

Personal Health – High School
Days 6, 7, and 8

<p>Standards</p>	<p>I-HS.1.2: Describe laws and regulations related to safety and personal injury.</p> <p>M-HS.1.2: Identify resiliency, including stress-reduction skills and positive coping strategies.</p> <p>P-HS.1.3: Examine strategies for the prevention of communicable diseases.</p> <p>P-HS.2.2: Assess ways that school, community, and culture support and/or challenge health beliefs, practices, and behaviors.</p> <p>P-HS.2.6: Examine ways that public health policies and government regulations affect health promotion and disease prevention.</p>
<p>Learning Targets/I Can Statements</p>	<ul style="list-style-type: none"> • I can reflect on my experiences during the Coronavirus pandemic. • I can differentiate between reliable and unreliable information about the Coronavirus. • I can describe what laws and regulations have been put in place to protect us during the Coronavirus pandemic.
<p>Essential Question(s)</p>	<p>What experiences have I had during the Coronavirus pandemic? What have I heard about Coronavirus that has been a fact and a myth? What laws and regulations have been put in place to protect us during the Coronavirus pandemic?</p>
<p>Resources</p>	<p>Coronavirus Journal Entries</p>
<p>Learning Activities or Experiences</p>	<p>Journal Entry #1</p> <p>Part of being proactive means anticipating challenges and preparing for them. In anticipation of quarantines, many people have begun proactively preparing by stocking up on “essential” items they would need.</p> <ul style="list-style-type: none"> • What items have been in high demand? • How have stores responded to these demands? • What items do you think are most important to have on hand during a multi week quarantine? • Did you or your family do anything to prepare for potential closures? <p>Journal Entry #2</p> <p>Sometimes, our priorities get a little out of whack in the hustle and bustle of daily life. A larger event like this can sometimes remind us what is most important in life. With more time at home, your priorities may have changed recently.</p> <ul style="list-style-type: none"> • How is your daily routine different than normal? • How have the routines of your family members changed? • What have you had more time to do that you really enjoy? • What is something you really miss and you look forward to returning to?

Journal Entry #3

This unique situation may provide opportunities to work together or help others in ways you never thought of. Mr. Rogers once said, "When I was a boy and would see scary things in the news, my mother would say to me, 'Look for the helpers. There are always people who are helping.'" Please choose one of the options below.

- Option 1: Share your personal story of how you have experienced people working together, sharing, and supporting one another in recent days.
- Option 2: Find social media stories in which other people have shared how they are caring for or supporting one another. Retell what you read/heard in your own words. Be sure to tell us the source of your story.

Journal Entry #4

News outlets and social media are flooding us with information about Coronavirus, much of which is not factual. Find three claims that have been reported and determine if you think each is reliable. Explain why you think each claim should or shouldn't be trusted.

Journal Entry #5

Our common goal is to slow the spread of Coronavirus so that the healthcare system can keep up with caring for those in need. Individuals have had to make sacrifices and many have been inconvenienced for a greater good. Explain some of the steps our society/government/schools have taken so that we can work together to slow the spread of the virus.

Journal Entry #6

Create a KWL chart about the Coronavirus. What do you know, or think you know, about this pandemic and its impact? What else do you want to know? Make a list of as many questions as you can on as many aspects of this outbreak and its effects and implications as you can think of, then choose one to investigate.

Know	Want to Know	Learned
What do you know, or think you know, about this pandemic and its impact?	What else do you want to know? Make a list of as many questions as you can on as many aspects of this outbreak and its effects and implications as you can think of.	Choose one thing you would like to know and investigate it.

Journal Writing Rubric

Did I do...	Yes = 1	No = 0
I capitalized the beginnings of sentences, proper names, titles, dates, etc.		
I added correct punctuation- periods, commas, apostrophes, quotes, etc.		
I used complete sentences to the best of my ability.		
I restated the prompt (most often at the beginning, but not always).		
The other sentences support the main idea.		
I wrote at least 200 words.		
I used and checked spelling to the best of my ability.		
I used my own words and avoided plagiarism.		
I wrote a thoughtful response that showed deeper thinking.		
I submitted my journal entry on time.		
Total Points = 10		