



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 9 – Social Emotional Health

Unit 13

Grade Level: 9th

SOLs:

- 9.2.q Develop a personal system for coping with distress and stress.
- 9.2.r Identify appropriate coping and resiliency strategies to manage symptoms of stress, anxiety, loss, and depression.

Title: SuperBetter

Objectives/ Goals:

- Students will identify five positive coping skills (“Power-ups”)
- Students will identify 3 people in their lives that they can turn to for help (“Allies”) and one school staff member they feel comfortable going to for help

Materials:

- Computer with online access, projector, white screen
- [TED Talk: The game that can give you 10 extra years of life](#)
- SuperBetter Quest [print handout for all students]
- Positive Coping Skills [print class set handout]
- Student Support [print handout for all students]
 - (Personalize handout to reflect your school student support team)

Procedure

[Lesson: 50-60 mins]

Step 1: Self-Introduction

- **Do Now Activity:**
 - Students will find a partner and read the **Positive Coping Skills** handout.
- **Pair/Share:** Students will share 5 positive coping skills that works for them with a partner

Step 2: Share Goals

- Goals for the day:
 - Students will identify five positive coping skills (“Power-ups”)
 - Students will identify 3 people in their lives that they can turn to for help (“Allies”) and one school staff member they feel comfortable going to for help

Step 3: Support Poster

- On the projector show Student Support handout on the screen
- Class will brainstorm and identify at least 3 support staff that can help students at school

Step 4: Present

- Show: [TED Talk: The game that can give you 10 extra years of life](https://www.ted.com/talks/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life) (19:00)
https://www.ted.com/talks/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life
 - Encourage students to participate in the “4 SuperBetter Quest”s (as seen in video)
 - Click <https://blog.ted.com/a-game-that-heals-jane-mcgonigal-at-tedglobal-2012/> to display 4 quests and discuss
 - Key Points to discuss:
 - Post Traumatic Growth
 - Resilience
 - Advice from the dying

Step 5: Assessment

- Students will complete the SuperBetter Quest handout either digitally or on paper.
 - SuperBetter Quest
 - Students will choose their avatar (it can be real or fictitious)
 - Students will list 5 “power-ups” or 5 positive coping skills that make them feel good.
 - Students will assemble their “dream team” (their dream team can consist of fictional superheroes to real life heroes in their life; more details see “Assemble Your Hero pdf”.)
 - Students will identify and recruit their “Allies” (3 people in their life + 1 trusted school staff member.)
 - **Things to Consider:**
There are usually a few students who might not have a trusted adult to turn to at school. Offer yourself or another trusting staff member.

Sometimes it might be a referral to the school psychologist to check-in the student and make sure they are ok.

Step 6: Celebrate

- Gallery Walk: Students can hang up printed completed SuperBetter posters and complete a gallery walk. If completed digitally, students can complete the gallery walk with the SuperBetter Quests on their computers.
- **Optional:**
 - Students can have the “allies” sign their posters

References:

- Jane McGonigal at TEDGlobal 2012: The game that can give you 10 extra years of life
https://www.ted.com/talks/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life/up-next
- Become more resilient with these “SuperBetter” quests
CBS NEWS September 16, 2015
<https://www.cbsnews.com/news/superbetter-jane-mcgonigal-quest-excerpts-from-new-book-psychology-of-games>
- A game that heals: Jane McGonigal TEDGlobal 2012
<https://blog.ted.com/a-game-that-heals-jane-mcgonigal-at-tedglobal-2012/>

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Power-ups

The world around you is full of power-ups. All you have to do is spot them. So let's start looking.

What to do: Collect your first five power-ups. Remember, anything that makes you feel happier, stronger, healthier, or better connected counts as a power-up.

You can collect any of the power-ups already shared in this chapter. Or, if you'd like to personalize your list, here are some brainstorming questions to help you out:

What song makes you feel powerful?

What food makes you feel energized?

Who or what helps you feel calm and relaxed?

Is there a mantra that makes you feel more motivated?

What physical activity energizes you?

What reliably inspires you when you read it or watch it?

What memory brings you great satisfaction when you recall it for thirty seconds?

Is there something small you like to do to help others?

What photo, video, or image always makes you smile?

Is there a daily habit that makes you feel better when you remember to do it?

Is there a place or space that you can get to easily that brings you joy or comfort?

