



Grade 10 Sample Lesson Plan: Wellness Challenge Take 2

SOLs

- Create or modify a personal wellness plan (goals and action steps based on current guidelines) for healthy eating, physical activity, sleep, and personal hygiene

Objectives/Goals

- Students will select a SMART goal that they will then follow for the next 30 days.

Materials

- [Ted Talk](#) video by Matt Cutts
- Wellness journal.

Procedure

These lessons will help students to obtain the skills necessary to be successful with wellness goals that they set for themselves.

<p>Step 1</p>	<ul style="list-style-type: none"> ● Choose <i>three</i> of the following questions and answer them thoroughly. 	<ul style="list-style-type: none"> ★ What new things have you done recently? ★ What's something you want to try to do? ★ Is there anything you want to stop doing? ★ What healthy habits do you have? ★ How much time do you need to form a habit? ★ What things do you do that are unhealthy? ★ Do you like to try new things? Why/why not?
<p>Step 2</p>	<p>Watch the Ted Talk video by Matt Cutts again.</p> <ul style="list-style-type: none"> ○ This video will highlight the importance and benefits of a 30-day challenge. 	<p>Matt Cutts Ted Talk:</p> <p>http://bit.ly/Tv5Uux</p>

<p>Step 3</p>	<p>Answer <u>ALL</u> of the following questions from the Matt Cutts TED talk:</p>	<ul style="list-style-type: none"> ★ Why do you think he chose harder challenges as time passed? ★ Name three challenges you might try where you add a new thing to your life. ★ Why do you think it's important to make small, sustainable changes if you want a new habit? ★ Why does he say "if you want something badly enough" before saying you can do anything for 30 days? ★ He mentions a few good things about doing the challenges-- they make his life more memorable, he gains confidence, he becomes more adventurous- -do you agree that doing the challenges would have those results?
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<p>Step 4</p>	<p>Choose and complete your challenge.</p> <ul style="list-style-type: none"> ★ You are going to choose <u>one</u> of the three challenges below and start it for 30 days. ★ You must keep a daily journal about your challenge. ★ You will complete this in a google doc and then upload it into Google Classroom. 	<p><u>30 Day Challenge #1</u></p> <p>Go to http://www.doyouyoga.com/courses/30-day-meditation-challenge/</p> <p>Stress Management Challenge: 10 minute meditation</p> <ul style="list-style-type: none"> ★ This is a Stress management challenge. ★ Sign up for the 30-day meditation challenge. It is Free ★ If you are interested in finding out more about meditation, please collect below: ★ Complete one 10-minute segment per day and then make an entry into your journal. <p><u>30 Day Challenge #2</u></p> <p>Go to http://www.niashanks.com/30-day-challenges/ .</p> <p>Nutrition Challenge: One Meal-a-Day</p> <ul style="list-style-type: none"> ★ No, this does not mean you'll eat a single meal per day! This challenge entails <i>changing</i> one meal per day from current habits. ★ This will depend greatly on your current eating habits,
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		<p>but practically anyone can find <i>something</i> to change.</p> <ul style="list-style-type: none"> ★ If your first meal of the day isn't typically the greatest of choices, then that's where you should start. <p>Using this example your sole focus for the next 30 days is making your first meal of the day a great choice. That is the ONLY change you're making for 30 days, but you must do it every single day.</p> <p><u>30 Day Challenge #3</u></p> <p>Go to http://www.niashanks.com/30-day-challenges/ .</p> <p>Physical Activity Challenge: 10 Minutes Plus</p> <ul style="list-style-type: none"> ★ This isn't the typical 30day fitness challenge. ★ This is applicable to those who just can't stick to a fitness program for more than a week or so, and even someone who's wanting to increase their activity level. ★ Every day for the 30 day challenge, do <i>something</i> physically active for at least 10+ minutes. ★ If you are already on a fitness routine, add 10 minutes more to it by adding stretching, yoga, walking the dog, etc.
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Step 5	<ul style="list-style-type: none">★ Every day you will type in your journal.★ You must copy and paste the empty journal to make new days.★ You also must type something different into your journal about your challenge.★ If you did not complete your challenge that day, a full explanation of the barrier to meeting your challenge that day.★ If you were successful, discuss how that happened and how that made you feel.	
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References

- Melanie Lynch, M.Ed. State College Area High School

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.



