

iHealth Education Playbooks (Lesson Plans)

Lesson Plan 1

- A. Icebreaker: Best Qualities
- B. Movement Snack: Stork Walks
- C. Classroom Activity: Circle of Names
- D. Skillbuilders: Accessing Information (Standard 3)
 - Alcohol and Other Drugs
 - Community and Environmental Health
 - Family Life And Sexuality
- E. Lasting Impression: Small Acts of Kindness
- F. Flipped Lessons
 - 1.1 Welcome to iHealth
 - 1.2 What do I need for iHealth?

Lesson Plan 2

- A. Icebreaker: Can't Live Without
- B. Movement Snack: Prone Press Ups
- C. Classroom Activity: Myth Busters
- D. Skillbuilders: Analyzing Influences (Standard 2)
 - Alcohol and Other Drugs
 - Family Life And Sexuality
 - Mental Health
- E. Lasting Impression: Believe in Yourself
- F. Flipped Lessons
 - 1.3 What do I need to learn in iHealth?
 - 1.4 How am I graded?

Lesson Plan 3

- A. Icebreaker: Role Models
- B. Movement Snack: Seated Forward Fold
- C. Classroom Activity: What's Your Super Power?
- D. Skillbuilders: Decision Making (Standard 5)
 - Alcohol and Other Drugs
 - Community and Environmental Health
 - Nutrition
- E. Lasting Impression: Passionate Curiosity
- F. Flipped Lessons
 - 1.5 What is the best way to take iHealth?
 - 1.6 What is the iHealth honor code?

Lesson Plan 4

- A. Icebreaker: Favorite Movie
- B. Movement Snack: Supine Spinal Twist
- C. Classroom Activity: Learn to Fall
- D. Skillbuilders: Goal Setting (Standard 6)
 - Alcohol and Other Drugs
 - Physical Activity
 - Tobacco
- E. Lasting Impression: Future Prospects
- F. Flipped Lessons
 - 1.7 Let's Review
 - 2.1 What does health really mean?

Lesson Plan 5

- A. Icebreaker: Songs for Life
- B. Movement Snack: Chair Dips
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Interpersonal Communication (Standard 4)
 - Alcohol and Other Drugs
 - Injury Prevention
 - Mental Health
- E. Lasting Impression: Go For the Best
- F. Flipped Lessons
 - 2.2 Who is in charge of my health?
 - 2.3 How long will I live?

Lesson Plan 6

- A. Icebreaker: Healthiest Habit
- B. Movement Snack: Mountain Climbers
- C. Classroom Activity: What Would You Do (S) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Kindness is Never Wasted
- F. Flipped Lessons
 - 2.4 What does quality of life mean?
 - 2.5 What are the biggest risk factors?

Lesson Plan 7

- A. Icebreaker: What Stresses You Out?
- B. Movement Snack: Speed Skater (Lateral Bounds)
- C. Classroom Activity: Your Attentive Brain
- D. Skillbuilders: Self Management (Standard 7)
 - Injury Prevention
 - Mental Health
 - Nutrition
- E. Lasting Impression: The World is Watching
- F. Flipped Lessons
 - 2.6 What are the most significant decisions a person makes?

Lesson Plan 8

- A. Icebreaker: Deepest Fears
- B. Movement Snack: Glute Bridge
- C. Classroom Activity: Negative Thoughts
- D. Skillbuilders: Self Management (Standard 7)
 - Personal and Consumer Health
 - Physical Activity
 - Tobacco
- E. Lasting Impression: Act with Kindness
- F. Flipped Lessons
 - 2.7 How should I make decisions?
 - 2.8 What is a healthy behavior outcome?



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Lesson Plan 9

- A. Icebreaker: See the Future
- B. Movement Snack: Bird Dog
- C. Classroom Activity: Gratitude Trick
- D. Skillbuilders: Analyzing Influences (Standard 2)
 - Nutrition
 - Personal and Consumer Health
 - Physical Activity
- E. Lasting Impression: You Know Nothing
- F. Flipped Lessons
 - 2.9 Healthy Behavior Outcomes (HBOs) - A
 - 3.1 How does my personality affect my health?

Lesson Plan 10

- A. Icebreaker: Family Celebrations
- B. Movement Snack: Plank
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Accessing Information (Standard 3)
 - Alcohol and Other Drugs
 - Community and Environmental Health
 - Family Life And Sexuality
- E. Lasting Impression: The Roots of Kindness
- F. Flipped Lessons
 - 3.2 What causes stress?
 - 3.3 How does stress affect my body?

Lesson Plan 11

- A. Icebreaker: Meaning of Home
- B. Movement Snack: Squat Jumps
- C. Classroom Activity: What Would You Do (PA) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Before You Speak
- F. Flipped Lessons
 - 3.4 What's the best way to deal with stress?

