



Grade 10 Sample Lesson Plan: Rapping About Relationships

SOLs

- Describe the health benefits of positive self-esteem, balance, flexibility, resilience, and healthy relationships with others.
- Identify characteristics of healthy peer, family, and dating relationships.

Objectives/Goals

- Students will create a rap that identifies traits that will create healthy relationships.

Materials

- [Healthy Relationships Presentation](#)
- [Relationship Rap](#) assignment

Procedure

Step 1

- Go over healthy relationships using the [Healthy Relationships Presentation](#)
- Essential Questions:
 - What are some traits that make up a healthy relationship?
 - Why are healthy relationships so vital for our health and well-being?

Step 2

- In your groups, create a healthy [Relationship Rap](#)

References

- Melanie Lynch, M.Ed. North Allegheny School District

Handout

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



RAPPING ABOUT RELATIONSHIPS

DIRECTIONS: YOU AND YOUR GROUPS ARE GOING TO BECOME RAP ARTISTS FOR 2 CLASS PERIODS BY CREATING A RAP OR RHYMES ABOUT WHAT CONSTITUTES A HEALTHY RELATIONSHIP. FOLLOW THE CRITERIA THAT IS LISTED BELOW THAT SHOULD BE INCORPORATED IN YOUR RAP. YOU WILL CREATE YOUR VIDEO IN *IMOVIE* ON THE IPAD. PLEASE EDIT AS NEEDED. YOU WILL UPLOAD YOUR VIDEO TO GOOGLE DOCS

***PLEASE REMEMBER YOUR IPAD NUMBER**

***TALK TO GROUP MEMBERS IF YOU ARE WILLING TO SHARE WITH CLASS**

***SAVE VIDEO BEFORE UPLOADING**

***MAKE SURE YOU SPEAK LOUDLY AND CLEARLY**

45 Second rap/rhyme (3pts) ____

Definition of relationships (3pts) ____

The four c's of a healthy relationship (3pts) ____

At least 4 different character traits of a relationship (3pts) ____

Three different communication styles (Passive, aggressive, assertive) (3PTS) ____

Body language/active listening techniques (3pts) ____

Technology and creativity (3PTS) ____

Total 21Pts ____