

MCMS Wellness
7th Grade
Unit: Body Image

Long Term Learning Target: I will understand how having a positive self image can impact all aspects of my life.

(Lesson 1: Body Image)

Learning Targets: **Language Targets**

I will **listen** to the four aspects physical, active, social, and psychological aspect of my identity.

I can identify the positive traits I have in each category and **write** them on the “Who Are You” worksheet

I can reflect in **writing** how I see myself and my strengths and weaknesses

I can identify the positive aspects of each part of identity and **draw** them on the lesson 4.2 graphic organizer.

Lesson Activities: G.W. 4.1 Being Mentally and Emotionally Healthy Activity 4.1, G.W. 4.1 Who am I graphic organizer

(Lesson 2: Body Image Part 2)

Learning Targets: **Language Targets**

I can identify in **writing** what a mentally emotionally health person is, does, says and is not.

I can **read** the textbook chapter Making sense of your emotions Lesson 4.2.

I can **write** the answer to the reflection questions on the Lesson 4.2 Reading guide.

Lesson Activities: Lesson 4.2 warm up Prove or Disprove, reading G.W. Making sense of your emotions lesson 4.2, G.W. Lesson 4.2 Reading guide