

# Wilder Week at a Glance

One Team. One Vision.

**Content:** Life Skills Part 2

**Week of:** May 10th – May 21st



**Grade:** 8th

**Teacher:** Brown

8.1.i Describe the short- and long-term health issues and effects on the brain related to the use of alcohol, tobacco, nicotine products, and other drugs, including inhalants, marijuana, cocaine, stimulants, methamphetamines, opiates, steroids, and performance-enhancing drugs.

8.1.j Research the signs, symptoms, and causes of addiction and the impact of substance use disorder on relationships and behavior.

8.1.l Identify risky behaviors associated with Internet use, online gaming, and social media use.

8.1.m Identify the benefits and risks of social media.

8.1.n Describe how to assess levels of stress based on physical and psychological responses.

8.1.o List the skills and strategies for refusal and negotiation.

8.1.r Identify factors that can influence mental health (e.g., family, environment, trauma, genetics, brain chemistry, health behaviors, nutrition, personal values, peers, media, technology, culture, community).

8.2.i Analyze the social, economic, and family and peer pressure influences on the use of tobacco, nicotine products (e.g., e-cigarettes), alcohol, marijuana, and other drugs.

8.2.j Have and express positive norms regarding why most teenagers do not use alcohol, tobacco, prescription opioids, or other drugs (e.g., do not think use and abuse are acceptable or appropriate).

8.3.l Develop appropriate personal guidelines for online gaming and social media use.

8.3.m Develop and promote guidelines for using social media.

8.3.n Practice and promote stress-management skills.

8.3.o Analyze a variety of situations to determine when to use refusal and negotiation skills to avoid risk

8.3.p Ability to develop safe, respectful, and responsible relationships.

## I can:

- Analyze and evaluate media tactics used to persuade consumers
- Identify triggers and strategies to cope with anger and anxiety.

**Day 1**

**Day 2**

**Day 3**

**Day 4**

**Day 5**

<p><b>Attendance/warmup</b></p> <ul style="list-style-type: none"> <li>Social Media Discussion Question</li> </ul> <p><b>Whole-group:</b></p> <ul style="list-style-type: none"> <li>Media Influences nearpod</li> </ul> <p><b>Small-group &amp; independent practice:</b></p> <ul style="list-style-type: none"> <li>Identifying different ad techniques</li> </ul> <p><b>Review/exit activity:</b></p> <ul style="list-style-type: none"> <li>Analyze different advertisements and their techniques</li> </ul>	<p><b>Attendance/warmup</b></p> <ul style="list-style-type: none"> <li><a href="#">Stress Test</a></li> </ul> <p><b>Whole-group:</b></p> <ul style="list-style-type: none"> <li><a href="#">Anxiety/Anger Information</a></li> </ul> <p><b>Small-group &amp; independent practice:</b></p> <ul style="list-style-type: none"> <li><a href="#">Workout</a></li> </ul> <p><b>Review/exit activity:</b></p> <ul style="list-style-type: none"> <li>Anger/Anxiety Quiz (in Schoology..in Life Skills Folder)</li> </ul>	<p><b>Attendance/warmup</b></p> <p><a href="#">Did you know (silent reading Do Now)</a></p> <p><b>Whole-group:</b></p> <p><a href="#">Nearpod on Resolving Conflict</a></p> <p><b>Small-group &amp; independent practice will go with Review/exit activity:</b></p> <p>Discussion in schoology "think of a board game that you have played with someone and describe a conflict you have experienced during that time."</p>	<p><b>Attendance/warmup</b></p> <p>Drugs /Vaping</p> <p><b>Whole-group:</b></p> <p><b>Small-group &amp; independent practice:</b></p> <p><b>Review/exit activity:</b></p>	<p><b>Attendance/warmup</b></p> <p>Communication/Assertiveness/ Social Skills/</p> <p><b>Whole-group:</b></p> <p>Nearpod - <a href="https://share.nearpod.com/e/wcs9sHOPkgb">https://share.nearpod.com/e/wcs9sHOPkgb</a></p> <p><b>Small-group &amp; independent practice:</b></p> <p>PE Workout flipgrid</p> <p><b>Review/exit activity:</b></p> <p>Quiz in nearpod/ Social Skills / communication</p>
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