

# 8<sup>th</sup> Grade Health

## December 1, Thursday



- Introduce Teacher: Mrs. Jobe
- Introduce Class: Syllabus/Class Procedures
  - Handing in papers
  - Class movement
  - Supplies:
    - Lined notebook paper
    - Composition book
    - Binder for class
    - Pen and Pencil
  - “The Bubble”
  - Website
  - Absent work/Class work
  - Health book
  - Coat of Arms-WS (in class wk)

- ✓ **Today I am being introduced to my classmates, teacher and 8<sup>th</sup> grade Health class.**
- ✓ **So I can have the skills, knowledge, and resources to be an effective learner and student this trimester**
- ✓ **I will know I am successful when I**
  - ✓ Complete intro activities.
    - ✓ Coat of Arms Worksheet
  - ✓ Understand the class requirements.

# 8<sup>th</sup> Grade Health

## December 5-7



### Discuss classroom expectations:

- Be Kind and Respectful
- Be Responsible
- Be Safe
- Perseverance

### Personal Shield- Due Tuesday 12/6- Persent 12/6-/12/7

Handout/Review directions for Personal Shield of Honor

- Make sure when completing shield that you reflect on yourself and who you are as a person.
- Take this assignment seriously, because it is important to understand who you are in order to work towards your **Total Health**.
- You will be sharing your shield with a partner and your partner will be introducing you to the class.

### Today I am learning about...

- ✓ Who I am as a person in relation to Total Health

### So I can...

- ✓ Balance out all three parts in my own life to achieve overall wellness.

### I will know I am successful when I

- ✓ Am able to complete the personal shield assignment
- ✓ Am able to analyze a classmates shield to be presented to the class.

# 8<sup>th</sup> Grade Health

## December 8



### Personal Shield - - **Finish Presenting**

- You will be sharing your shield with a partner and your partner will be introducing you to the class.

When finished with Personal Shields...

### Ch. 1/Lesson 1-Your Total Health Reading Strategy worksheet

- Complete Questions 1 and 2- **Due in class 12/9**
- Rate as a class where each person feels they rate on their total health.
  - Discuss results (see results on following slide)**

### Introduce:

#### **Health Triangle Collage of Pictures**

- Bring in pictures for a collage that you will assemble on Friday- **Due Fri.**
  - Pictures may be:** Handmade, drawn, from a magazine, newspaper, or printed off (originality is rewarded!)
- Choose **9** (3 each side) items that represent your health triangle and make a collage of pictures or words that describe your health triangle.

