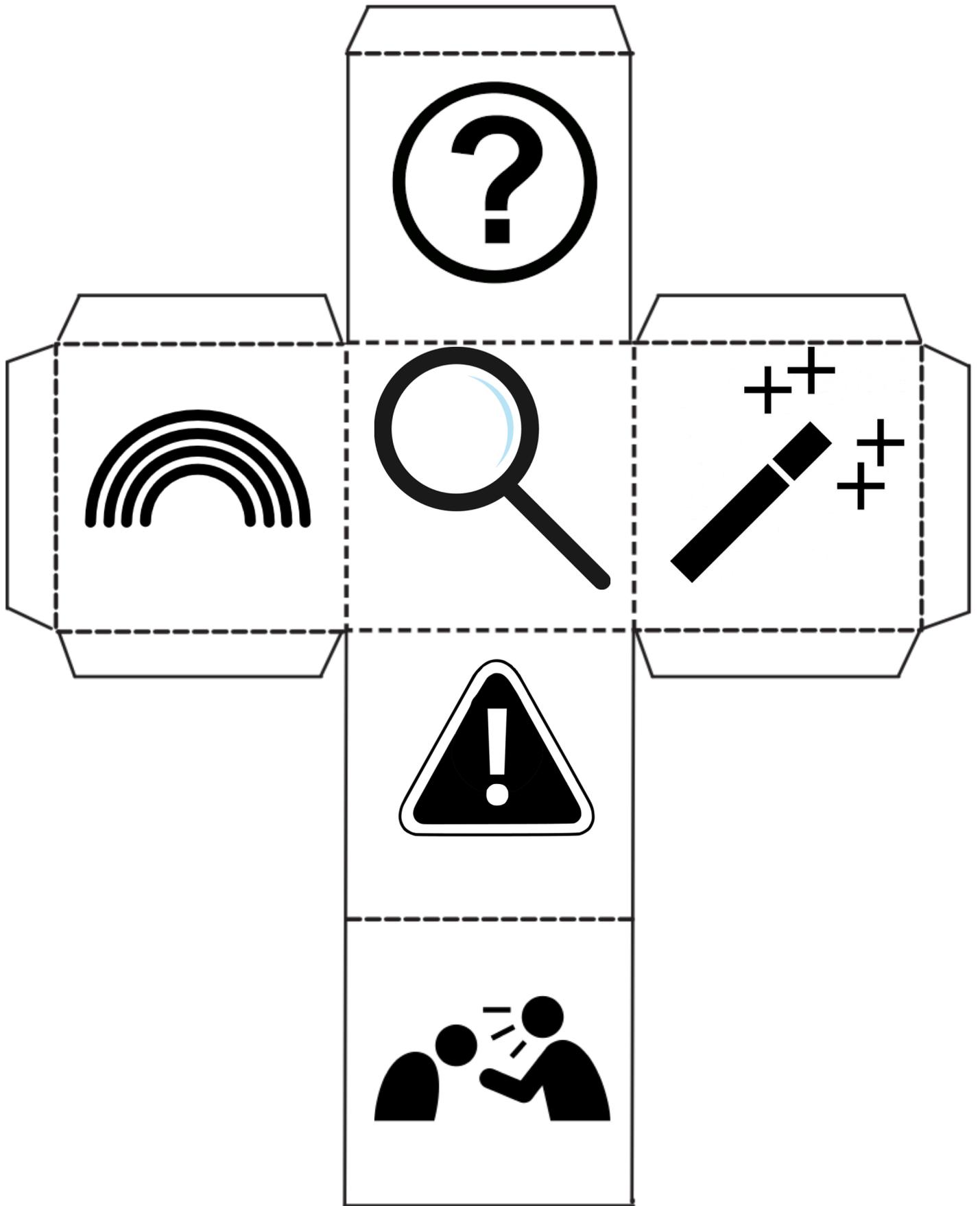
References

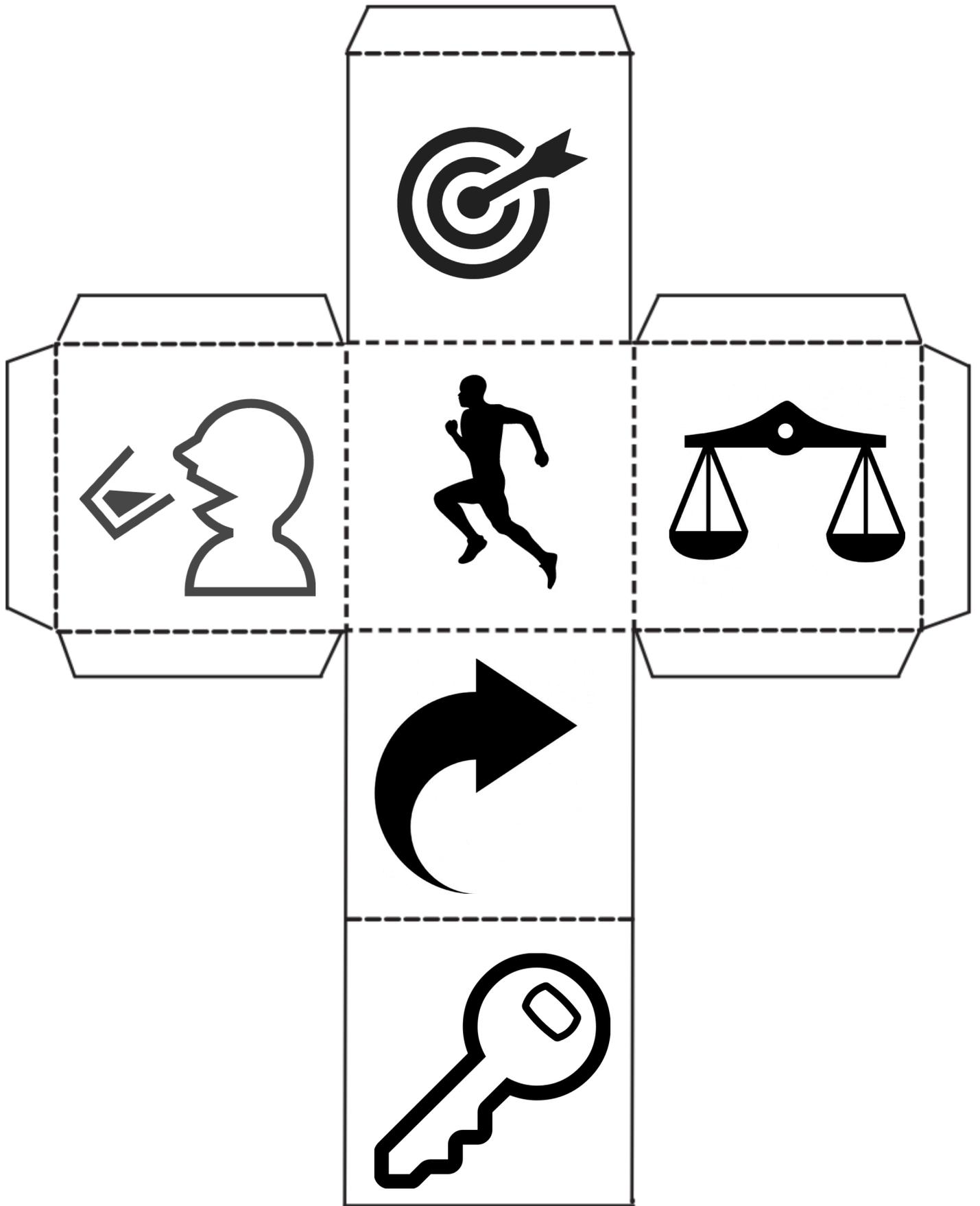
