Social Studies Lesson Plan 3:
Make an Active Difference

Quick summary: Students will take charge of making their school environment healthier.

How long will it take: 35 minutes

What do I need: Student worksheet (Page 3 in Worksheet Booklet included in the zip file)

How does it work:
The goal of this lesson is for students to brainstorm ideas about how they can create a healthier school environment. The teacher will share the importance of learning from past mistakes to improve the future. Share an example from history in which, changes were made based on learning from past mistakes to improve the future. Students will work in the same groups as in Social Studies Lesson One: Obesity Trends. Students will review their responses regarding the obesity rates. Groups will create new and unique ideas to promote health and wellness during the school day. Provide students 20 to 25 minutes to answer the discussion questions.

Discussion questions:

1. What lessons can be learned from the history of the rise in the obesity rate in our country?

2. How can we use the information we learned about the obesity epidemic to decrease the obesity rate in our community?

3. What specific actions can students take during the school day to promote health and wellness at our school?

4. Discuss compelling conversations that can take place with the administration that might convince them to make some changes during the school day to promote wellness for our students and staff?

Have groups share their ideas of how to address health and wellness during the school day. The class, with the assistance of the teacher, will choose a couple of ideas to present to the administration to implement during the school day. The teacher will select a group of students to share the class ideas with the administration. Encourage the administration to select and implement some of the student ideas.

REINFORCE the content in this lesson with Active Homework Break #21, "Make an Active Difference" on page 23.
Worksheet for Social Studies Lesson Plan 3:
Make an Active Difference

Student Name: _______________________________ Class: ___________________ Date: ___________

Group Discussion questions:

1. List two lessons that can be learned from the history of the rise in the obesity rate in our country.

2. How can we use the information we learned about the obesity epidemic to decrease the obesity rate in our community?

3. List three strategies or actions we can take during the school day to promote health and wellness at our school.

4. Write 2-3 paragraphs to convince school administration to implement some changes during the school day to promote healthy eating and physical activity for our students and staff.