### **Today I am learning about...**

- ✓ Who I am as a person in relation to Total Health

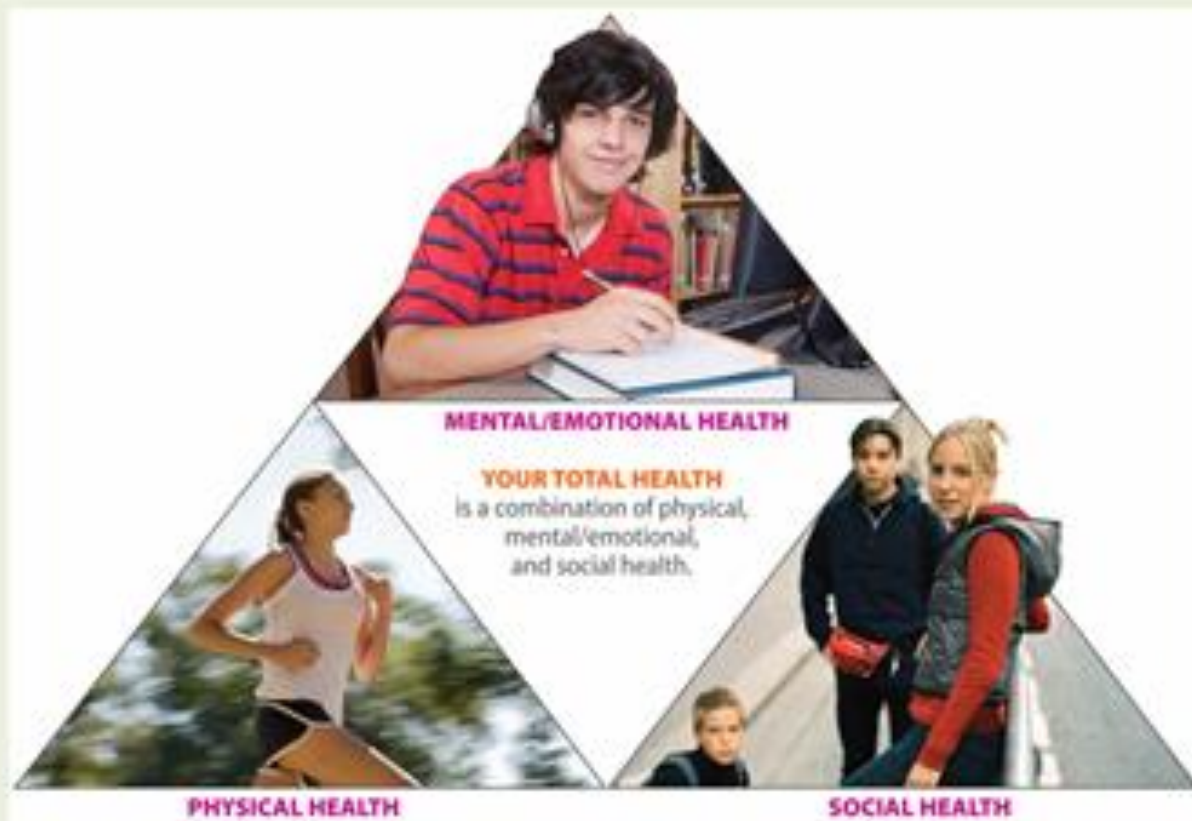
### **So I can...**

- ✓ Balance out all three parts in my own life to achieve overall wellness.

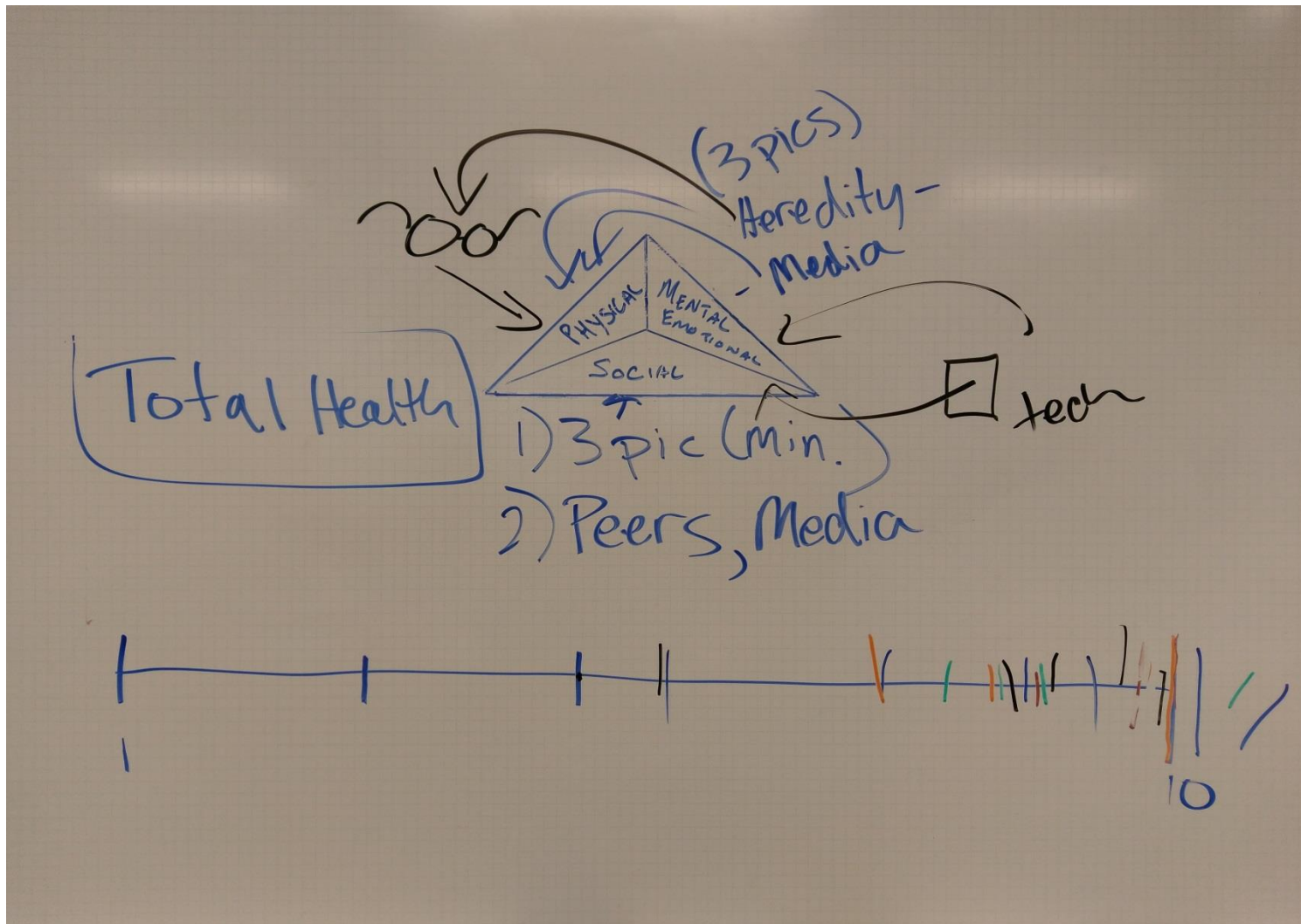
### **I will know I am successful when I**

