



# Preview – Information



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# Google Slides Lessons Preview






# Alberta Health and Wellness Wellness Choices Unit – Grade 9

## 3-Part Lesson Format

### Part 1 – Minds On!


- Learning Goals
- Discussion Questions
- Quotes
- And More!




#### How Media and Stereotypes Impact Body Image

#### DISCUSSION QUESTIONS

1. Why do you think social media has such a strong effect on how teens feel about their bodies?
2. How can seeing "highlight reels" online change how we see ourselves in real life?
3. Why do people compare themselves to influencers or celebrities?






#### Think Before You React

Instructions: Read each situation and choose the most supportive or healthy response.

Your sibling asks, "Do you think I look ugly?"	A peer says, "No one likes me because of how I look."	Someone says, "I need to start looking like those fitness influencers."
"Why would you ask that?"	"Looks don't decide your worth."	"They don't even look like that in real life."
"No way, You're amazing just as you are."	"Maybe if you dressed differently, it would help."	"Yeah, they have great bodies."
"I mean, everyone has bad days."	"You're probably overthinking it."	"Try their workout—it's intense but worth it."

A friend says, "I feel gross when I see myself in pictures."	Someone says, "People with muscles are the only ones who look good."	A friend posts an edited photo and says, "This is the only way I'll get likes."
"You could use a filter next time."	"Everyone looks different, and that's normal."	"It worked though, you look good!"
"Yeah, I don't love mine either."	"I guess that's true."	"You don't need edits to get likes. You're enough."
"What matters is how you feel inside. You're Beautiful."	"Yeah, muscles are everything."	"That's just how social media works now."



### Part 2 – Action!

- Surveys/Polls
- Matching
- Drag and Drop
- Videos
- And More!

### Part 3 – Consolidation!

- Exit Cards
- Quick Draw
- 3-2-1 Reflection
- One-Sentence Summary



#### Exit Card – Media & Body Image Messages

Write one thing you learned today about how media and stereotypes affect body image that you want to remember or use.

The Best Thing I Learned Today is...


# Alberta Health and Wellness Wellness Choices Unit – Grade 9

## Sorting Self-Talk: What Builds Body Confidence?

Sort each statement by dragging it to the left if it supports positive body image

I'm proud of what my body can do.	I hate the way I look.	My body is strong, capable, and growing.	I choose to be kind to myself.
I need to be skinny to be accepted.	I wish I looked like people online.	Everybody is different and that's okay.	I'll never be good enough.
I deserve respect no matter my size.	No one will like me unless I change my body.	I'm too fat/thin to feel confident.	I appreciate my body for getting me through each day.
I can't wear that—I don't look good enough.	I choose to be kind to myself.	My worth is not based on how I look.	Other people's bodies are better than mine.

✂ ✂ ✂ ✂ ✂ ✂ ✂ ✂

## What Help or Hurt Your Mood

Sort each category based on whether it is likely to help you stay focused and feel good or may lead to energy crashes and mood swings.

Helps Brain & Mood	Hurts Brain & Mood
Chips	Oatmeal
Whole grain bread	Walnuts
Salmon	French fries
Candy	Soft drinks / soda
Spinach / leafy greens	Banana
Bacon	Sausage
Carrot	Yogurt
Hamburger	Doughnut

## Who Can You Count On?

Drag the people you can count on into the circle. Leave out those who may not be safe or helpful.



Coach	Gossipers	Close Friend
Bullies	Parent	Help Line
Strangers online	Sibling	Influencers
Counsellor	Teacher	Dismissive friends
Youth Worker	Nurse	Risky peers





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# Alberta Health and Wellness

## Relationship Choices Unit – Grade 9

### Sorting: Stress Bucket

**Instruction:** Sort each item into the correct column to show what adds stress and what helps relieve it.

**Ways of Relieving Stress**

Homework deadlines	Writing in a journal	Going for a walk
Taking screen breaks	Deep breathing	Social media pressure
Talking to someone	Family arguments	Listening to music
Tests or exams	Friendship drama	Not enough sleep

**Stressors That Fill The Bucket**

### Stress vs Burnout

Drag each symptom into the correct section of the Venn Diagram: Stress, Burnout, or Both.

