

A graphic featuring a speech bubble with a pink border and a white background. Inside the bubble, the text "Lesson Plan" is in a dark blue font, and "CHANGE DAY" is in a bold pink font. A pink plus sign is positioned at the top right corner of the bubble.

Lesson Plan CHANGE DAY

For more information, contact us at changedayab@gmail.com.



THE BASICS

Background

Change Day AB is November 17th. Between now and then, anyone in Alberta can commit to making a change or trying something new for themselves, their families, friends and/or colleagues, or our system as a whole. The theme for this year's campaign is *"One Thing. Anything. It Begins With You"*. For students, Change Day AB can serve as a resource to set goals to support developing and maintaining a healthy and safe lifestyle.

Since we know health starts in the community, we would like to invite you to bring Change Day AB to your classroom. This lesson plan is designed to assist you in engaging students in conversation around what it means to live a safe and healthy lifestyle, and what they can do to achieve personal goals related to this.

This year, the provinces of Ontario and British Columbia are also celebrating Change Day on November 17th, so there will be some healthy competition to see which Canadian province can get the most registered pledges.

Lesson Objectives

- Describe Change Day AB
- Identify the importance of setting and achieving goals
- Recognize how to develop and maintain a healthy and safe lifestyle
- Apply how individual actions contribute to the development of a safe and healthy society

Preparation

- Visit the Change Day AB website to learn more about the campaign and browse the pledge gallery to see what others have pledged
- Register your school, grade or class as a team on the website
- Order resources (free of charge) for your classroom to use for Change Day AB activities
- Identify and select related curricula to enhance student learning about Change Day AB, and incorporate the activity below into your lesson plan.
- Change Day AB pledge postcards & anything you can write with



LESSON PLAN ACTIVITIES

1. Setting goals can be important for all of us. Discuss goal-setting with students.

Key Point: Get students to think about a time when they had a goal or wanted to achieve something.

- What was the goal?
- What did it feel like when they set and achieved the goal?
- When they set the goal, did it help them to achieve it?

2. Discuss the purpose and date of Change Day AB with your class.

- Change Day takes place on **November 17, 2017**
- Change Day is happening because we believe that your acts of change—regardless of their size—can add up to big improvements for Albertans and health care.
- We know that every one of us has the ability to make changes that can improve our health (and/or our care system).
- We want to connect with everyone across the province to help make individual health and the health of the system better.
- Once you make your pledge, the aim is to act on that pledge on Change Day AB or any day leading up to it.

3. Discuss the reasons behind why students would want to commit to a pledge to help develop and maintain a healthy and safe lifestyle.

Please Note: We encourage students to make a Change Day AB pledge that is meaningful to them, based on your guidance.

- A pledge is something that you commit to doing, changing or improving in health care or in your own health and wellness. It's that simple.
- When you are considering your pledge, think about something that you are passionate about. What is something that you have always wanted to change or improve?
- What you pledge and how you do your pledge is entirely up to you.

4. Discuss associated curricula relating to goal-setting and/or developing and maintaining a healthy and safe lifestyle.

- What could you do to be healthier? (E.g. How could you eat healthier? How could you be more active?)
- What are other things you could do to take better care of your health? (E.g. sleep, wash your hands, brush your teeth properly, drink more water, etc.)
- Thinking about these kinds of things, or something else that you are passionate about, what is one thing that you could commit to doing?

5. Provide students with pledge postcards to make their Change Day AB pledges.

Where to get: Postcards are available for free of charge from our Change Day website.

6. Post the pledges on the Change Day AB website.

- Use the team name you registered, and ensure you include the name of your school. We suggest you only include initials for students' names with their pledges

7. Help students create a plan for acting on their pledges by Change Day AB on Nov. 17th.

Optional Follow Up:

- Celebrate Change Day on November 17, 2017 – review and share students' pledges with a fun activity.
- Information about Change Day activities taking place on November 17, 2017 will be posted on the website.
- Invite students to share the results of their pledge actions 1 month after Change Day AB, and to reflect on what the goal-setting and activity meant to them.



ADDITIONAL INFORMATION

Alignment with Provincial Education Standards

Activities related to Change Day AB align well with Alberta Education's Program of Study for Health and Life Skills

“Through health and personal development programs, students acquire knowledge and develop skills, attitudes and habits that contribute to their physical, mental and social well-being. The aim of the Health and Life Skills Kindergarten to Grade 9 Program of Studies is to enable students to make well-informed, healthy choices and to develop behaviours that contribute to the well-being of self and others...”¹

Reference Materials

- Change Day AB Frequently Asked Questions (FAQ)
- Change Day AB Resource Order Page

Adapted from the Change Day BC Lesson Plan: K9 with kind permission of the BC Patient Safety & Quality Council

¹ <https://education.alberta.ca/health-and-life-skills/?searchMode=3>