Lesson Plan 12

- A. Icebreaker: Memorable Dish
- B. Movement Snack: Toe Taps With Jumps
- C. Classroom Activity: Uncomfortable Feelings
- D. Skillbuilders: Analyzing Influences (Standard 2)
 - Alcohol and Other Drugs
 - Family Life And Sexuality
 - Mental Health
- E. Lasting Impression: Opportunity Missed
- F. Flipped Lessons
 - 3.5 What is my self-image?
 - 3.6 How do I boost my self-esteem?

Lesson Plan 13

- A. Icebreaker: Birth Order
- B. Movement Snack: Side to Side Jumping Lunges
- C. Classroom Activity: Value Uncertainty
- D. Skillbuilders: Decision Making (Standard 5)
 - Community and Environmental Health
 - Nutrition
 - Physical Activity
- E. Lasting Impression: Go Fast, Go Far
- F. Flipped Lessons
 - 3.7 How do I cope with my emotions?
 - 3.8 What are defense mechanisms?

Lesson Plan 14^

- A. Icebreaker: Your Influencers
- B. Movement Snack: Prisoner Squat Jumps
- C. Classroom Activity: Your Positive Thinking Brain
- D. Skillbuilders: Interpersonal Communication (Standard 4)
 - Alcohol and Other Drugs
 - Injury Prevention
 - Mental Health
- E. Lasting Impression: Don't Fear the Future
- F. Flipped Lessons
 - 3.9 Healthy Behavior Outcomes (HBOs) - B
 - 4.1 How do I express my feelings in a healthy way?

Lesson Plan 15

- A. Icebreaker: Make a Wish
- B. Movement Snack: Froggy Jumps
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Interpersonal Communication (Standard 4)
 - Mental Health
 - Personal and Consumer Health
 - Tobacco
- E. Lasting Impression: Wisdom Lingers
- F. Flipped Lessons
 - 4.2 Are mental disorders real?

Lesson Plan 16

- A. Icebreaker: Your Legacy
- B. Movement Snack: Superman Pose
- C. Classroom Activity: What Would You Do (T) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Optimism and Empathy
- F. Flipped Lessons
 - 4.3 Are there different types of mental disorders?



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Lesson Plan 17

- A. Icebreaker: Face of Happiness
- B. Movement Snack: Push Ups
- C. Classroom Activity: Emotional Exhaustion
- D. Skillbuilders: Accessing Information (Standard 3)
 - Alcohol and Other Drugs
 - Community and Environmental Health
 - Family Life And Sexuality
- E. Lasting Impression: Time for Kindness
- F. Flipped Lessons
 - 4.4 How do I deal with setbacks?
 - 4.5 What are the signs of depression?

Lesson Plan 18

- A. Icebreaker: Grateful For . . .
- B. Movement Snack: Wall Sit
- C. Classroom Activity: Decreased Friction
- D. Skillbuilders: Advocacy (Standard 8)
 - Family Life And Sexuality
 - Tobacco
 - Tobacco
- E. Lasting Impression: Live Your Life
- F. Flipped Lessons
 - 4.6 What is love?
 - 4.7 What should I do when I get angry?

Lesson Plan 19^

- A. Icebreaker: Biggest Challenge
- B. Movement Snack: Jumping Jack
- C. Classroom Activity: Your Compassionate Brain
- D. Skillbuilders: Analyzing Influences (Standard 2)
 - Alcohol and Other Drugs
 - Family Life And Sexuality
 - Nutrition
- E. Lasting Impression: Marvel of Simplicity
- F. Flipped Lessons
 - 4.8 Healthy Behavior Outcomes (HBOs) - C
 - 5.1 Are all families alike?

Lesson Plan 20

- A. Icebreaker: Make an Impression
- B. Movement Snack: Reverse Crunch
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Decision Making (Standard 5)
 - Community and Environmental Health
 - Nutrition
 - Physical Activity
- E. Lasting Impression: Be the World
- F. Flipped Lessons
 - 5.2 What causes family stress?

Lesson Plan 21

- A. Icebreaker: Dream Job
- B. Movement Snack: Neck Stretches
- C. Classroom Activity: What Would You Do (AOD) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Be Nice
- F. Flipped Lessons
 - 5.3 What can I do to help keep the family healthy?
 - 5.4 How can I reduce family conflict?

Lesson Plan 22*

- A. Icebreaker: Do Anything
- B. Movement Snack: Downward Dog
- C. Classroom Activity: Overthinking
- D. Skillbuilders: Interpersonal Communication (Standard 4)
 - Alcohol and Other Drugs
 - Injury Prevention
 - Mental Health
- E. Lasting Impression: Seek the Light
- F. Flipped Lessons
 - 5.5 Why can't I make my own rules?
 - 5.6 What's my role in the family?