Stress	Both	Burnout
Overreacting	Tired all the time	Feeling numb
Don't care anymore	Worrying a lot	No motivation
Headaches	Snapping at others	Restless and tense
Hopelessness	Getting sick often	Disconnected from everything
		Low energy
		Feeling anxious
		Poor sleep
		Too tired to try

### Sort It: Communication Barriers

Drag and drop the items to show which ones are communication barriers.

**Communication Barriers**

Asking questions	Vague words
Phone distractions	Taking turns
Aggressive tone	Making assumptions
Eye contact	Nodding
Not listening	Talking too much
Interrupting	"I" statements
Calm voice	Judging quickly





# Alberta Health and Wellness

## Relationship Choices Unit – Grade 9

### Doing What's Right: Integrity in Action

**Instruction:** Move the actions that show honesty and courage into the **True Leadership** column

True Leadership	Statements
	Stands up when something is wrong
	Shares a private message without permission
	Protects others' personal information
	Pretends not to see a mean comment
	Speaks calmly and respectfully
	Thinks before replying in a group
	Adds jokes to embarrass a classmate
	Acts with kindness even when it's hard
	Apologizes after hurting someone
	Supports classmates during tough moments

Icons: Person, Scales, Heart with Checkmark

### Sorting Responses

Drag each statement into the correct category: Healthy, Neutral, or Unhealthy Responses

Healthy Responses	Neutral Responses	Unhealthy Responses
I walk away and say nothing.	I stay calm and talk it out.	I cry when I'm upset.
I yell to get my point across.	I change the subject to avoid conflict.	I blame the other person.
I let the other person explain.	I apologize when I'm wrong.	I listen before I respond.
I ignore the person completely.	I use sarcasm or rude comments.	I talk behind their back.
I avoid the issue and hope it goes away.	I give space without saying why.	

### Click: Smart Questions to Ask Yourself

Drag the smart questions you would consider before posting or clicking online.

Is this something my future self would be proud of?	Would I be okay if this got shared beyond who I intended?	Am I sharing this for attention?	Would this be misunderstood?	Can I roast them back for fun?
Who might see this and how will they feel?	Is this respectful?	Should I reply right this second?	What's everyone else posting right now?	Will I regret this later?
Is this private information?	Does this message cross someone's boundary?	Am I posting out of anger or emotion?	Could this embarrass or hurt someone?	Would I say this in person?



# Google Slides Lessons Preview






# Alberta Health and Wellness

## Life Learning Choices Unit – Grade 9

### 3-Part Lesson Format


#### Part 1 – Minds On!

- Learning Goals
- Discussion Questions
- Quotes
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### Building Better Study Routines

#### DISCUSSION QUESTIONS



1. Why do people think having a routine makes studying easier?
2. How can distractions, like phones or noise, affect how well someone studies?
3. Why do some students find it hard to stick to a study plan?




### Sort Your Study Tasks by Priority


Drag each task into the box where it belongs

Urgent	To Delay	Later


Urgent	To Delay	Later
Must be done immediately	Tasks that don't need to be done yet	Tasks that have no deadline or low priority




Review notes for next week's test




Plan a weekend hangout with friends




Complete math homework due tomorrow




Finish reading the chapter assigned for today




Decorate your notebook




Submit the online quiz before midnight




Organize your study desk this weekend




Start researching for a project due in two weeks




Watch a new movie release



Practice guitar for fun



Pack materials for tomorrow's science presentation




Write a draft for the essay due next Friday

#### Part 2 – Action!

- Surveys/Polls
- Matching
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#### Part 3 – Consolidation!


- Exit Cards
- Quick Draw
- 3-2-1 Reflection
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### Consolidation – What Stuck With You?

Take a moment to think about what you learned today, complete this activity:

- One reason having a study routine is important:
- One question I still have about creating good study habits:
- One strategy I learned that makes studying easier:
- One way I can improve my current study routine:





# Alberta Health and Wellness

## Life Learning Choices Unit – Grade 9

### Sorting: Helpful Strategies vs. Procrastination Traps

Drag each behaviour to the column where it fits best.

