**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 | |
| **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) | |
| **Materials** | |
| * Popsicle sticks – one name on each * Source of technology * Pencil | |
| **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 | |