Mon - Deep breathing
Tues - Muscle relaxation
Wed - Kindness
Thurs - Exercise
Fri - Meditation

History Dr. H. Newman
Mon - World adventure
Tues - Written warm up
Wed - Current events
Thurs - Written warm up
Fri - Meditation
Health - the most important class

Physical

Emotional

Social

Mental
Vaping Lesson Overview

Four lessons
About 1 hour each
Direct instruction (PowerPoint)
Group work
Presentations (ELA standards)
Best Practices

Team leader-teaching all students and class management

Student voice

Family and community engagement

Self directed learning
Lesson 1 Ingredients
Lesson 2
Perceptions and Addiction

Addiction statistics
Cost of addiction $
Consequences
Adult interview-family engagement
Lesson 3
Advertising

Over 9 billion spent yearly
Direct and indirect ads
Analyze ads
Create a real ad/poster
Lesson 4

Flavors
Accidental ingestion
Role model
Refusal skills * website
Create a slogan/ad
-or more
CATCH covers 4 types of health

Physical - hazardous chemicals
Social - relationships
Mental - addiction
Emotional - peer pressure
Proof It Works

Kaylee