- Andrew Milne, New Trier High School

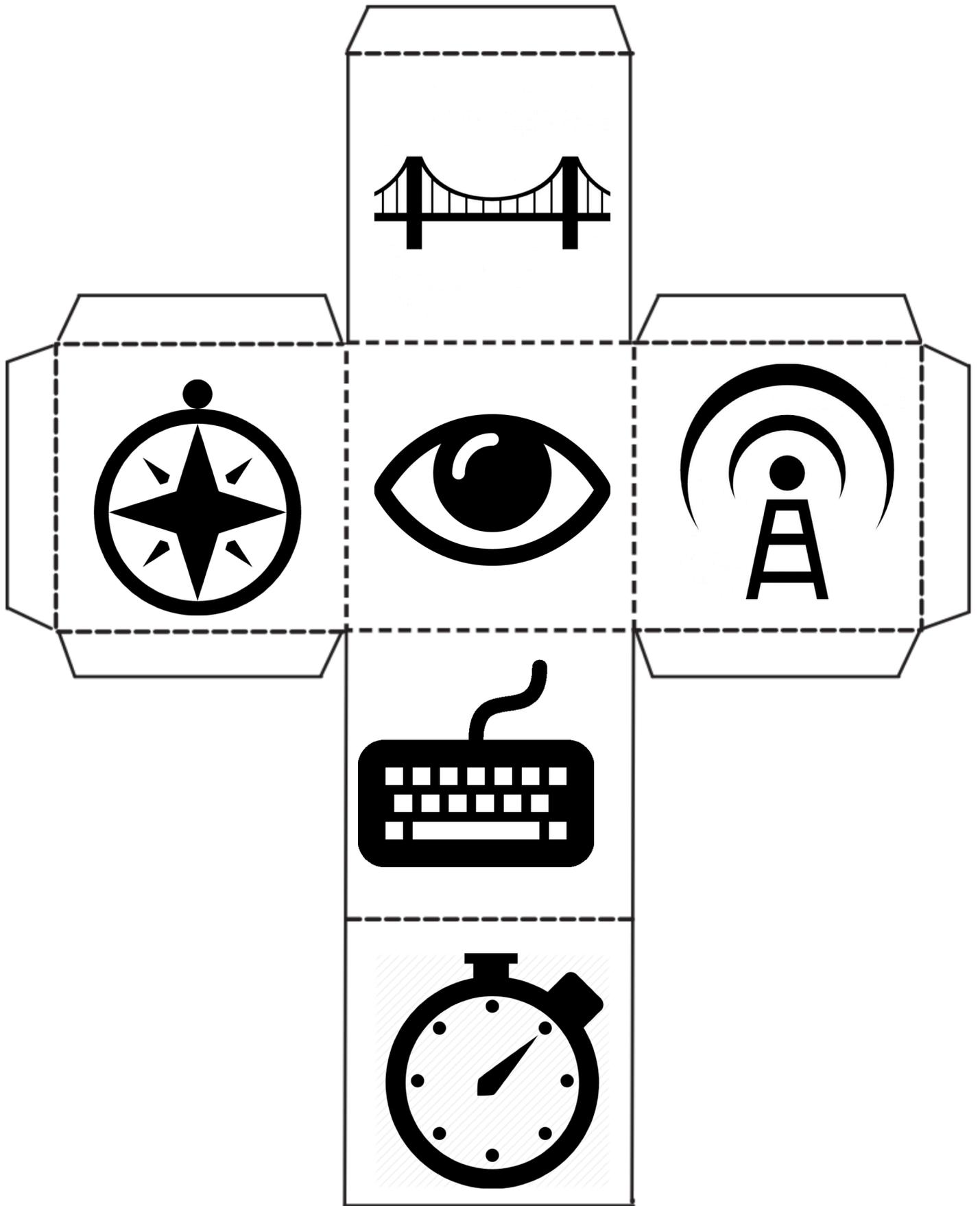


