



## SAMPLE LESSON PLANS

### Grade 7- Health Promotion

#### Unit 3

##### **SOLs:**

- 7.1.F Describe ways to prevent weather- or climate-related physical conditions such as allergies, asthma, sunburn, dehydration, heatstroke, heat exhaustion, and hypothermia.

##### **Title: Preventing Weather and Climate Injuries**

**Objectives/ Goals:** Students will work collaboratively to research health information sites and educate classmates on ways to prevent weather or climate related physical conditions.

##### **Materials:**

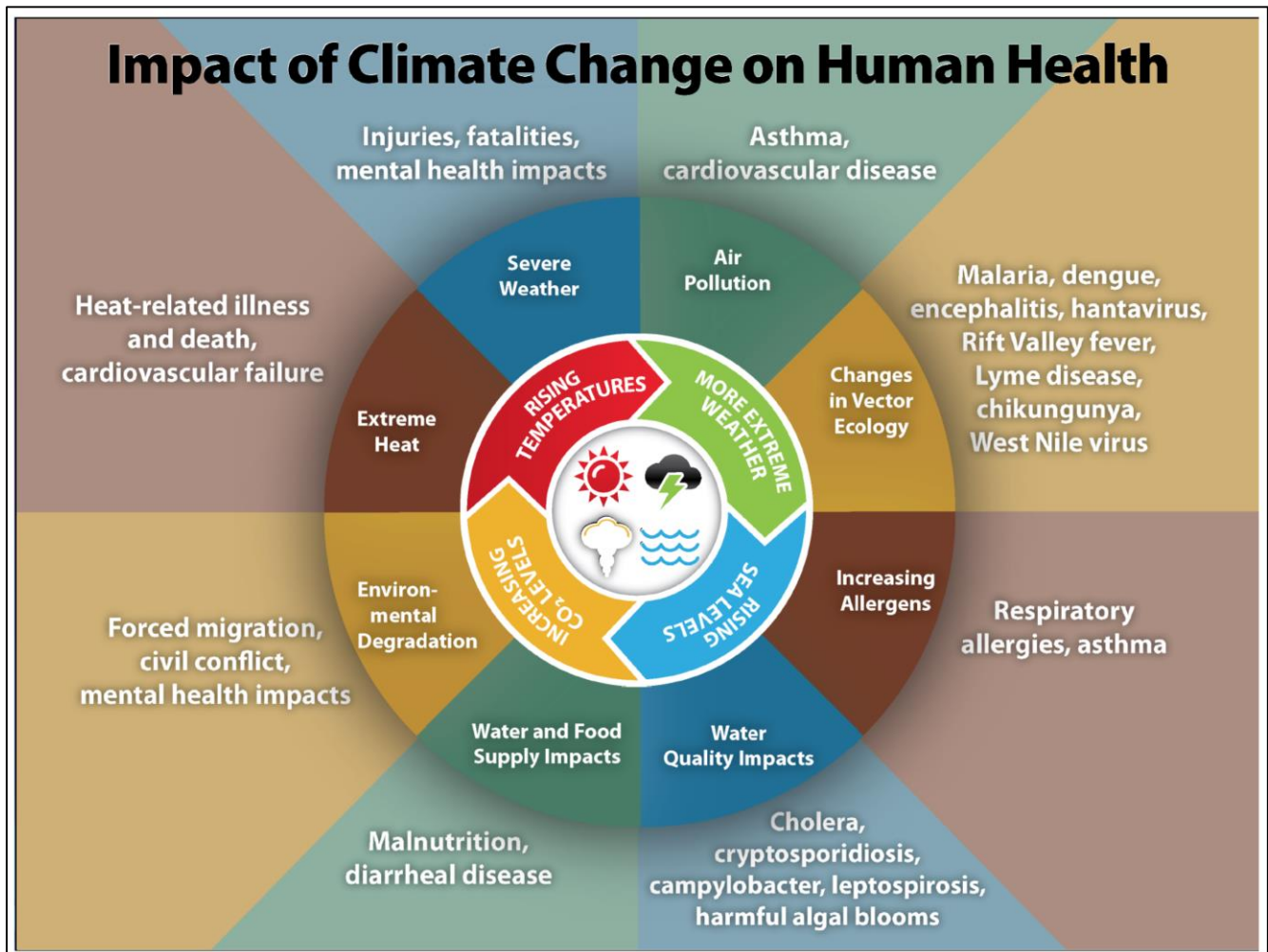
- Internet access; resource web-links; materials for presentation (e.g., audio visual equipment, blackboards, whiteboards, markers, poster paper etc.)

##### **Procedure:**

- Provide students with an overview of the impact of weather and climate on health – i.e., that specific health risks are associated with hot and cold weather and climate changes, seasonal conditions, and air pollution. The CDC's climate on health program provides background for this unit. <https://www.cdc.gov/climateandhealth>
- Assign students and/or have students self select into the following teams –  
(1) seasonal allergies/asthma (2) sunburn (due to sun exposure/heat)  
(3) dehydration (4) hypothermia (due to cold) (5) heat illnesses (heatstroke, heat exhaustion)
- Ask each team to research their assigned health condition(s) on various non-commercial health websites (i.e., the U.S. government (.gov), a nonprofit organization (.org) or a college or university (.edu)) to find out: (1) what is it? (2) what causes it? (3) how do you prevent it? (4) how do you treat it?

Helpful search terms: allergies, asthma, hay fever, mold allergy, pollen allergy, dehydration, sun burn, heat illness, heat stroke, hyperthermia, heat exhaustion

- The students should develop a creative and persuasive presentation/video/poster/infographic ([www.piktochart.com](http://www.piktochart.com)) to teach or share findings with the class.



*cdc.gov*

**Assessment Ideas:**

- Evaluate student participation and presentations.

**References:**

- CDC About Winter Weather <https://www.cdc.gov/disasters/winter/about.html>
- CDC Climate and Health: Allergens <https://www.cdc.gov/climateandhealth/effects/allergen.htm>
- CDC Climate and Health: Temperature Extremes [https://www.cdc.gov/climateandhealth/effects/temperature\\_extremes.htm](https://www.cdc.gov/climateandhealth/effects/temperature_extremes.htm)
- CDC Climate and Health: Precipitation Extremes [https://www.cdc.gov/climateandhealth/effects/precipitation\\_extremes.htm](https://www.cdc.gov/climateandhealth/effects/precipitation_extremes.htm)

- CDC Extreme Heat <https://www.cdc.gov/disasters/extremeheat/index.html>
- CDC Extreme Heat Guidebook <https://www.cdc.gov/climateandhealth/pubs/extreme-heat-guidebook.pdf>
- CDC Stay Healthy in Cold Weather <https://www.cdc.gov/disasters/winter/staysafe/index.html>
- CDC Sun Proof <https://www.cdc.gov/bam/safety/sun.html>
- CDC Sun Safety [https://www.cdc.gov/media/subtopic/matte/pdf/summer\\_burned.pdf](https://www.cdc.gov/media/subtopic/matte/pdf/summer_burned.pdf)
- Mayo Clinic Patient Care and Health Information <http://www.mayoclinic.org/patient-care-and-health-information>
- MedlinePlus.gov <https://medlineplus.gov/allergy.html>
- Kids Health [www.kidshealth.org](http://www.kidshealth.org)
- American Association of Pediatrics (HealthyChildren,Org) <https://www.healthychildren.org/English/health-issues>