- ✓ Am able to complete the personal shield assignment
- ✓ Am able to analyze a classmates shield to be presented to the class.

# Health



# Class perception of their total health



# 8<sup>th</sup> Grade Health

## December 9-13 Mrs. Jobe



### Quick write

Answer the following question.... (In composition notebook!)

**Write down three things you expect to learn this trimester in Health.** *Make sure to elaborate using examples, evidence, quotes, anecdotes, etc.*

### Ch. 1/Lesson 1-Your Total Health Reading Strategy worksheet-Due Mon.

- Complete Questions 1-3- **Due in class 12/9 (5<sup>th</sup> period only)**
- Rate as a class where each person feels they rate on their total health.
  - Discuss results**

### Introduce:

#### **Health Triangle Collage of Pictures**

- Bring in pictures for a collage that you will assemble on Monday-**Due**
  - Pictures may be:** Handmade, drawn, from a magazine, newspaper, or printed off (originality is rewarded!)
- Choose **9** (3 each side) items that represent your health triangle and make a collage of pictures or words that describe your health triangle.
- Make sure to include at least 1 image or object in your collage that represents each of the following: heredity, Environment, Peers, Culture, and Media.
- Your “Triangle” may be a different shape or diagram.
- Be prepared to share in class.

### Ch.1 –Lesson 2- What Affects Your Health? Enrichment Activity Worksheet- Due Tues.

#### When finished with collage...

- Read Ch.1/Lesson 2 in your Health book  
On a separate sheet of paper...
- Complete questions 1, 2, 3, 4 & 5 (pg.15)-**Due Tues.- 12/13**

#### **Ted Talk-How to make stress your friend**

- Watch:**  
[http://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend#t-121244](http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend#t-121244)

### **Today I am learning about...**

- ✓ The 3 different components of the health triangle

### **So I can...**

- ✓ Balance out all three parts in my own life to achieve overall wellness.

### **I will know I am successful when I**

- ✓ Am able to name the 3 parts of the health triangle and generate healthy habits for each part.

# 8<sup>th</sup> Grade Health

## December 14



### Quick thought

Answer the following question....  
(*In composition notebook!*)

**Discuss what you feel causes you stress in your life** *Make sure to elaborate using examples, evidence, quotes, anecdotes, etc.*