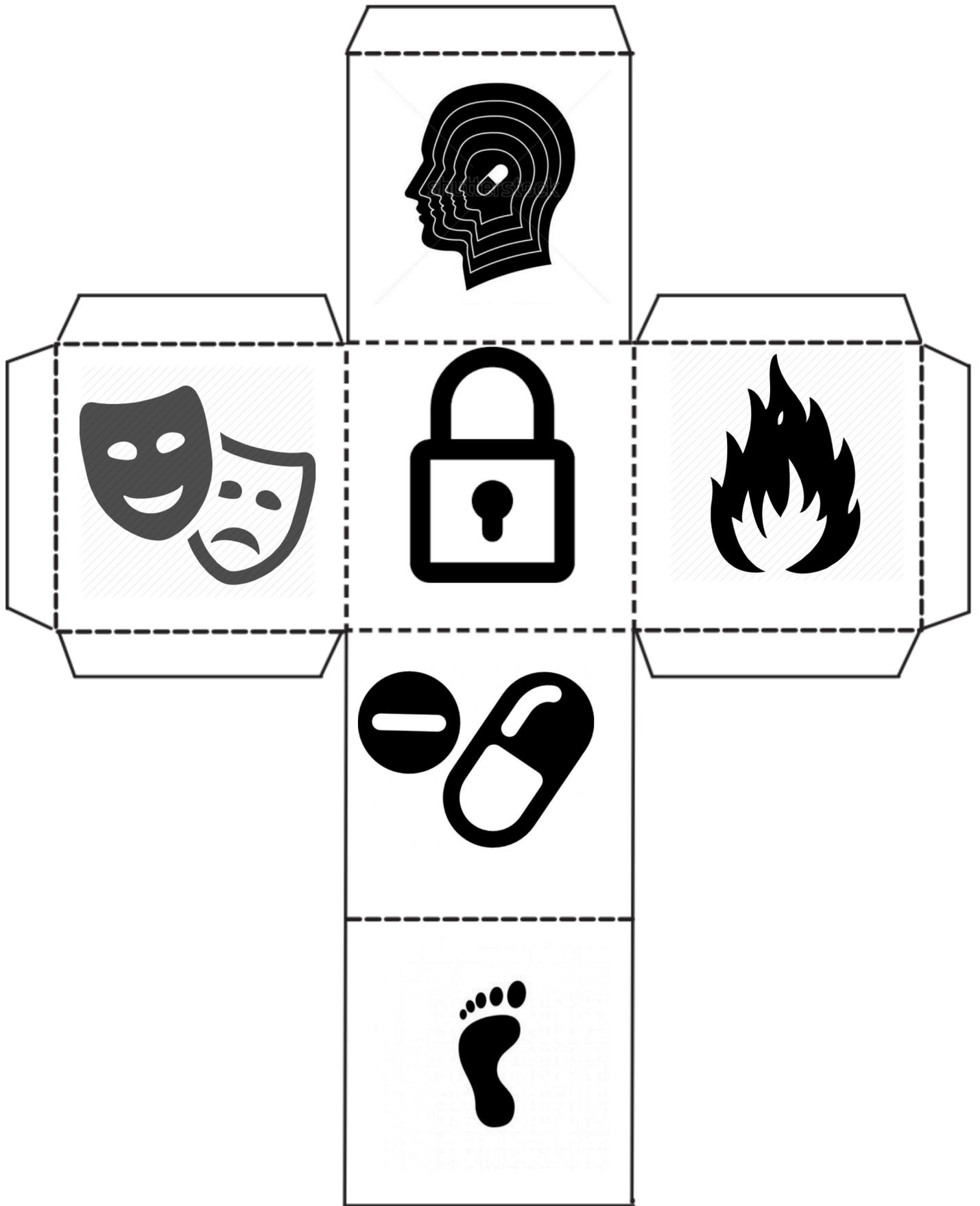


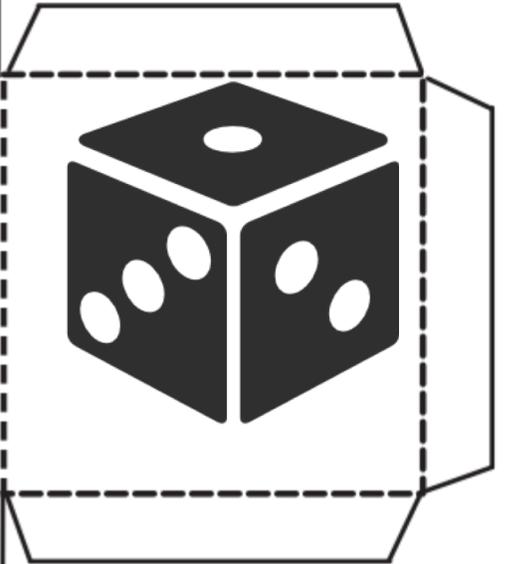
