

## Lesson plan (15 minutes)

# Making a Difference – A Health Careers Special lesson 2



The following grid outlines the timings for Session 1:

Timing	Activity	Slide
N/A	<b>Introduction to lesson:</b> Share the lesson objectives and define the keywords.	2
2-3 minutes	<b>What did you think about the careers?</b> A reflective activity for students to see if any careers excited them. A chance to discuss what they watched and any thoughts they had during the film.	3
2 minutes	<b>What about a career as a music therapist?</b> Students explore the therapists' roles. They discuss how music can change the way you feel. Explore how physical activity is used and how physiotherapist provide support for physical needs.	4
2-5 minutes	<b>How do you think the dietitian helped her clients?</b> Students discuss the ways the dietitian supports health and then look at what goes wrong when people do not eat a healthy diet.	5
2 minutes	<b>How does physical activity help us?</b> Students discuss the benefits of regular exercise and look at the guidelines for exercise in young people.	6
3 minutes	<b>Is what we see in the media helpful or true?</b> Students take a look at different pictures from the media and decide if they are photoshopped or not.	7
2-4 minutes	<b>How does what we see affect our mental health?</b> Students share ideas of how they can take good care of their mental health. A chance to signpost them to support in school with who they can talk to if they feel unwell mentally.	8
3-5 minutes	<b>What is stress and how does it affect you?</b> Provides students with opportunities to share what causes them stress and how it made them feel.	9
2 minutes	<b>Where can you find support for stress and anxiety?</b> Provides students with the opportunity to discuss what helps when they feel stressed or anxious. You can signpost students to further support.	10
1 minute	<b>What about people's right to privacy?</b> Students finish up the lesson with a discussion about confidentiality, both its importance and when conversations cannot remain confidential.	11
N/A	<b>A few useful websites for extension activities</b>	12