*See results on following slide...*

**As a Class: Read Ch.4/Lesson 1**  
**(pgs.92-96)**

Complete: Ch. 4/Lesson 1 –Reading Strategy

**Health Triangle Collage of Pictures-Due/Hand in if you have not**

### Today I am learning about...

- ✓ Stress in an average teenage life/my life

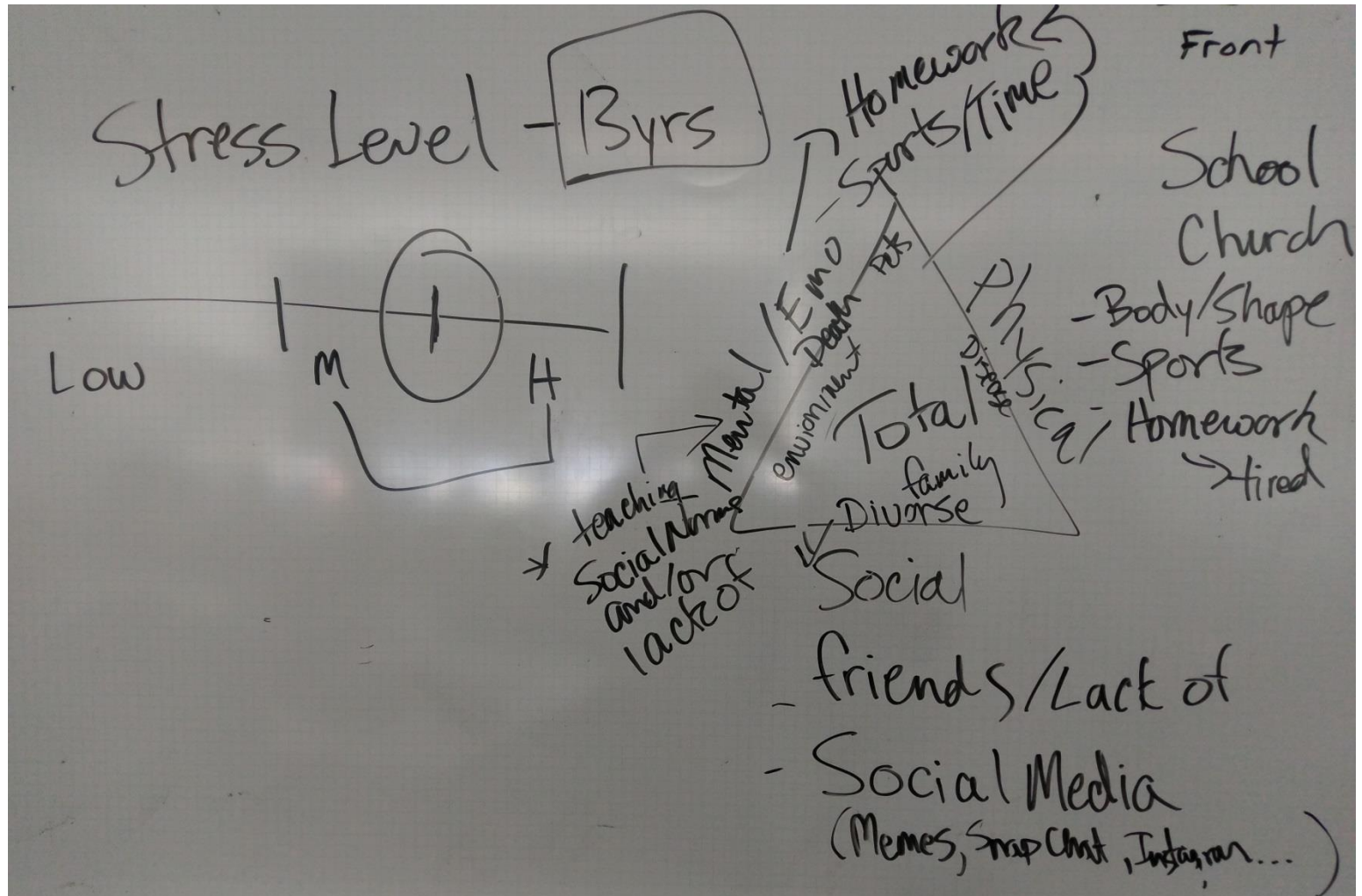
### So I can...

- ✓ Understand how to manage stress and achieve my goal of total health

### I will know I am successful when I

- ✓ Finished my *Help! I'm stressed!* Video notes
- ✓ Watched *Help! I'm stressed!*
- ✓ Can identify the stress in my life and some strategies I can use to reduce some of my stress.

# Stress Level Survey and Causes





# 8<sup>th</sup> Grade Health

## December 15



### Quick write

None

### Ch. 4/Lesson 1

### Understanding Stress-

In class group quiz

Discuss answers

### As a Class: Read Ch.4/Lesson 1 (pgs.92-96)

Complete: Ch. 4/Lesson 1 – Reading **Strategy-Due/Hand in**

#### Today I am learning about...

- ✓ Taking a quiz to show my knowledge of stress in the life of an average teen.

#### So I can...

- ✓ Understand how to manage stress and achieve my goal of total health

#### I will know I am successful when I

- ✓ Can identify the stress in my life and some strategies I can use to reduce some of my stress.
- ✓ Have completed Two Day Tracker Packet and have discussed the stressors in my life with my parents.

