

# CHANGE DAY BC

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## LESSON PLAN: K-9

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## LESSON OBJECTIVES:

- Describe Change Day BC;
- Identify the importance of setting and achieving goals;
- Recognize how to develop and maintain a healthy and safe lifestyle; and
- Apply how individual actions contribute to the development of a safe and healthy society.

## MATERIALS:

- Change Day BC pledge [postcards](#) or [post-it notes](#)
- Markers
- Related curricula materials (goal-setting and/or leading a healthy and safe lifestyle)

## PREPARATION:

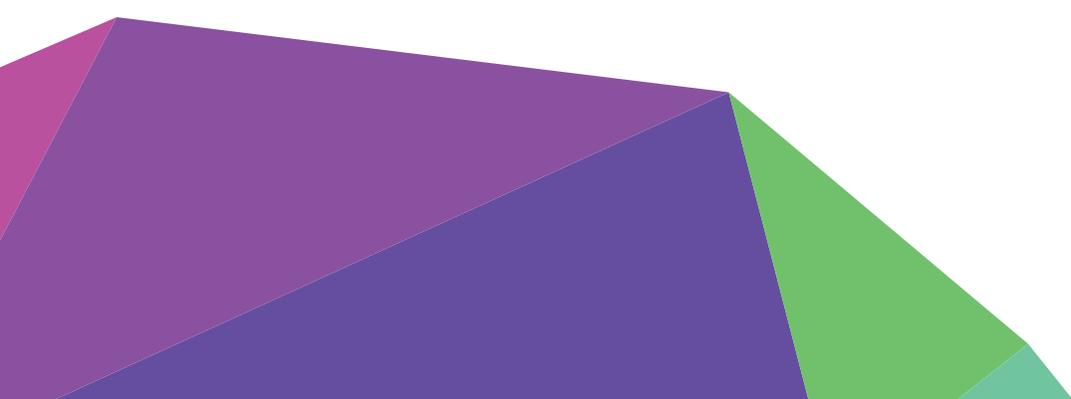
- Visit the [Change Day BC website](#) to learn more about the campaign and browse the “[Gallery of Pledges](#)” to see what others have pledged;
- [Order resources](#) (free of charge) for your classroom to use for Change Day BC activities; and
- Identify and select related curricula to enhance student learning about Change Day BC, and incorporate the activity below into your lesson plan.

## BACKGROUND:

- Change Day BC is November 17, 2017 (17.11.17). Between now and then, the [BC Patient Safety & Quality Council](#) and its partners are inviting anyone involved in health, social, and community care to commit to making a change or trying something new to make their health or the health of our care system better.

Anyone is encouraged to make a pledge to improve things for themselves, their family, friends and/or colleagues, or our system as a whole. While Change Day BC is partly about system-level changes, the campaign presents an opportunity for each of us to reflect on changes we can make to support improving our own health and wellbeing. For students, Change Day BC can serve as a resource to set goals to support developing and maintaining a healthy and safe lifestyle.

Since we know health starts in the community, we would like to invite you to bring Change Day BC to your classroom. This lesson plan is designed to assist you in engaging students in conversation around what it means to live a safe and healthy lifestyle, and what they can do to achieve personal goals related to this.





## ACTIVITY:

1. *Setting goals can be important for all of us. Discuss goal-setting with students.*

### *Key Points:*

Get students to think about a time when they had a goal or wanted to achieve something.

- What was the goal?
- What did it feel like when they set and achieved the goal?
- When they set the goal, did it help them to achieve it?

2. *Discuss the purpose and date of Change Day BC with your class.*

### *Key Points:*

- Change Day takes place on November 17, 2017 (17.11.17).
- Change Day is happening because we believe that your acts of change – regardless of their size – can add up to big improvements for British Columbians and health care.
- We know that every one of us has the ability to make changes that can improve our health (and/or our care system).
- We want to connect with everyone across the province to help make individual health and the health of the system better.
- Once you make your pledge, the aim is to act on that pledge on Change Day BC or any day leading up to it.

