

Daily Lesson Plan

Course Name: Health Care		Course Code: TPJ2O
Grade Level: 10	Duration: 3 hours	Lesson No: 2.2
Unit: 2 – Mental Health	Topic: Happiness	

Overall Expectations *(Directly from The Ontario Curriculum)*

A2: Describe factors that affect personal health and well-being;

Specific Expectations *(Directly from The Ontario Curriculum)*

A2.8: Explain how lifestyle choices can have an impact on an individual's health and well-being

Learning Skills *(Where applicable):*

Independent Work – Students will self-study before and after class.
 Responsibility – Students must post their homework on the forums before class.
 Initiative – Students are encouraged to ask questions during the Q&A session.
 Collaboration – Students will work in groups for the final production activity.
 Self-Regulation – Students will do an exit card before class.

Learning Goals *(What do I want the students to know and/or be able to do?)*

Today you will:
 1. Explain eight ways to reframe your mind for happiness

Success Criteria

*(Based on the application, how will I know students have learned what I intended?)
 (Recording Devices: anecdotal record, checklist, rating scale, rubric)*

By the end of class I can:
 1. Design a happy life

Materials and Resources

Lesson article: [Rewire Your Mind for Happiness](#)

Questions:

1. What's the difference between pleasure and real happiness?
2. What is entitlement and how can people overcome it?
3. Should people want nothing to be happy? Explain.
4. What does it mean to "plant trees under whose shade you do not expect to sit"?
5. Give examples of things outside our control that we shouldn't base our happiness on.
6. What is kintsukuroi and how does it relate to happiness?
7. Who should people compare themselves to?

8. What is one big reason people are unhappy in relationships?	
Lesson Structure and Activities	
Timing	Lesson
Independent Work Before Class	
60 minutes	<u>Lesson Note</u> <ul style="list-style-type: none"> • Read the lesson note, take notes, and answer the questions • Post your notes on the homework forums
20 minutes	<u>Glossary Quiz</u> <ul style="list-style-type: none"> • Study the glossary on Moodle • Then do the glossary quiz on Moodle before class
10 minutes	<u>Exit Card</u> <ul style="list-style-type: none"> • Do the exit card before class.
During Class	
10 minutes	<u>Announcements</u> Slide: Announcements <ul style="list-style-type: none"> • Teacher will go over announcements related to the course.
10 minutes	<u>Homework Q&A</u> Slide: Homework Q&A <ul style="list-style-type: none"> • Students will be required to ask some questions about the homework to encourage deeper thinking and to clarify understanding for the class
30 minutes (cumulative 40 minutes)	<u>Group Production</u> Slide: Production <ul style="list-style-type: none"> • Think back to an unhappy moment in your life. Write about what happened and post it on the forum. Then comment on two other classmates' posts to give them advice using what we learned in today's class.
30 minutes	<u>Production Presentations</u> Slide: Presentations <ul style="list-style-type: none"> • Students share their advice with the class. Teacher gives feedback.
15 minutes	<u>Quiz</u> Slide: Quiz <ul style="list-style-type: none"> • Students will do the lesson quiz on Moodle
5 minutes	<u>Homework Assignment</u> Slide: Independent Work for Next Lesson <ul style="list-style-type: none"> • Teacher will assign the independent work for next lesson

Assignments / Homework	
<ol style="list-style-type: none">1. Do readings and answer the questions for next lesson2. Post your notes on the homework forums3. Do the glossary quiz4. Do the exit card	
Reflections <i>(What do I need to do to become more effective as a teacher in supporting student learning?)</i>	