# 8<sup>th</sup> Grade Health

## December 16



### Quick write

None

### Ch. 4/Lesson 1 Understanding Stress-

- In class group quiz
- Discuss answers

### As a Class: Read Ch.4/Lesson 1 (pgs.92-96)

- Complete: Ch. 4/Lesson 1 –Reading **Strategy-Due/Hand in if you have not**
- Ch.4: Managing Stress and Coping with Loss -Noting Worksheet- **Due by the end of class (5<sup>th</sup> period only!)**

### Help! I'm stressed! Video Worksheet

- Complete worksheet-**Due 12/16**
- Watch Video **12/16**
  - Discuss information gained in video and how it pertains to a typical teens life and/or your life.

### Class Discussion on Managing Stress

- See Managing Stress PowerPoint in documents.

### Two Day Tracker Packet-

- Start in class Fri.12/16
- Due Mon. 12/18**
- Make sure to discuss with parents and have **parent signature by Mon. 12/18**

### Today I am learning about...

- ✓ Taking a quiz to show my knowledge of stress in the life of an average teen.

### So I can...

- ✓ Understand how to manage stress and achieve my goal of total health

### I will know I am successful when I

- ✓ Can identify the stress in my life and some strategies I can use to reduce some of my stress.
- ✓ Have completed Two Day Tracker Packet and have discussed the stressors in my life with my parents.

# 8<sup>th</sup> Grade Health

## December 19



### Quick write

None

### Ch. 4/Lesson 1 Understanding Stress/Lesson 2-Managing Stress-

- Take Quiz-**Open book (pg.92-101)**
- Discuss answers

### Ch.5/Lesson 1: Dealing with Anxiety and Depression

- Read: pgs.114-117**
- Ch.5/Lesson 1 -Reteaching Activity (Front and Back)-Due by the end of class!**

### As a Class: Read Ch.4/Lesson 1 (pgs.92-96)

- Complete: Ch. 4/Lesson 1 –Reading Strategy-Due/Hand in if you have not**
- Ch.4: Managing Stress and Coping with Loss -Noting Worksheet- Due/Hand in if you have not! (5<sup>th</sup> period only!)**

### Help! I'm stressed! Video Worksheet

- Complete worksheet-**Due/Hand in if you have not!**

### Two Day Tracker Packet-

- Start in class Fri.12/16
- Due Mon. 12/18**
- Make sure to discuss with parents and have **parent signature by Mon. 12/18-Hand in!**

### Today I am learning about...

- ✓ Taking a quiz to show my knowledge of stress in the life of an average teen.

### So I can...

- ✓ Understand how to manage stress and achieve my goal of total health

### I will know I am successful when I

- ✓ Can identify the stress in my life and some strategies I can use to reduce some of my stress.
- ✓ Have completed Two Day Tracker Packet and have discussed the stressors in my life with my parents.

# 8<sup>th</sup> Grade Health

## December 20



### Quick write

Update Two Day Tracker Packet.

### Help! I'm stressed! Video Worksheet

Complete worksheet-**Due-Hand in if you have not!**

### Two Day Tracker Packet-

Start in class Fri.12/16

**Due Mon. 12/18-Hand in if you have not!**

Today I am learning about...

✓ Depression and/or suicide.

So I can...

✓ Help myself or someone else suffering from depression and/or suicide.

I will know I am successful when I

✓ Can identify the stress in my life and some strategies I can use to reduce some of my stress.

✓ Have completed Two Day Tracker Packet and have discussed the stressors in my life with my parents.

✓ Have watched the Teenage Depression and Suicide Video and discussed/answered the 8 focused questions.

# 8<sup>th</sup> Grade Health-12/19-12/20

## **Ch.5/Lessons 1: Dealing with Anxiety and Depression** **(pg.114-116)**

- ❑ Read Ch.5/Lesson 1
- ❑ Complete: Ch.5/Lesson 1 Dealing with Anxiety and Depression- Reteaching Activity Worksheet-  
**Due 12/20**

*Inside Out*-Watch part

Have a safe and fun break!

**Today I am learning about...**

✓ Depression and/or suicide.

**So I can...**

✓ Help myself or someone else suffering from depression and/or suicide.

**I will know I am successful when I**

✓ Can identify the stress in my life and some strategies I can use to reduce some of my stress.

✓ Have completed Two Day Tracker Packet and have discussed the stressors in my life with my parents.

✓ Have completed Ch.5/Lesson 1 Worksheet.