



DIDACTIC UNIT – HEALTH EDUCATION

Lesson plan 1 – 45 minutes

INTRODUCTION:

- Teacher presents the topic of the class. Why it is so important to except yourself as you are.
- Students watch You Tube – video of the topic.
<https://www.youtube.com/watch?v=EQqefwRJgZg> (00:00 – 02:20). Teacher opens the video if students who are not english speaking don't understand everything. (10 minutes).

DEVELOPEMENT :

- Teacher presents concept self-esteem and explains how it is related to loving yourself.
- Individual work: everyone makes three sentences of themselves. First sentence must describe positive sides of one's character, in second one must tell something in which he/she is good at and third is about something what one wants to improve in oneself.
- Pairwork, students can choose pairs themselves: Write 2 positive things from your pair. Character, in which he or she is good at etc. Then short discussion with your pair: what you wrote about yourself, what your pair wrote about you. Which was more difficult to make up, positive things about yourself or about the other person? Why? (all together 15 minutes)
- Self-confidence and how to improve it. Teacher presents the concept and those little things which are important in improving self-confidence. (10 minutes)
- The end of the lesson: Class watches a You Tube – video How to love yourself – a weird trick that can help you. Then teacher gives students their homework: try the trick everyday for the next week. Does it help? Write a short report about the results in their own folder in classroom note. (10 minutes)
- Lesson plan 2 – 45 minutes
- Teacher headed discussion about the results of homework. Teacher has read students reports beforehand and can lead the discussion according that. (10 minutes)
- Activity: Everyone has a small piece of paper. Everyone writes down three hints about themselves. 3 points hint must be such that it will be difficult for others to guess who is the person in question. 2 points hint can be little easier and one point hint must be something that at least someone from the class can identify. Teacher collects the papers, takes some of them randomly and



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Philautia

reads the hint
points etc.). Students try to guess who are persons in
question. (20 minutes)

- Group discussion in small groups (4 persons): People can have many kinds of talents and everyone is good in something. Groups discuss what kind of talents people can have. Finally every group tells what kind of talents they found. (15 minutes)



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