Lesson Plan 23

- A. Icebreaker: New Skills
- B. Movement Snack: Seated Hamstring Stretch
- C. Classroom Activity: Evolving Identity
- D. Skillbuilders: Self Management (Standard 7)
 - Alcohol and Other Drugs
 - Community and Environmental Health
 - Family Life And Sexuality
- E. Lasting Impression: True Power
- F. Flipped Lessons
 - 5.7 How do I deal with divorce?
 - 5.8 Healthy Behavior Outcomes (HBOs) - D

Lesson Plan 24^

- A. Icebreaker: Favorite App
- B. Movement Snack: Standing Forward Bend
- C. Classroom Activity: Your Addictive Brain
- D. Skillbuilders: Self Management (Standard 7)
 - Injury Prevention
 - Mental Health
 - Nutrition
- E. Lasting Impression: Friends Should Walk With You
- F. Flipped Lessons
 - 6.1 Are there different types of friends?
 - 6.2 How do my friends define me?



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Lesson Plan 25

- A. Icebreaker: Favorite Dessert
- B. Movement Snack: Triceps Stretch
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Accessing Information (Standard 3)
 - Injury Prevention
 - Mental Health
 - Personal and Consumer Health
- E. Lasting Impression: Start Believing in Yourself
- F. Flipped Lessons
 - 6.3 What should I look for in a friend?
 - 6.4 How can I be a good friend?

Lesson Plan 26

- A. Icebreaker: Inward Outward
- B. Movement Snack: Sitting Trunk Rotation Stretch
- C. Classroom Activity: What Would You Do (SH) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Adjust Your Steps
- F. Flipped Lessons
 - 6.5 Why do problems arise in friendships?
 - 6.6 What does a genuine apology look like?

Lesson Plan 27*

- A. Icebreaker: Love at First Sight
- B. Movement Snack: Warrior 1 Yoga Pose
- C. Classroom Activity: Social Anxiety
- D. Skillbuilders: Analyzing Influences (Standard 2)
 - Alcohol and Other Drugs
 - Nutrition
 - Physical Activity
- E. Lasting Impression: Angry People, Loving People
- F. Flipped Lessons
 - 6.7 What's up with cliques?
 - 6.8 Healthy Behavior Outcomes (HBOs) - E

Lesson Plan 28

- A. Icebreaker: New Country
- B. Movement Snack: Seated Hip Flexion
- C. Classroom Activity: To-Be Lists
- D. Skillbuilders: Accessing Information (Standard 3)
 - Injury Prevention
 - Mental Health
 - Nutrition
- E. Lasting Impression: No Condition Is Permanent
- F. Flipped Lessons
 - 7.1 How do most fights start?
 - 7.2 Is cyberbullying real?

Lesson Plan 29^

- A. Icebreaker: Defining Habit
- B. Movement Snack: Yoga Squat Pose
- C. Classroom Activity: Your Angry Brain
- D. Skillbuilders: Self Management (Standard 7)
 - Community and Environmental Health
 - Family Life And Sexuality
 - Injury Prevention
- E. Lasting Impression: Service to Others
- F. Flipped Lessons
 - 7.3 Can I avoid violent situations?
 - 7.4 Is hazing ever acceptable?

Lesson Plan 30

- A. Icebreaker: Cherished Memory
- B. Movement Snack: Chair Pose
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Self Management (Standard 7)
 - Mental Health
 - Mental Health
 - Mental Health
- E. Lasting Impression: Courage to Continue
- F. Flipped Lessons
 - 7.5 Is sexual harassment legal?
 - 7.6 How should I act if I am stopped by an officer of the law?

Lesson Plan 31

- A. Icebreaker: Neighbors
- B. Movement Snack: Cat Pose
- C. Classroom Activity: What Would You Do (N) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Noble Kindness
- F. Flipped Lessons
 - 7.7 What is distracted driving?
 - 7.8 Healthy Behavior Outcomes (HBOs) - F

Lesson Plan 32*

- A. Icebreaker: Successful Friendships
- B. Movement Snack: Extended Side Angle Pose
- C. Classroom Activity: Anatomy of a Genuine Apology
- D. Skillbuilders: Classroom Activity (continued)
 - Community and Environmental Health
 - Family Life And Sexuality
- E. Lasting Impression: How We Feel
- F. Flipped Lessons
 - 8.1 Why do so many people drink alcohol?
 - 8.2 If alcohol is a drug, why is it legal?



iHealth Education Playbooks (Lesson Plans)

Lesson Plan 33

- A. Icebreaker: New Language
- B. Movement Snack: Yoga Stork Pose
- C. Classroom Activity: The Effect of Context
- D. Skillbuilders: Self Management (Standard 7)
 - Injury Prevention
 - Injury Prevention
 - Injury Prevention
- E. Lasting Impression: Wisdom
- F. Flipped Lessons
 - 8.3 What does alcohol do to my body?
 - 8.4 Are there benefits associated with drinking alcohol?

Lesson Plan 34^

- A. Icebreaker: Friendship Qualities
- B. Movement Snack: Folded Butterfly Pose
- C. Classroom Activity: Your Risky Brain
- D. Skillbuilders: Self Management (Standard 7)
 - Mental Health
 - Mental Health
 - Mental Health
- E. Lasting Impression: Code of Necessity
- F. Flipped Lessons
 - 8.5 Why do I have to be 21 years old to consume alcohol?
 - 8.6 What is BAC and what does it mean?