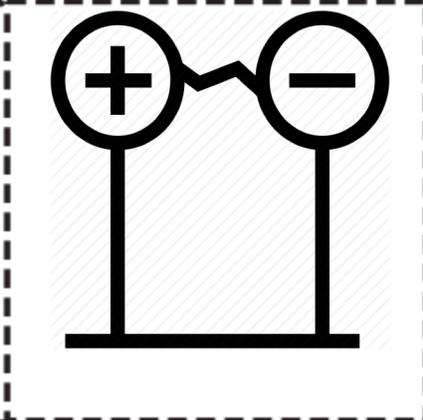
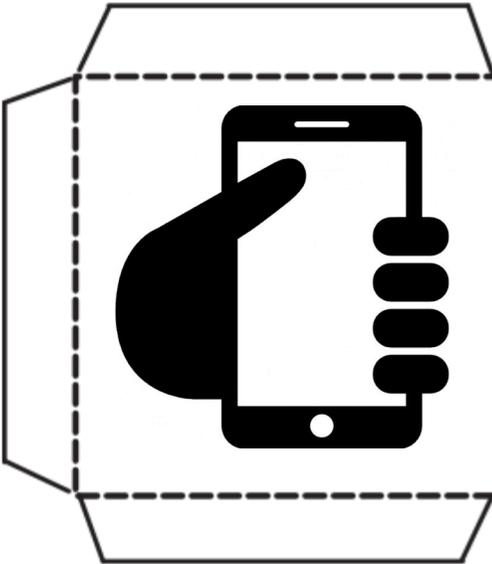


