

projectgreenchallenge

pgc  
2013

# CURRICULUM

LESSON PLANS  
FOR A  
conscious  
lifestyle  
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# WELLNESS

# Introduction

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*Caring for the earth starts with caring for yourself. You need to be healthy, nourished, and feel good to tackle the global challenges facing our planet. At school, academic and social pressures can disrupt your sleep schedule, diet, and well being. It's important to set aside time to just chill ... go to the gym, read a book, have tea with friends, or meditate on top of a beautiful hill. When your body is feeling deficient from late nights, mid terms, and tons of committments, make sure you are eating well, and getting the nutrients you need, but most importantly - stop every once in a while just to be in the moment.*

# Resources

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- [\*Pinterest Board\*](#)
- [\*Project Green Challenge 2012 Resources\*](#)

# Objectives

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In today's lesson, students will:

- Pinpoint and discuss sources of stress in their lives
- Practice meditation strategies
- Prepare a short talk on an aspect of nutrition

# Materials Needed

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- computer lab
- video camera, smart phone, or other video recording device (optional)

# Lesson Plan

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## **Start of Class:**

### **The Source of Your Stress:** 20-30 minutes

Teacher will have the students sit around in a circle with a pen and paper. He or she will ask the students the following questions, providing adequate time (approx. 2 minutes) in between each question for students to write down their answers. After the teacher finishes going through the questions, students should be encouraged to share some of their answers. It is suggested that the teacher offer some of his/ her own answers if students don't initially volunteer, in order to start the conversation. The teacher may facilitate the conversation for the students as they share their thoughts.

1. Share five things in the course of your day that cause you stress.
2. Share three more long-term stresses? Worries about the future?
3. When are the moments that you feel at peace?  
(When you are playing a particular sport? Reading a good book? Spending time with friends and family? Being outdoors?)
4. What are three ways that you reduce stress? Are they effective?
5. Is there anything you think you can change or adjust in your life to avoid some of the daily stresses?  
(Perhaps sleeping more? Working on certain relationships and friendships?)

### **Simple Meditation:** 15 minutes

In this activity, students can spread out in an open and quiet place in the classroom or another open room in the school. Using this 9-minute [meditation/relaxation exercise](#) from a health center, ask students to close their eyes, relax, and go through the guided exercise. Afterwards, ask the students how they feel. Here is a great supplemental resource to learn more about [meditation from the Mayo Clinic](#)

## **Assessment/Checks for Understanding:**

### **Food Network Nutrition Special:** 2 days of class; one for preparation and one for presentations

Congratulations! You and your students have just been selected to star in their own Food Network special, addressing nutrition and foods that nourish the mind, body, and soul! In this activity, put students into pairs and ask them to select a topic from the following list:

Topics: fats, unsaturated fats (mono and poly), sugars, calories, proteins, fiber, vitamins (if you must accommodate a larger class, you can divide up specific vitamins, such as A, B, C, etc), whole grains, fruits, vegetables, nuts, legumes, meats, dairy, sweets/fats, water, antioxidants, organic, fair trade, Non-GMO, and any other topics you would like to cover.

During their presentations, students should be defining what their topic is, what its impact is on human health (especially the health of young people), highlighting several nutritious sources of their topic that contain a particular nutrient, and other information they see fit. If desired, they can also include additional visual elements to make their presentation more eye-catching.

Students will have the first day of class to research information and prepare their talks. Each talk will be only two minutes, so they need to be prepared, energetic, and use their time effectively to share the most important information. On the day of the talks, you can set up a presentation area in the classroom. If you can, film the presentations and upload it for parents to watch.