

## Lesson Design Planning Template

<b>Big Idea</b> What is the big idea that the learner will walk away with at the end of the lesson that is critical for learners at this stage of their learning path?	<b>Learning Outcome(s)</b> What specific things will the learner know or be able to do by the end of the lesson?	<b>Evidence of Learning</b> What does learning look like for this objective? (e.g., accurate performance of a task, correct use of terminology)	<b>Assessments</b> What will learners do to provide evidence of their learning? (e.g., a presentation, a test, a project)	<b>Learning Activities</b> What learning activities will allow learners to acquire and practice the skills necessary to demonstrate their learning and complete the assessment successfully?
Gain knowledge and understanding about the importance of mental health and strategies in coping and self care.	<ul style="list-style-type: none"> <li>- define mental health</li> <li>- Be able to identify risks of developing a mental illness</li> <li>- Outline specific coping strategies and preventative measures</li> </ul>	<ul style="list-style-type: none"> <li>- accurately describe and define terminology of mental health</li> <li>- Display understanding of mechanisms</li> </ul>	<ul style="list-style-type: none"> <li>- create a presentation in small groups about a specific mental health strategy or risk of mental illness they have chosen</li> </ul>	<ul style="list-style-type: none"> <li>- interactive multimedia presentation which provides space for student participation</li> <li>- Demonstration and participation in guided meditation practice</li> </ul>