30-Day Challenge: Take Two

Step 1

Choose ***three*** of the following questions and answer them thoroughly.

- What new things have you done recently?
- What's something you want to try to do?
- Is there anything you want to stop doing?
- What healthy habits do you have?
- How much time do you need to form a habit?
- What things do you do that are unhealthy?
- Do you like to try new things? Why/why not?

Step 2

Watch the following video again.

http://www.ted.com/talks/matt_cutts_try_something_new_for_30_days.html

This TED talk is about trying new things and setting goals.



Step 3

Answer **ALL** of the following questions from the Matt Cutts TED talk:

- Why do you think he chose harder challenges as time passed?
- Name three challenges you might try where you add a new thing to your life.
- Why do you think it's important to make small, sustainable changes if you want a new habit?
- Why does he say "if you want something badly enough" before saying you can do anything for 30 days?
- He mentions a few good things about doing the challenges--they make his life more memorable, he gains confidence, he becomes more adventurous--do you agree that doing the challenges would have those results?

Step 4

Choose and complete your challenge.

- ★ You are going to choose **one** of the three challenges below and start it for 30 days.
- ★ You must keep a daily journal about your challenge.
- ★ You will complete this in a google doc and then upload it into Google Classroom.



30 Day Challenge #1

Go to <http://www.doyouyoga.com/course/30-day-meditation-challenge/>

Stress Management Challenge: 10 minute meditation

- ★ This is a Stress management challenge.
- ★ Sign up for the 30-day meditation challenge. It is Free
- ★ If you are interested in finding out more about meditation, please collect below:
- ★ Complete one 10-minute segment per day and then make an entry into your journal.



30 Day Challenge #2

Go to <http://www.niashanks.com/30-day-challenges/> .

Nutrition Challenge: One Meal-a-Day

- ★ No, this does not mean you'll eat a single meal per day! This challenge entails *changing* one meal per day from current habits.
- ★ This will depend greatly on your current eating habits, but practically anyone can find *something* to change.
- ★ If your first meal of the day isn't typically the greatest of choices, then that's where you should start. Using this example your sole focus for the next 30 days is making your first meal of the day a great choice. That is the **ONLY** change you're making for 30 days, but you must do it every single day.



30 Day Challenge #3

Go to <http://www.niashanks.com/30-day-challenges/> .

Physical Activity Challenge: 10 Minutes Plus

- ★ This isn't the typical 30 day fitness challenge.
- ★ This is applicable to those who just can't stick to a fitness program for more than a week or so, and even someone who's wanting to increase their activity level.
- ★ Every day for the 30 day challenge, do *something* physically active for at least 10+ minutes.
- ★ If you are already on a fitness routine, add 10 minutes more to it by adding stretching, yoga, walking the dog, etc.



Step 5

- ★ Every day you will type in your journal.
- ★ You must copy and paste the empty journal to make new days.
- ★ You also must type something different into your journal about your challenge.
- ★ If you did not complete your challenge that day, a full explanation of the barrier to meeting your challenge that day.
- ★ If you were successful, discuss how that happened and how that made you feel.

Circle Challenge completed: 1 2 3 # Days Successful /30

Day #1

Date: _____

Day #2 Date:_____

Day #3 Date:_____

Day #4 Date:_____

Day #5 Date: _____

Day #6 Date: _____

Day #7 Date: _____

Day #8 Date: _____

Day #9 Date: _____

Day #10 Date: _____

Day #11 Date: _____

Day #12 Date: _____

Day #13 Date: _____

Day #14 Date: _____

Day #15 Date: _____

Day #16 Date: _____

Day #17

Date: _____

Day #18

Date: _____

Day #19

Date: _____

Day #20

Date: _____

Day #21 Date: _____

Day #22 Date: _____

Day #23

Date: _____

Day #24

Date: _____

Day #25

Date: _____

Day #26

Date: _____

Day #27

Date: _____

Day #28

Date: _____

Day #29

Date: _____

Day #30

Date: _____

