|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Grade | Subject | Big Ideas | Curricular Competencies | Content | Workshop & Notes |
| 4 | Physical and Health Education | Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle. | Mental well-being: Describe and assess strategies for promoting mental well-being | Practices that promote health and well-being, including those relating to physical activity, sleep, healthy eating, and illness prevention | Mindset Presentation  The purpose of this presentation is to introduce the concept of neuroplasticity and a growth mindset in the classroom environment through an experiential program. |
| 5 | Physical and Health Education | Understanding ourselves and the various aspects of health helps us to develop a balanced lifestyle. | Describe and assess strategies for promoting mental well-being, for self and others | Food choices to support active lifestyles and overall health |
| 6 | Science | Multicellular organisms rely on internal systems to survive, reproduce, and interact with their environment. | Express and reflect on personal, shared, or others’ experiences of place | The basic structures and functions of body systems:   * excretory * reproductive * hormonal * nervous |
| 7 | Physical and Health Education | We experience many changes in our lives that influence how we see ourselves and others. | Describe and assess strategies for promoting mental well-being, for self and others | Influences of physical, emotional, and social changes on identities and relationships |
| 8 | Science | Life processes are performed at the cellular level. | Contribute to care for self, others, community, and world through personal or collaborative approaches | Cell theory and types of cells |
| 9 | Physical and Health Education | Healthy choices influence our physical, emotional, and mental well-being. | Analyze strategies for promoting mental well-being, for self and others | Signs and symptoms of stress, anxiety, and depression |

**LDAY: Mindsets**

**Chris Cybulskie, Adult Client Fascilitator**

**867-668-5167**

**ldayclientservices@northwestel.net**