Lesson Plan 35

- A. Icebreaker: Holidays and Vacations
- B. Movement Snack: Wind-Relieving Pose
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Advocacy (Standard 8)
 - Tobacco
 - Tobacco
 - Tobacco
- E. Lasting Impression: Make a Difference
- F. Flipped Lessons
 - 8.7 What drinking laws do I need to know?
 - 8.8 What factors influence drinking?

Lesson Plan 36

- A. Icebreaker: Future Children
- B. Movement Snack: Cobra Pose
- C. Classroom Activity: What Would You Do (MEH) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Not Bored
- F. Flipped Lessons
 - 8.9 What is binge drinking?
 - 8.10 What is alcoholism?

Lesson Plan 37*

- A. Icebreaker: Family Qualities
- B. Movement Snack: Half Monkey Pose
- C. Classroom Activity: Using the TARP Strategy
- D. Skillbuilders: Analyzing Influences (Standard 2)
 - Alcohol and Other Drugs
 - Nutrition
 - Physical Activity
- E. Lasting Impression: Plant Seeds
- F. Flipped Lessons
 - 8.11 What is the cost of drinking?
 - 8.12 Healthy Behavior Outcomes (HBOs) - G

Lesson Plan 38

- A. Icebreaker: Vocations
- B. Movement Snack: Pigeon Pose
- C. Classroom Activity: Multiple Minds
- D. Skillbuilders: Decision Making (Standard 5)
 - Nutrition
 - Tobacco
 - Tobacco
- E. Lasting Impression: Mistakes
- F. Flipped Lessons
 - 9.1 Why do people start to smoke?
 - 9.2 What does tobacco do to my body?

Lesson Plan 39^

- A. Icebreaker: Family Languages
- B. Movement Snack: Half Spinal Twist
- C. Classroom Activity: Your Intuitive Brain
- D. Skillbuilders: Goal Setting (Standard 6)
 - Alcohol and Other Drugs
 - Physical Activity
 - Tobacco
- E. Lasting Impression: Adjust Your Sails
- F. Flipped Lessons
 - 9.3 Are there benefits to smoking?
 - 9.4 Why is tobacco legal?

Lesson Plan 40

- A. Icebreaker: Distances
- B. Movement Snack: Child's Pose
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Self Management (Standard 7)
 - Alcohol and Other Drugs
 - Injury Prevention
 - Mental Health
- E. Lasting Impression: Good Deeds
- F. Flipped Lessons
 - 9.5 What about vaping?
 - 9.6 Is smokeless tobacco safe?



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Lesson Plan 41

- A. Icebreaker: Favorite Color
- B. Movement Snack: Dead Pigeon Pose
- C. Classroom Activity: What Would You Do (PHW) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Be Kind Now
- F. Flipped Lessons
 - 9.7 What about secondhand smoke?
 - 9.8 How much does it cost to be a smoker?

Lesson Plan 42*

- A. Icebreaker: Dance
- B. Movement Snack: Head to Knee Pose
- C. Classroom Activity: Downhill Slide
- D. Skillbuilders: Self Management (Standard 7)
 - Personal and Consumer Health
 - Personal and Consumer Health
 - Personal and Consumer Health
- E. Lasting Impression: Avoiding Criticism
- F. Flipped Lessons
 - 9.9 Is it too late to quit smoking?
 - 9.10 Healthy Behavior Outcomes (HBOs) - H

Lesson Plan 43

- A. Icebreaker: Spectators
- B. Movement Snack: Boat Pose
- C. Classroom Activity: Gossip
- D. Skillbuilders: Self Management (Standard 7)
 - Physical Activity
 - Physical Activity
 - Physical Activity
- E. Lasting Impression: Never Grow Up
- F. Flipped Lessons
 - 10.1 Why do people use drugs?
 - 10.2 Is there an issue if substances make people feel good?

Lesson Plan 44^

- A. Icebreaker: Favorite Sport
- B. Movement Snack: Revolved Head To Knee Pose
- C. Classroom Activity: Your Common Sense Brain
- D. Skillbuilders: Accessing Information (Standard 3)
 - Injury Prevention
 - Personal and Consumer Health
 - Tobacco
- E. Lasting Impression: No Regrets
- F. Flipped Lessons
 - 10.3 What's the difference between legal, illegal substances?
 - 10.4 What substances are free from side effects?

Lesson Plan 45

- A. Icebreaker: Volunteers
- B. Movement Snack: Cow Pose
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Analyzing Influences (Standard 2)
 - Alcohol and Other Drugs
 - Nutrition
 - Physical Activity
- E. Lasting Impression: Go For It
- F. Flipped Lessons
 - 10.5 What are the most commonly abused substances?
 - 10.6 What are the dangers of substance abuse?