Who is the best person to call, text, write, or visit to get a quick pick-me-up?

My power-up list:

1.

2.

3.

4.

5.

Quest complete: Congratulations! You've collected your first five power-ups. Eventually you may build up a super collection of one hundred or more! The bigger your power-up collection, the more control you have every single day to feel better--no matter what stress, pain, or adversity you're facing.

Bonus quest: I challenge you to activate one of your five power-ups right now before you continue reading! Read full article [here](#).

¹ <https://www.cbsnews.com/news/superbetter-jane-mcgonigal-quest-excerpts-from-new-book-psychology-of-games/>

QUEST: Assemble Your Hero

Dream Team

Getting superbetter means developing your heroic qualities--like bravery, kindness, humor, appreciation of beauty, leadership, or love of learning.

You can find these qualities in any heroic narrative, real or fictional--film, comics, TV, mythology, video games, literature, history, religion, social activism, or sports (to name some of the most likely places you might look for heroic inspiration).

Everyone is drawn to different heroic stories. Picking your favorite heroes reveals a lot about your character. Why? Because we're usually drawn to heroes who embody the strengths we already have inside us and that we have the potential to develop even further. In other words, your favorite heroes are like a mirror for your own heroic qualities. This is true even if you feel like you haven't done anything heroic in your life yet, or lately.

To find out more about your signature character strengths, let's **assemble your hero dream team**.

A hero dream team is simply three or more heroes assembled to work together to achieve a common goal. Each one usually has a different strength or ability. You can find examples of dream teams everywhere in culture, from comic books to music to sports. Think of the Avengers, made up of the diverse superheroes Captain America, Iron Man, the Hulk, Thor, Black Widow, and Hawkeye. Or the Traveling Wilburys, a superband that included the Beatles' George Harrison, Bob Dylan, Roy Orbison, and Tom Petty. Or the teams that play in the World Cup, when a country's best soccer players join forces to face off against the rest of the world.

Your hero dream team could span every category of hero you can think of. Be as creative as you like. Why not have a hero dream team made up of Spiderman, the Buddha, Serena Williams, Sherlock Holmes, and your mom? (Can you imagine the adventures those five could get up to?!)

What to do: To perform this quest, pick at least three heroes. Whose character makes you feel like you could do anything, if you were more like them? Whose story inspires you to strive harder? Whose adventures embody the kind of life you want to lead? Here are some more brainstorming questions to help you assemble your unique dream team.

Who is your favorite TV character?

Who is your favorite movie character?

What book character do you identify with?

Who is your favorite professional athlete?
Who is your most inspiring hero from history?
Who fascinates you from mythology?
Who is your favorite musician or band?
Who is your favorite character from video games?
What artist or creator inspires you?
Whose life story intrigues you?
Who do you think is the most interesting comic book superhero?
Who in real life or fiction has overcome a challenge similar to yours?
What spiritual figure exemplifies the kind of person you'd like to be?
Who is your modern-day (real-life) hero?

Who else--famous or not--do you admire?

Tip: If you're stuck, do an Internet search for "top heroes in [your favorite medium--literature, film, comics, mythology, video games, history, the Bible, etc.]." There are inspiring "all-time great" lists for just about any kind of hero you can imagine.

My hero dream team is made up of:

- 1.
- 2.
- 3.

Tip: If you have more ideas, don't hold back! You can add as many heroes to your dream team as you want. The more, the merrier.

There's one more super important step to this quest. For each hero you've picked, identify at least one skill, power, virtue, or character strength that you admire. If you picked Boston Marathon champion Meb Keflezighi, for example, you might say "grit" or "competitive drive." If you picked Queen Elsa from the Disney movie Frozen, you might say "the ability to embrace her own power and use it without fear" or "the courage to celebrate who she is." Whatever you do, **don't skip this step!** The more clearly you can articulate the strengths in your heroes, the better picture you'll have of your own heroic qualities--whether they're already in full force in your life or simply waiting to be developed and unleashed.

[Read full article here](#)

Choose your Avatar
here



Assemble your
Dream Team

- 1.
- 2.
- 3.



List your top 5 Power-ups

1. _____
2. _____
3. _____
4. _____
5. _____

You're my
Superhero

Recruit your Allies
(List @ least 3 people +
1 trusted staff member
at school)

- 1.
- 2.
- 3.
- 4.

#superbetter