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|  | **First Steps: Understanding the World of Work through Career Technical Education** is a standard-based, CTE focused, career development curriculum for students in grades 7-8. The First Steps logo indicates instructional resources are aligned to the [First Steps Standards](https://cte.idaho.gov/Resource_Catalog/Program_Areas/Middle_School/TheIdahoMiddleSchoolCTEInitiative.pdf) and IDCTE approved! |

**First Steps Standard(s):** Domain 1: Self-Evaluation (Who am I?) 3. Identify Values (What really matters to me?) C. Relate the importance of health and wellness to school/work D. Document a reflection of the results.

**Career Activity Curriculum Topic:** How Does Health Impact My Work?

**Learning Outcomes:** Students will be able to (SWBAT):

1. Describe how health and wellness relate to school and work
2. Identify steps they plan to take to support their physical and mental health

**Activity Summary:**  This lesson will teach students about the components of physical and mental health, related to school and the workplace. They will complete self-assessments on their own wellness practices, and two activities related to mental health. These activities will help them to understand the importance of practicing health and wellness in order to support success in the workplace.

**Estimated Time:** One 45 to 60-minute class period

**Suggested Grade Level:** 7th or 8th Grade

**Materials Needed:**

* Teacher Materials: Computer/projector, slide deck, handout (Assignment Sheet (1 per student), “Coping Skills” sheet (class set))
* Student Materials: Pen/pencil, assignment sheet, device (if desire to research topics further), 1 sticky note

**Academic Vocabulary**

* **Mindfulness:** “Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”

 [(Mindful Staff)](https://www.mindful.org/what-is-mindfulness/)

* **Health:** “A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity [(World Health Organization)](https://www.who.int/about/governance/constitution)
* **Coping Skills:** “Coping skills help you tolerate, minimize, and deal with stressful situations in life.”[(Morin)](https://www.verywellmind.com/forty-healthy-coping-skills-4586742)
* **Wellness:** “the pursuit of activities, choices, and lifestyles that lead to a state of holistic health; six categories: physical, mental, emotional, spiritual, social, environmental,” [(Global Wellness Institute)](https://globalwellnessinstitute.org/what-is-wellness/)

**Introduction:** To be able to perform at your best in school and work, you have to take care of your health and wellness. While there are many parts to health and wellness, this lesson focuses on physical and mental health. At the end of this lesson, you will have learned about the importance of these two components of wellness. You will assess your current levels of wellness in these areas and create a goal to improve upon. You will experience a mindfulness activity, and identify your own coping skills.

**Learning Activities/Procedures:** Use the slide deck.

1. Go through the slide deck on health and wellness in school and work.
2. On the “What Are Health and Wellness?” slide, prompt students to offer what they think health and wellness have to do with school and work – have them write their answers on a sticky note (give them several moments – have them write more than their initial thought)
3. Option: pair and share, share out, stick ideas on the board, etc.
4. On the next slide, pause and have students make a quick list of stressors they currently face and stress management techniques they currently use on the assignment sheet.
5. On the “Physical Wellness” slide, prompt students for discussion when they’re rating themselves on the self-care activities for physical wellness.
6. On the “Mental Wellness–Positive Mindset” slide, prompt students for discussion when they’re rating themselves on the positive mindset behaviors.
7. Play the “3-Minute Body Scan Meditation” video. Before playing the video, reassure students that they don’t have to close their eyes if they don’t want to; they can just look down if they want to keep their eyes open. Having all of the students face the same direction can help in their sense of safety. Reassure them that you will be monitoring the room.
8. Explain that there are numerous coping skills we can use to alleviate stress. Provide the list and ask students to choose a few to add to their list of current stress management techniques. Have students flip their assignment over to the “Coping Skills” list. Assist them in creating their “Coping Skills Toolkit.”
9. Exit Ticket: Answer the following reflection questions on the Assignment Sheet:

What is one step you can take to improve your physical health?

What coping skill are you going to use the next time you get stressed out?

They should also create one specific “Wellness” goal for the coming weeks. (Identify two action steps and a “why” for the goal)

**Accommodations/Adaptations/Extensions:**

**Accommodation:** Provide definitions, graphic organizer, or print-out of slide deck; play video with subtitles and allow for opt out, allow for work with positive peer on rating scale.

**Adaptation:** Virtual: have students submit their goal and rating scale via a Google Form, or create a discussion board in online classroom for one of the discussion topics.

**Extension:** Have students complete a journal for a week. For each day, have them log their progress for the following areas:

* How much sleep they got
* How much water they drank
* Fruits and vegetables they ate
* Exercise they got
* Fun/relaxing activities they completed
* Positive thoughts they intentionally used to combat negative thoughts
* Coping skills they used
* 3 things they are grateful for

**Evaluation:** Students will submit the completed assignment sheet, and report back on the goal they set after a (group-selected) timeframe!

**Closing:** While there are many components to our overall wellness, our physical and mental health are the two primary areas that we have to take care of before anything else. If we make our physical and mental health a priority, we are better able to take care of our school/work responsibilities as well as our home and family responsibilities.

**Resources/References:**

Definitions cited in lesson above.