

Health Lesson Plan # 2

Grade: N/A # of Students: 10 Class Length: 20 minutes

Unit: Mental Health and Health
Lesson Title (focus): What Health Practices contribute to positive mental health
National Standards: Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health. Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.
Instructional Objectives/Goal for Lesson: Cognitive-Participants will examine ways in which sleep can affect their mental health Affective-Participants will think about how their sleep is affecting them Psychomotor- Participants will write information on a worksheet to keep up with the slides
Student Learning: Use Functional Health knowledge – Sharing facts about sleep from a scientific perspective Demonstrate health-related skills – Will develop a bed time routine Develop personal beliefs, analyze norms, adopt and maintain healthy behaviors – Will identify what they currently do to promote healthy sleep Common misperceptions in health – Review the facts about how to improve sleep
Language Demands: N/A
Instructional Materials Websites used are attached to the slides
Assessments Attached at the bottom of lesson plan

Time	Content	Organization, Materials, Adaptations or Assessment
2-3	Introduction: (Attention Grabber) Bring blankets, dim lights, and diffusers	
	Instructional Procedure 1: Recap of last lesson	Slides
	Student Activity 1: Write out positive self-talk statement	Assessment: If they write a statement that is positive
	Instructional Procedure 2: Pillars of brain health	
	Student Activity 2: Writing the pillar that they practice the most	Assessment: Share with the class how they practice that pillar

	Instructional Procedure 3: Bedtime routine	
	Student Activity 3: Write out new bedtime routine for the week	Assessment: I can review after the lesson with the participant
2-3	Closure: (Summarize Main Points)	

Sleep Sheet

Positive Self Talk Statement
today _____

What pillar of brain health are you most strong
in? _____

Which Pillar could use more
improvement? _____

Fact about sleep that stuck out to you the
most _____

Bed Time
routine _____