Unit 1 Title: Personal Safety Skills and Coping Strategies

Lesson Title: Community Wellness Fair  Lesson:  5 of 5

Grade Level: 12

Length of Lesson: 45-50 minutes

Missouri Comprehensive School Counseling Big Idea:
SE.3: Applying Personal Safety Skills and Coping Strategies

Grade Level Expectations (GLEs):
SE.3.A.12: Utilize decision-making skills to make safe and healthy life choices.
SE.3.B.12: Advocate for the personal safety of self and others.
SE.3.C.12: Exhibit coping skills to manage life-changing events.

American School Counselor Association (ASCA) Mindsets and Behaviors: Social/Emotional Development

Materials (include activity sheets and/or supporting resources)
List of community health and safety agencies
Envelopes and school letterhead
Thank-you notes
Tables
Chairs
Sign for each table to represent agency in attendance
Audio-visual equipment, as needed
Flyers announcing Wellness Fair
Hospitality Room with snacks for exhibitors
Newspaper article to promote community involvement
Presentation Review Assessment worksheet

Show Me Standards: Performance Goals (check one or more that apply)
X Goal 1: Gather, analyze and apply information and ideas
X Goal 2: Communicate effectively within and beyond the classroom
X Goal 3: Recognize and solve problems
X Goal 4: Make decisions and act as responsible members of society

This lesson supports the development of skills in the following academic content areas.

<table>
<thead>
<tr>
<th>Academic Content Area(s)</th>
<th>Specific Skill(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Communication Arts</td>
<td>6. Participating in formal and informal presentations and discussions of issues and ideas.</td>
</tr>
<tr>
<td>X Mathematics</td>
<td>3. Data analysis, probability and statistics</td>
</tr>
<tr>
<td>X Social Studies</td>
<td>6. Relationships of the individual and groups to</td>
</tr>
</tbody>
</table>
Enduring Life Skill(s)

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td>Health/Physical Education</td>
<td>1. Structures of, functions of, and relationships among human body systems. 3. Diseases and methods for prevention, treatment and control. 5. Methods used to assess health, reduce risk factors, and avoid high risk behaviors (such as violence, tobacco, alcohol and other drug use) 7. Responses to emergency situations.</td>
</tr>
<tr>
<td></td>
<td>Fine Arts</td>
<td></td>
</tr>
</tbody>
</table>

Lesson Measurable Learning Objectives:

The student will participate in the planning of – or involvement in – a wellness fair.

Lesson Formative Assessment (acceptable evidence):

Formative assessment relates to the summative assessment for unit (performance outcome for goals, objectives and GLEs). Assessment can be question answer, performance activity, etc.

Students will help plan and/or attend a wellness fair.

Lesson Preparation

Essential Questions:

How do safe and healthy life choices affect our lives?

How is the knowledge of available resources used to manage life changing events?

Engagement (Hook):

What is a Wellness Fair?

Procedures

<table>
<thead>
<tr>
<th>Instructor Procedures/Instructional Strategies:</th>
<th>Student Involvement/Instructional Activities:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Preparation for Wellness Fair: Committees of 12th grade students and staff will plan a Wellness Fair, including the “why, who, what, where, when” of event.</td>
<td>1. Senior students will work with the counselor(s) to plan a Wellness Fair.</td>
</tr>
</tbody>
</table>

Missouri Comprehensive School Counseling Programs:  
Linking School Success to Life Success  
To ensure that the work of educators participating in this project will be available for the use of schools, the Department of Elementary and Secondary Education grants permission for the use of this material for non-commercial purposes only.
### Teacher Follow-Up Activities
Teacher will inform counselor if a student appears to be in need of appropriate resources. Discuss Wellness Fair activities

### Counselor reflection notes (completed after the lesson)
Health Fair Review Assessment

Exhibits or Speakers that I visited:

___________________________________________________________
___________________________________________________________
___________________________________________________________
___________________________________________________________
___________________________________________________________

Yes  No  1. I can identify risk-taking behavior.
Yes  No  2. I have been involved in a risk-taking behavior.
Yes  No  3. I know where to find resources to assist with personal safety issues.
Yes  No  4. I know how to assist others in finding resources for life changing events.
Yes  No  5. The Wellness Fair was helpful in addressing personal safety.
Yes  No  6. I know my counselor has appointments and/or resources to assist me.

I’d like to know more about …
  • 
  • 
  • 
  •
  •