Lesson Plan 46

- A. Icebreaker: Ideal Weekend
- B. Movement Snack: Puppy Pose
- C. Classroom Activity: What Would You Do (V) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Be Anything
- F. Flipped Lessons
 - 10.7 Isn't marijuana legal now?
 - 10.8 What is the cost of a dependency?

Lesson Plan 47*

- A. Icebreaker: Last Fun Thing
- B. Movement Snack: Reclining Spinal Twist
- C. Classroom Activity: "I" Statements
- D. Skillbuilders: Self Management (Standard 7)
 - Injury Prevention
 - Mental Health
 - Personal and Consumer Health
- E. Lasting Impression: Don't Feel Bad
- F. Flipped Lessons
 - 10.9 How can I rise above the influence?
 - 10.10 Healthy Behavior Outcomes (HBOs) - I

Lesson Plan 48

- A. Icebreaker: Unwind
- B. Movement Snack: Standing Side Plank
- C. Classroom Activity: The Wizard of Us
- D. Skillbuilders: Self Management (Standard 7)
 - Mental Health
 - Mental Health
 - Mental Health
- E. Lasting Impression: Lack of Time
- F. Flipped Lessons
 - 11.1 What causes my body to change?



iHealth Education Playbooks (Lesson Plans)

Lesson Plan 49^

- A. Icebreaker: Celebrity Crush
- B. Movement Snack: Seated Side Bends
- C. Classroom Activity: Your Food Brain
- D. Skillbuilders: Self Management (Standard 7)
 - Physical Activity
 - Physical Activity
 - Physical Activity
- E. Lasting Impression: Creativity
- F. Flipped Lessons
 - 11.2 Am I ready to date?
 - 11.3 Is everyone sexually experienced?

Lesson Plan 50

- A. Icebreaker: Vibes
- B. Movement Snack: Standing Upper Body Stretches
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Self Management (Standard 7)
 - Mental Health
 - Mental Health
 - Mental Health
- E. Lasting Impression: Trust Someone
- F. Flipped Lessons
 - 11.4 Is it safe to be sexually intimate?
 - 11.5 Does birth control really work?

Lesson Plan 51

- A. Icebreaker: In or Out?
- B. Movement Snack: Tree Pose
- C. Classroom Activity: What Would You Do (S) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: You're Right
- F. Flipped Lessons
 - 11.6 Is abstinence realistic?

Lesson Plan 52*

- A. Icebreaker: Don't Leave Home
- B. Movement Snack: Wide-Legged Forward Bend
- C. Classroom Activity: #OneWord
- D. Skillbuilders: Self Management (Standard 7)
 - Alcohol and Other Drugs
 - Injury Prevention
 - Injury Prevention
- E. Lasting Impression: Change the World
- F. Flipped Lessons
 - 11.7 What about self-exams?
 - 11.8 Healthy Behavior Outcomes (HBOs) - J

Lesson Plan 53

- A. Icebreaker: Adventure
- B. Movement Snack: Ragdoll Pose
- C. Classroom Activity: Fresh Eyes
- D. Skillbuilders: Accessing Information (Standard 3)
 - Injury Prevention
 - Personal and Consumer Health
 - Tobacco
- E. Lasting Impression: Wake Up
- F. Flipped Lessons
 - 11.9 Show Your Skills - SH
 - 12.1 What's the difference between bacteria and viruses?

Lesson Plan 54^

- A. Icebreaker: Hidden Talent
- B. Movement Snack: Beginner Burpee I
- C. Classroom Activity: Your Logical Brain
- D. Skillbuilders: Self Management (Standard 7)
 - Injury Prevention
 - Injury Prevention
 - Injury Prevention
- E. Lasting Impression: Strangers
- F. Flipped Lessons
 - 12.2 How do germs spread?

Lesson Plan 55

- A. Icebreaker: Fun Facts
- B. Movement Snack: Pinky Thumb
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Analyzing Influences (Standard 2)
 - Tobacco
 - Tobacco
 - Tobacco
- E. Lasting Impression: Powers
- F. Flipped Lessons
 - 12.3 What do I need to know about STIs?
 - 12.4 What's the difference between AIDS and HIV?

Lesson Plan 56

- A. Icebreaker: Happiness
- B. Movement Snack: Beginner Burpee II
- C. Classroom Activity: What Would You Do (PA) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Try Things
- F. Flipped Lessons
 - 12.5 Why do some people have allergies and some don't?
 - 12.6 Do I have sitting disease?



iHealth Education Playbooks (Lesson Plans)

Lesson Plan 57*

- A. Icebreaker: Grateful For . . .
- B. Movement Snack: Toe Touching
- C. Classroom Activity: DICE Refusal Game
- D. Skillbuilders: Analyzing Influences (Standard 2)
 - Alcohol and Other Drugs
 - Alcohol and Other Drugs
 - Nutrition
- E. Lasting Impression: Shoreline of Wonder
- F. Flipped Lessons
 - 12.7 Healthy Behavior Outcomes (HBOs) - K
 - 12.8 Show Your Skills - PHW

Lesson Plan 58*

- A. Icebreaker: Best Advice
- B. Movement Snack: London Bridge
- C. Classroom Activity: Wisdom Series
- D. Skillbuilders: Self Management (Standard 7)
 - Injury Prevention
 - Injury Prevention
 - Injury Prevention
- E. Lasting Impression: Fail Forward
- F. Flipped Lessons
 - 12.9 Show Your Skills - MEH
 - 13.1 How do I set my own health goals?