The Erindale Academy Daily Lesson Plan Unit # and Lesson Plan

Assessment Strategies Check all that apply (<i>Teacher may modify the list</i>)		
For Learning	As Learning	Of Learning
<p style="text-align: center;">Student product:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Diagnostic tests <input type="checkbox"/> Practice quiz <input type="checkbox"/> Pop quizzes <input type="checkbox"/> Homework <input type="checkbox"/> Class notes <input type="checkbox"/> Peer feedback <input type="checkbox"/> Practice questions <input type="checkbox"/> Practice tests <p style="text-align: center;">Observation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Class discussions <input type="checkbox"/> Peer feedback <p style="text-align: center;">Conversation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Student teacher conferences <input type="checkbox"/> Small group discussions 	<p style="text-align: center;">Student product:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Learning logs <input type="checkbox"/> Self-assessment sheet <input type="checkbox"/> Homework <input type="checkbox"/> Self-analysis sheet <input type="checkbox"/> Peer-analysis sheet <p style="text-align: center;">Observation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whole class discussions <input type="checkbox"/> Group discussions <p style="text-align: center;">Conversation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Student teacher conferences <input type="checkbox"/> Small group discussions <input type="checkbox"/> Pair work 	<p style="text-align: center;">Student product:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Assignments <input type="checkbox"/> Tests <input type="checkbox"/> Exam <input type="checkbox"/> Case studies <input type="checkbox"/> Business report <p style="text-align: center;">Observation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Student-led discussion/debate <input type="checkbox"/> Presentation <input type="checkbox"/> Performance tasks <p style="text-align: center;">Conversation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Student teacher conferences <input type="checkbox"/> Question and answer session
Lesson Tools Check all that apply (<i>Teacher may modify the list</i>)		
<p>Direct Instruction</p> <ul style="list-style-type: none"> <input type="checkbox"/> Structured overview <input type="checkbox"/> Lecture <input type="checkbox"/> Compare & contrast <input type="checkbox"/> Socratic method <input type="checkbox"/> Demonstrations 	<p>Indirect Instruction</p> <ul style="list-style-type: none"> <input type="checkbox"/> Problem solving <input type="checkbox"/> Case studies <input type="checkbox"/> Reading for meaning <input type="checkbox"/> Inquiry <input type="checkbox"/> Reflective discussion <input type="checkbox"/> Writing to inform <input type="checkbox"/> Concept formation <input type="checkbox"/> Concept mapping <input type="checkbox"/> Concept attainment 	<p style="text-align: center;">Instructional Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Explaining <input type="checkbox"/> Demonstrating <input type="checkbox"/> Questioning
<p style="text-align: center;">Interactive Instruction</p> <ul style="list-style-type: none"> <input type="checkbox"/> PowerPoint <input type="checkbox"/> Video clip <input type="checkbox"/> Debates <input type="checkbox"/> Role playing <input type="checkbox"/> Brainstorming <input type="checkbox"/> Peer partner <input type="checkbox"/> Learning/analysis <input type="checkbox"/> Discussion <input type="checkbox"/> Laboratory groups <input type="checkbox"/> Cooperative learning <input type="checkbox"/> Groups <input type="checkbox"/> Jigsaw <input type="checkbox"/> Problem solving <input type="checkbox"/> Conferencing 	<p style="text-align: center;">Independent Study</p> <ul style="list-style-type: none"> <input type="checkbox"/> Essays <input type="checkbox"/> Computer assisted instruction <input type="checkbox"/> Journals <input type="checkbox"/> Learning logs <input type="checkbox"/> Reports <input type="checkbox"/> Learning activity packages <input type="checkbox"/> Correspondence lessons <input type="checkbox"/> Learning contracts <input type="checkbox"/> Homework <input type="checkbox"/> Research projects <input type="checkbox"/> Assigned questions <input type="checkbox"/> Learning centers 	<p style="text-align: center;">Experiential Learning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Field trips <input type="checkbox"/> Conducting <input type="checkbox"/> Experiments <input type="checkbox"/> Simulations <input type="checkbox"/> Games <input type="checkbox"/> Story telling <input type="checkbox"/> Focused imaging <input type="checkbox"/> Field observations <input type="checkbox"/> Role-playing <input type="checkbox"/> Model building <input type="checkbox"/> Surveys <input type="checkbox"/> Case studies