Helpful Strategies		Procrastination Traps	

Waiting until the last minute to start	Turn off distractions like phone notifications	Multitasking with social media open	Start with the two-minute rule
Avoiding tasks because they feel overwhelming	Break tasks into smaller steps	Use the Pomodoro Technique	Telling yourself "I work better under pressure"
Create a to-do list and prioritize tasks	Starting with easy distractions instead of the real task	Reward yourself after making progress	Constantly reorganizing without actually starting the work

### Exploring Career Paths

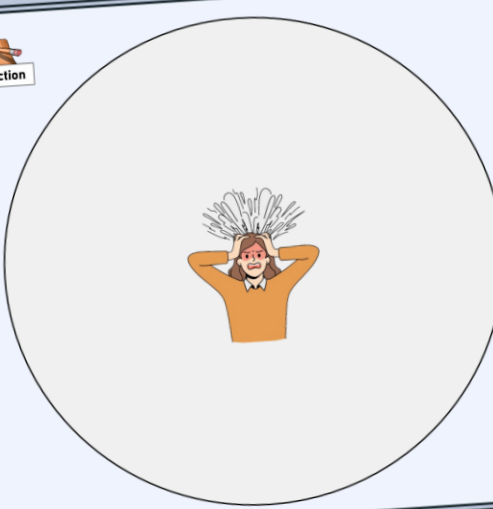
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<input type="checkbox"/> Education	<input type="checkbox"/> Growth
<input type="checkbox"/> Job	<input type="checkbox"/> Career
<input type="checkbox"/> Skills	<input type="checkbox"/> Values
<input type="checkbox"/> Hobbies	<input type="checkbox"/> Future
<input type="checkbox"/> Curiosity	<input type="checkbox"/> Passion

Word Search:

Z G A Q A A N A D Z S T H T O  
T E I O R D H P L A N N I N G  
R S D E W I S G O D J C L A O  
A F J U P Q Z C X K D P E G C  
I S U O C U R I O S I T Y R A  
N K V T B A P A S S I O N O R  
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N L C N L R W I T B K I I T E  
G L E W Q U E V O Y E H D H R  
R S R O I A E G O N W A V M B  
S H O B B I E S O T W U Q O B

### Sorting Activity - Causes of Stress During Change

Drag only the cards that show real causes of stress into the big circle.



Moving to a new school	Getting a surprise gift	Worrying about fitting in
Going on a fun vacation	Handling more responsibilities	Learning new rules
Adapting to new places	Leaving friends behind	Receiving praise from teachers
Spending time with close friends	Meeting new people	Feeling uncertain
Facing new routines	Missing old hobbies	Having extra time to relax



# Alberta Health and Wellness

## Life Learning Choices Unit – Grade 9



### Sorting Activity - What Makes Us Grow?

Drag and place the actions that help growth onto the tree and leave the ones that do not help growth on the side.

Trying new activities	Avoiding all challenges	Being open to change	Meeting new people
Ignoring opportunities to learn	Facing small challenges	Relying only on what feels easy	Saying no to every new experience
Practising uncomfortable tasks	Always staying in your comfort zone	Asking questions in class	Giving up after failure
Avoiding feedback	Learning from mistakes	Taking healthy risks	Refusing to try new things



### Cause and Effect

Cause	Effect
Speaking in front of a group	Saying yes to a challenge
Joining a school club you've never tried	Exploring a new place on your own
Sharing your ideas during a discussion	Taking part in a competition
Asking for help when needed	Practising a skill even when it's hard



Strengthens creative thinking  
Builds courage to face new situations  
Grows self-awareness and identity  
Encourages persistence through difficulty

Match each action (cause) with the correct result (effect) to show how growth happens through new experiences.

Teaches problem-solving under pressure  
Increases comfort in social situations  
Improves public speaking confidence  
Boosts leadership and decision-making skills



### Sorting: Climbing the Steps to Success

Drag and place the actions that help achieve success onto the steps leading to the trophy.

Set clear goals	Take healthy risks	Build strong relationships
Manage your time well	Procrastinating tasks	Ignoring feedback
Avoiding challenges	Reflect and improve after failures	Comparing yourself to others
Giving up after setbacks	Practise self-care	Stay positive during challenges
Keep learning new skills	Stay disciplined	Blaming others for mistakes