Lesson Plan 59^

- A. Icebreaker: Someone for a Day
- B. Movement Snack: Beginner Burpee III
- C. Classroom Activity: Your Imaginative Brain
- D. Skillbuilders: Analyzing Influences (Standard 2)
 - Tobacco
 - Tobacco
 - Tobacco
- E. Lasting Impression: Big Fears
- F. Flipped Lessons
 - 13.2 How can I be a wise consumer?
 - 13.3 How does media and technology affect health?

Lesson Plan 60

- A. Icebreaker: Back in Time
- B. Movement Snack: Paint the Fence, Wash the windows
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Self Management (Standard 7)
 - Mental Health
 - Mental Health
 - Mental Health
- E. Lasting Impression: Be Kind
- F. Flipped Lessons
 - 13.4 What web sources can I trust?
 - 13.5 What are the signs of personal maturity?

Lesson Plan 61

- A. Icebreaker: Invention
- B. Movement Snack: Knee Touches
- C. Classroom Activity: What Would You Do (T) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Inner Strength
- F. Flipped Lessons
 - 13.6 How often should I see a doctor?
 - 13.7 How much does healthcare cost?

Lesson Plan 62*

- A. Icebreaker: Name the Animal
- B. Movement Snack: Ear to Shoulder Stretch
- C. Classroom Activity: Win-Win Negotiations
- D. Skillbuilders: Self Management (Standard 7)
 - Alcohol and Other Drugs
 - Community and Environmental Health
 - Family Life And Sexuality
- E. Lasting Impression: Vast Love
- F. Flipped Lessons
 - 13.8 How do I just say no (yes)?
 - 13.9 Show Your Skills - S

Lesson Plan 63*

- A. Icebreaker: Dinner Time
- B. Movement Snack: Seated Tummy Twists
- C. Classroom Activity: Seven Signs of Emotional Maturity
- D. Skillbuilders: Self Management (Standard 7)
 - Injury Prevention
 - Injury Prevention
 - Injury Prevention
- E. Lasting Impression: Great Pains
- F. Flipped Lessons
 - 14.1 How many calories do I burn in a day?
 - 14.2 How many calories do I burn during physical activity?

Lesson Plan 64^

- A. Icebreaker: Your Sitcom
- B. Movement Snack: Side Stretch
- C. Classroom Activity: Your Brain's Gender
- D. Skillbuilders: Self Management (Standard 7)
 - Alcohol and Other Drugs
 - Family Life And Sexuality
 - Injury Prevention
- E. Lasting Impression: Fear
- F. Flipped Lessons
 - 14.3 What is the real scoop on calories?
 - 14.4 How do I make the calories in-calories out connection?



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Lesson Plan 65

- A. Icebreaker: Sandwich
- B. Movement Snack: Body Tapping
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Analyzing Influences (Standard 2)
 - Nutrition
 - Physical Activity
 - Tobacco
- E. Lasting Impression: Simple Wisdom
- F. Flipped Lessons
 - 14.5 How do I read the nutrition label?
 - 14.6 What does the nutrition label tell us?

Lesson Plan 66

- A. Icebreaker: Hometown
- B. Movement Snack: Criss Cross Exercise
- C. Classroom Activity: What Would You Do (AOD) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Wisdom Listens
- F. Flipped Lessons
 - 14.7 What is the best food plan?
 - 14.8 Can I "out-exercise" poor eating?

Lesson Plan 67*

- A. Icebreaker: See the Future
- B. Movement Snack: Standing Forward Bend
- C. Classroom Activity: Become a Health Influencer
- D. Skillbuilders: Interpersonal Communication (Standard 4)
 - Alcohol and Other Drugs
 - Mental Health
 - Tobacco
- E. Lasting Impression: Wisdom is Awake
- F. Flipped Lessons
 - 14.9 What's the real scoop on bread, carbs, and grains?

Lesson Plan 68*

- A. Icebreaker: Respect or Power
- B. Movement Snack: Elbow Isometric Wrist Flexion
- C. Classroom Activity: What the Insert Tells You
- D. Skillbuilders: Accessing Information (Standard 3)
 - Community and Environmental Health
 - Injury Prevention
 - Mental Health
- E. Lasting Impression: We Must Do
- F. Flipped Lessons
 - 14.10 What's the skinny on fats?
 - 14.11 Show Your Skills - N

Lesson Plan 69^

- A. Icebreaker: Hot and Cold
- B. Movement Snack: Isometric biceps
- C. Classroom Activity: Your Moral Brain
- D. Skillbuilders: Interpersonal Communication (Standard 4)
 - Mental Health
 - Tobacco
 - Tobacco
- E. Lasting Impression: Organized Life
- F. Flipped Lessons
 - 15.1 What is physical fitness?
 - 15.2 What is the best activity for health and fitness?

