

## Daily Lesson Plan

<b>Course Name:</b> Health Care		<b>Course Code:</b> TPJ2O
<b>Grade Level:</b> 10	<b>Duration:</b> 3 hours	<b>Lesson No:</b> 2.3
<b>Unit:</b> 2 – Mental Health		<b>Topic:</b> Relationships

### 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 the importance of relationships to mental health
2. Explain ways to improve relationships

### 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. Identify people's love language
2. Solve relationships conflicts

### Materials and Resources

Lesson article: <https://www.weeklywisdomblog.com/post/how-to-nurture-loving-relationships>

#### Questions:

1. How do our relationships impact our happiness?
2. What is the "magic ratio" in relationships?
3. What are three ways we show others that we value them for who they are?
4. What are the Five Love Languages? Which love language do you think is your primary one?

<p>5. Are conflicts a bad thing in relationships? Why?</p> <p>6. Watch the video “It’s Not About the Nail.” What do you think the video is trying to say?</p> <p>7. How can we inspire others to change?</p>	
<b>Lesson Structure and Activities</b>	
<b>Timing</b>	<b>Lesson</b>
<b>Independent Work Before Class</b>	
60 minutes	<p><b><u>Lesson Note</u></b></p> <ul style="list-style-type: none"> <li>• Read the lesson note, take notes, and answer the questions</li> <li>• Post your notes on the homework forums</li> </ul>
20 minutes	<p><b><u>Glossary Quiz</u></b></p> <ul style="list-style-type: none"> <li>• Study the glossary on Moodle</li> <li>• Then do the glossary quiz on Moodle before class</li> </ul>
10 minutes	<p><b><u>Exit Card</u></b></p> <ul style="list-style-type: none"> <li>• Do the exit card before class.</li> </ul>
<b>During Class</b>	
10 minutes	<p><b><u>Announcements</u></b>  <b>Slide: Announcements</b></p> <ul style="list-style-type: none"> <li>• Teacher will go over announcements related to the course.</li> </ul>
10 minutes	<p><b><u>Homework Q&amp;A</u></b>  <b>Slide: Homework Q&amp;A</b></p> <ul style="list-style-type: none"> <li>• Students will be required to ask some questions about the homework to encourage deeper thinking and to clarify understanding for the class</li> </ul>
30 minutes (cumulative 40 minutes)	<p><b><u>Group Production</u></b>  <b>Slide: Production</b></p> <ul style="list-style-type: none"> <li>• What is something that really annoys you about someone in your life? Use the relationship principles to explain how you can have more harmony with that person. Prepare a role play with a partner.</li> </ul>
30 minutes	<p><b><u>Production Presentations</u></b>  <b>Slide: Presentations</b></p> <ul style="list-style-type: none"> <li>• Students role play solving a relationship conflict together.</li> </ul>
15 minutes	<p><b><u>Quiz</u></b>  <b>Slide: Quiz</b></p> <ul style="list-style-type: none"> <li>• Students will do the lesson quiz on Moodle</li> </ul>
5 minutes	<p><b><u>Homework Assignment</u></b>  <b>Slide: Independent Work for Next Lesson</b></p> <ul style="list-style-type: none"> <li>• Teacher will assign the independent work for next lesson</li> </ul>

<b>Assignments / Homework</b>	
<ol style="list-style-type: none"><li>1. Do readings and answer the questions for next lesson</li><li>2. Post your notes on the homework forums</li><li>3. Do the glossary quiz</li><li>4. Do the exit card</li></ol>	
<b>Reflections</b> <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 #

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