**Lesson Design Template**

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| **Lesson Title: Grade 7/8 Career Education Course: Career Education****Designers: Ms. Fulmek and Ms. Zinger** |
|  **Learning Outcomes/Intentions** |
| **Formal Unit Outcome(s):** CG7.2 Develop and demonstrate the behaviors and understandings need for building healthy relationships (i.e., emotional, spiritual, mental, and physical).CG8.1 Analyze one’s own self-image including personal skills, interests, and behaviors and their influences on one’s life work. |
| **Understandings:***Learners will understand that …*Positive self-image contribute to healthy relationships.Healthy relationships can be with a variety of people. | **Essential Questions:** What is self-image?What influences one’s self-image?What are healthy relationships?How does one’s self-image contribute to healthy relationships? |
| **Knowledge:***Learners will know …*What self-image is.Positive self-image contributes to healthy relationships.What healthy relationships included and be able to relate it to one’s own relationships with others.  | **Skills:***Learners will be able to (or be skilled at) …*Students can communicate their understandings. |
| **“I can . . .” statements:**I can explain what self-image is, including what influences one’s self-image.I can explain how self-image contributes to healthy relationships.I can explain what healthy relationships are and what they need to thrive.I can examine the traits of those in my life and know how they contribute/don’t contribute to building healthy relationships? |
| **Assessment Evidence** |
| **Formative Assessments (Assessment for Learning):** * Discussions, observations during activities,
* Assess participation in activities
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| **Summative Assessments (Assessment of Learning):*** Posting a selfie with piece of paper with one thing you like about yourself– exit slip
* [**http://bit.ly/2xNAyHR**](http://bit.ly/2xNAyHR)
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| **Materials** |
| * Popsicle sticks – one name on each
* Source of technology
* Pencil
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| **Learning Plan** |
| What is self-image?What contributes to one’s self-image?How does a realistic and positive self-image contribute to self-fulfillment, both personally and professionaly? (outcome b from CG8.1).What personal skills, interests, and behaviors do you have?What is a healthy relationship?Think of a friend that you have, or a family member, etc. – What characteristic do they have that contribute to a healthy relationship with you? What characteristics are good to have in order to make and keep healthy relationships?What does a healthy relationship need to thrive?Rock paper scissors activity.* Pick a partner, play best of 3 rock paper scissors
* Winner moves on the next person, loser cheers on those still playing
* For the winners, how did it feel to be lifted up/encouraged by your peers?
* For the “losers”, how did it feel to encourage your peers?
* Exaggeration of how others can make you feel

Popsicle stick compliments.* Healthy relationships aren’t just about complimenting one another
* Self-image isn’t just about other’s perspectives of you, but others can contribute to self-image, therefore, healthy relationships
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