Lesson Plan 70

- A. Icebreaker: Favorite Fruit
- B. Movement Snack: Squats
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Interpersonal Communication (Standard 4)
 - Tobacco
 - Tobacco
 - Mental Health
- E. Lasting Impression: Lighting of a Fire
- F. Flipped Lessons
 - 15.3 How often should I be active?
 - 15.4 What does it mean to be physically healthy?

Lesson Plan 71

- A. Icebreaker: Staff
- B. Movement Snack: Standing Windmill Stretch
- C. Classroom Activity: What Would You Do (SH) Level II
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Virtue
- F. Flipped Lessons
 - 15.5 What is the secret to movement?
 - 15.6 How does daily movement improve my school day?

Lesson Plan 72*

- A. Icebreaker: Early or Late
- B. Movement Snack: How to Chicken Dance
- C. Classroom Activity: Pull Over
- D. Skillbuilders: Self Management (Standard 7)
 - Personal and Consumer Health
 - Personal and Consumer Health
 - Personal and Consumer Health
- E. Lasting Impression: Removing Things
- F. Flipped Lessons
 - 15.7 Is vigorous movement necessary?
 - 15.8 Who is in charge of my movement?



iHealth Education Playbooks (Lesson Plans)

Lesson Plan 73*	
A. Icebreaker: Lottery	
B. Movement Snack: Standing Calf Raises	
C. Classroom Activity: Let's Go Shopping	
D. Skillbuilders: Self Management (Standard 7)	<ul style="list-style-type: none"> - Nutrition - Nutrition - Nutrition
E. Lasting Impression: Situations	
F. Flipped Lessons	15.9 Show Your Skills - PA 15.10 Show Your Skills - T

Lesson Plan 74^	
A. Icebreaker: Read or Speak	
B. Movement Snack: Butterfly Stretch	
C. Classroom Activity: Your Comforting Brain	
D. Skillbuilders: Self Management (Standard 7)	<ul style="list-style-type: none"> - Injury Prevention - Personal and Consumer Health - Personal and Consumer Health
E. Lasting Impression: Poverty of Complaints	
F. Flipped Lessons	16.1 How should I respond in an emergency?

Lesson Plan 75	
A. Icebreaker: Favorite Vegetable	
B. Movement Snack: Laughing	
C. Classroom Activity: Personal Responsibility Time (PRT)	
D. Skillbuilders: Self Management (Standard 7)	<ul style="list-style-type: none"> - Injury Prevention - Injury Prevention - Injury Prevention
E. Lasting Impression: Lovely Moments	
F. Flipped Lessons	16.2 What is hands only CPR?

Lesson Plan 76	
A. Icebreaker: Parks and Zoos	
B. Movement Snack: Cross Arm Stretch	
C. Classroom Activity: What Would You Do (S) Level II	
D. Skillbuilders: Classroom Activity (continued)	
E. Lasting Impression: Miracles	
F. Flipped Lessons	16.3 How do I perform CPR?

Lesson Plan 77*	
A. Icebreaker: Game Time	
B. Movement Snack: How to Do the Macarena	
C. Classroom Activity: What is Your Movement Personality?	
D. Skillbuilders: Accessing Information (Standard 3)	<ul style="list-style-type: none"> - Alcohol and Other Drugs - Alcohol and Other Drugs - Alcohol and Other Drugs
E. Lasting Impression: Gratitude	
F. Flipped Lessons	16.4 Should I perform CPR on children?

Lesson Plan 78*	
A. Icebreaker: Fortune or Fame	
B. Movement Snack: Seated Spine Stretch	
C. Classroom Activity: Mentally Stronger	
D. Skillbuilders: Interpersonal Communication (Standard 4)	<ul style="list-style-type: none"> - Family Life And Sexuality - Family Life And Sexuality - Family Life And Sexuality
E. Lasting Impression: Small Things	
F. Flipped Lessons	16.5 Show Your Skills - AOD 16.6 Show Your Skills - V

Lesson Plan 79^	
A. Icebreaker: Read Minds	
B. Movement Snack: Calf and Heel Raises	
C. Classroom Activity: Your Sleeping Brain	
D. Skillbuilders: Self Management (Standard 7)	<ul style="list-style-type: none"> - Mental Health - Mental Health - Mental Health
E. Lasting Impression: Inner Happiness	
F. Flipped Lessons	16.7 Healthy Behavior Outcomes (HBOs) - L 17.1 Why should I sign up to be an organ donor?