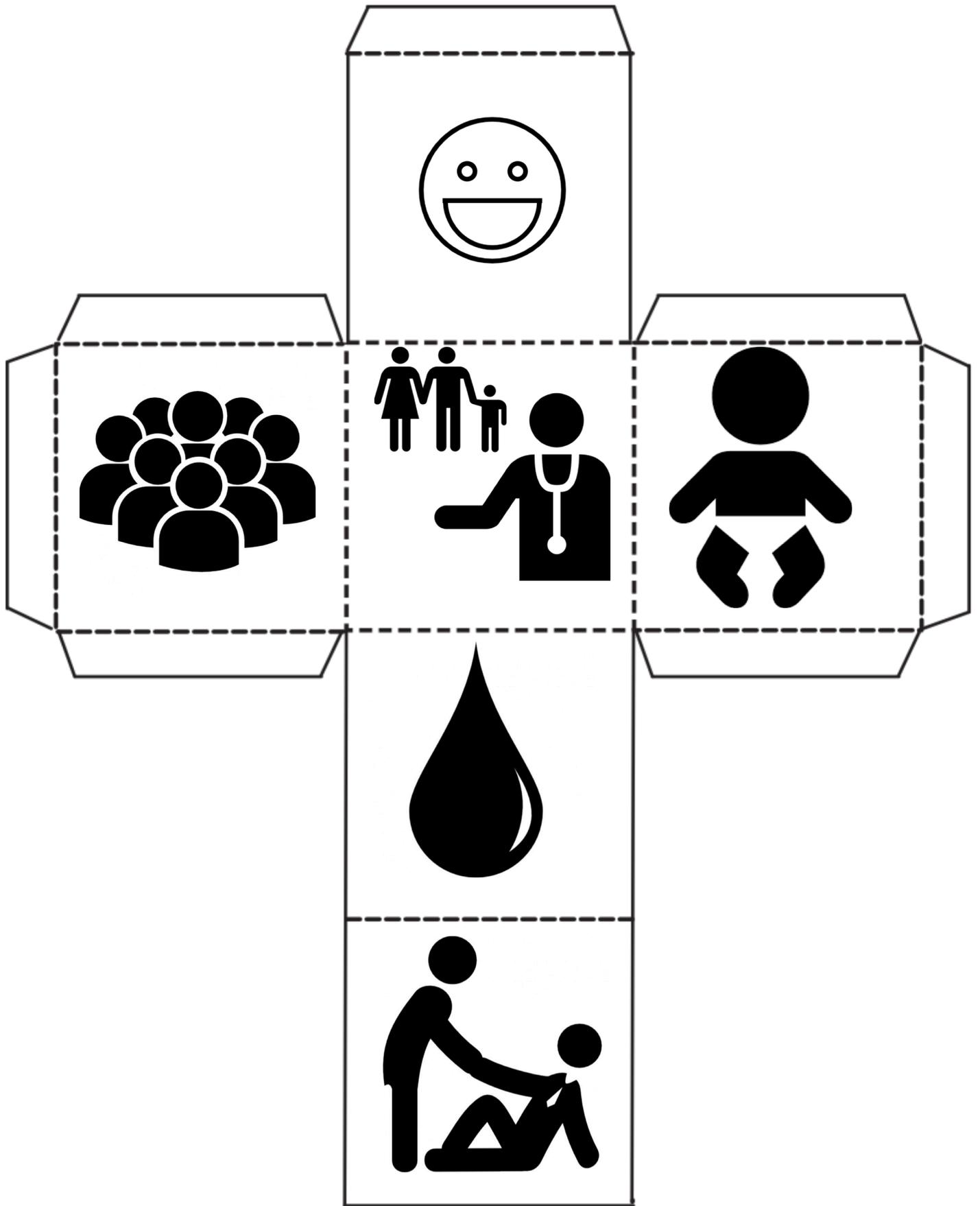


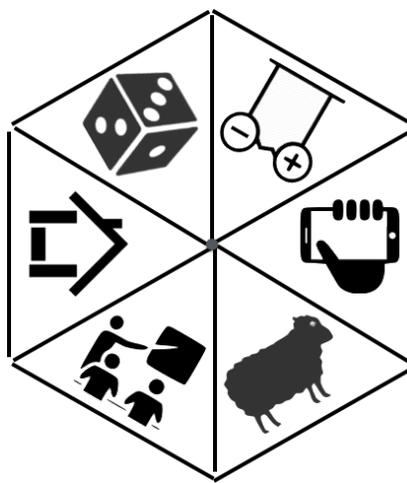
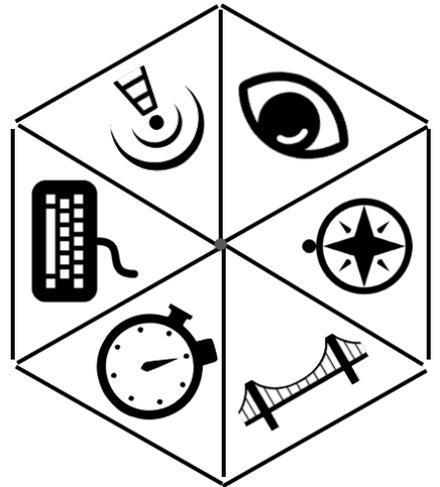
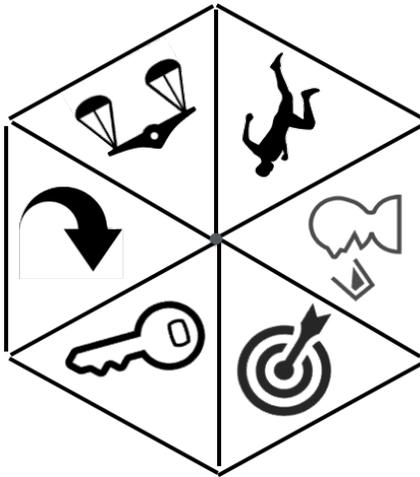
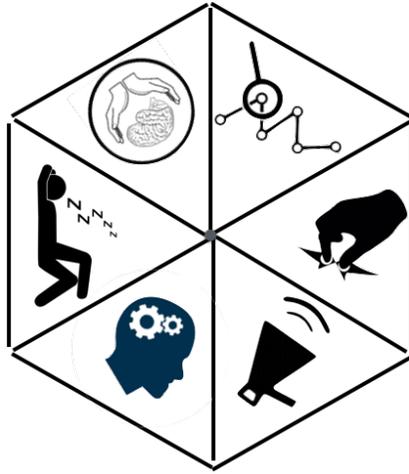












Check out the story behind the evolution of this resource here:

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

Print out on stiff card. Poke a matchstick through the center. Spin the spinner, your icon will be the one at which the spinner comes to rest. These are easier to create than the '*story cubes*', which can be found at the link mentioned above.

You can use these *story spinners* in a variety of ways in class.

1: Spin all 9 *story spinners*. Choose an image to start your story/narrative and then continue, linking each of the 9 face up images.

2: Think of a health theme or topic. Spin all 9 *story spinners* and try to weave them into the chosen title or theme.

3: Divide the spinners between a group of students. First spins their *story spinner* to start the story/narrative. The next player in the group spins their *story spinner* and builds upon the story. You can stop after 9 spins, or keep the rotation going if the students can confidently continue with the activity.