Lesson Plan 80	
A. Icebreaker: Never Age	
B. Movement Snack: Balance Poses	
C. Classroom Activity: Personal Responsibility Time (PRT)	
D. Skillbuilders: Self Management (Standard 7)	<ul style="list-style-type: none"> - Nutrition - Nutrition - Nutrition
E. Lasting Impression: Kindness and Love	
F. Flipped Lessons	17.2 Myth busters: what do you know about organ donation? 17.3 How does signing up as a donor help others?



iHealth Education Playbooks (Lesson Plans)

Lesson Plan 81

- A. Icebreaker: Pirates or Ninjas
- B. Movement Snack: Neck Rotation Exercise
- C. Classroom Activity: What Would You Do (Misc)
- D. Skillbuilders: Classroom Activity (continued)
- E. Lasting Impression: Don't Wait
- F. Flipped Lessons
 - 17.4 What organs can be donated?
 - 17.5 A donor hero story

Lesson Plan 82*

- A. Icebreaker: Speed or Strength
- B. Movement Snack: How To Do The Electric Slide Dance Move
- C. Classroom Activity: Billboards
- D. Skillbuilders: Analyzing Influences (Standard 2)
 - Tobacco
 - Tobacco
 - Tobacco
- E. Lasting Impression: Good Feelings
- F. Flipped Lessons
 - 17.6 More Myth Busters
 - 17.7 How are people saved and healed with tissue donation?

Lesson Plan 83*

- A. Icebreaker: Funny or Smart
- B. Movement Snack: Standing Quad Stretch
- C. Classroom Activity: Mentally Stronger
- D. Skillbuilders: Interpersonal Communication (Standard 4)
 - Alcohol and Other Drugs
 - Alcohol and Other Drugs
 - Alcohol and Other Drugs
- E. Lasting Impression: Random Acts
- F. Flipped Lessons
 - 17.8 What about living donations?
 - 17.9 What now? How do I sign up?

Lesson Plan 84^

- A. Icebreaker: Valuable Lessons
- B. Movement Snack: Seated Low Back Stretch
- C. Classroom Activity: Your Brain's Perspective
- D. Skillbuilders: Advocacy (Standard 8)
 - Alcohol and Other Drugs
 - Alcohol and Other Drugs
 - Alcohol and Other Drugs
- E. Lasting Impression: Never Too Old
- F. Flipped Lessons
 - 17.10 Where can I find more information?
 - 17.11 Tell us what you think.

Lesson Plan 85

- A. Icebreaker: High and Low
- B. Movement Snack: Push Ups
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Self Management (Standard 7)
 - Mental Health
 - Mental Health
 - Mental Health
- E. Lasting Impression: Get Up
- F. Flipped Lessons
 - 18.1 Self assessment - A

Lesson Plan 86*

- A. Icebreaker: Appreciation
- B. Movement Snack: The Cha Cha Slide Dance
- C. Classroom Activity: Blue Zones Around the World
- D. Skillbuilders: Advocacy (Standard 8)
 - Alcohol and Other Drugs
 - Alcohol and Other Drugs
 - Personal and Consumer Health
- E. Lasting Impression: Against the Wind
- F. Flipped Lessons
 - 18.2 Course evaluation

Lesson Plan 87*

- A. Icebreaker: Lonely
- B. Movement Snack: 1 Minute Shoulder Stretches
- C. Classroom Activity: HBO Bracketology
- D. Skillbuilders: Analyzing Influences (Standard 2)
 - Alcohol and Other Drugs
 - Alcohol and Other Drugs
 - Alcohol and Other Drugs
- E. Lasting Impression: The Glass
- F. Flipped Lessons
 - 18.3 Self assessment - B

Lesson Plan 88

- A. Icebreaker: Booking It
- B. Movement Snack: Flexibility
- C. Classroom Activity: Personal Responsibility Time (PRT)
- D. Skillbuilders: Decision Making (Standard 5)
 - Injury Prevention
 - Alcohol and Other Drugs
 - Family Life And Sexuality
- E. Lasting Impression: Clock Watching
- F. Flipped Lessons
 - 18.4 Practice Final



iHealth Education Playbooks (Lesson Plans)

Lesson Plan 89*	
A.	Icebreaker: Night Owl
B.	Movement Snack: One-minute Stretch Break
C.	Classroom Activity: What is Your Movement Personality?
D.	Skillbuilders: Interpersonal Communication (Standard 4) - Alcohol and Other Drugs - Mental Health - Mental Health
E.	Lasting Impression: Secret to Success
F.	Flipped Lessons 18.5 EXTRA CREDIT: Change the World

Lesson Plan 90*	
A.	Icebreaker: Binge Watch
B.	Movement Snack: One-Minute Yoga Practice: Strength
C.	Classroom Activity: Prepare for the Final Examination
D.	Skillbuilders: Self Management (Standard 7) - Alcohol and Other Drugs - Alcohol and Other Drugs - Alcohol and Other Drugs
E.	Lasting Impression: Start a Journey
F.	Flipped Lessons 19.1 Final Examination