3. *Discuss the reasons behind why students would want to commit to a pledge to help develop and maintain a healthy and safe lifestyle (please note: we encourage students to make a Change Day BC pledge that is meaningful to them, based on your guidance).*

### *Key Points:*

- A pledge is something that you commit to doing, changing or improving in health care or in your own health and wellness. It's that simple.
- When you are considering your pledge, think about something that you are passionate about. What is something that you have always wanted to change or improve?
- What you pledge and how you do your pledge is entirely up to you.

4. *Discuss associated curricula relating to goal-setting and/or developing and maintaining a healthy and safe lifestyle.*

*Key Points:*

- What could you do to be healthier? (E.g. How could you eat healthier? How could you be more active?)
- What are other things you could do to take better care of your health? (E.g. sleep, wash your hands, brush your teeth, drink more water, etc.)
- Thinking about these kinds of things, or something else that you are passionate about, what is one thing that you could commit to doing?

5. *Provide students with pledge postcards and/or post-it notes to make their Change Day BC pledges (available free of charge from [www.changedaybc.ca](http://www.changedaybc.ca)).*

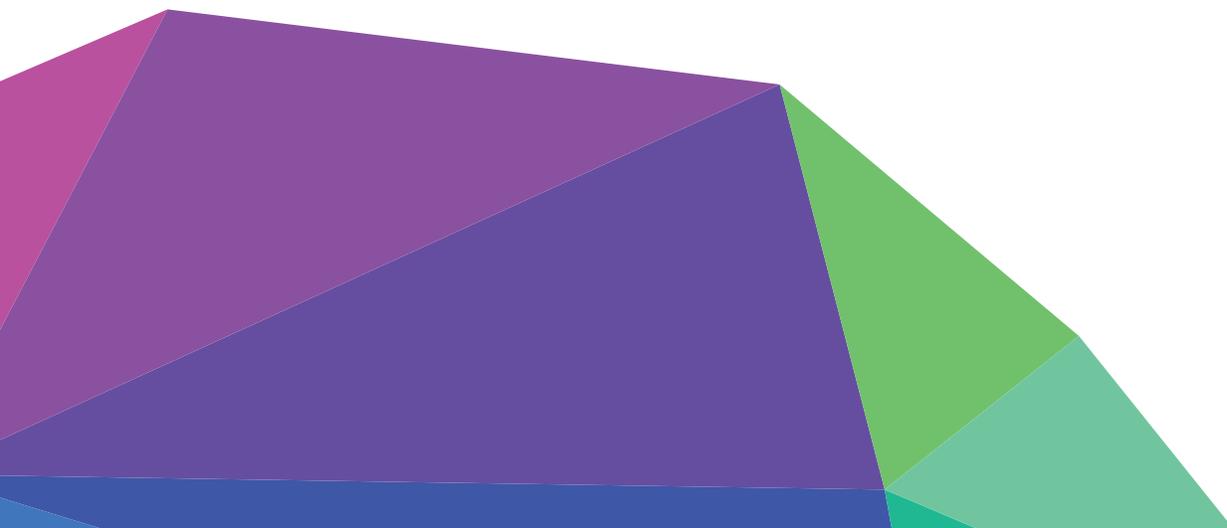
6. *Submit the pledges to Change Day BC (either via mail to: BC Patient Safety & Quality Council, 201-750 Pender St. West, Vancouver, BC V6C 2T8 or by taking photos of the pledges and e-mailing them to: [changeday@bcpsqc.ca](mailto:changeday@bcpsqc.ca)).*

Submissions will be added to the Gallery of Pledges on the Change Day BC website. We will only include initials for students' names with their pledges, and we invite you to also include the name of your school.

7. *Help students create a plan for acting on their pledges by Change Day BC on November 17, 2017.*

*Optional Follow Up:*

- Celebrate Change Day on November 17, 2017 – review and share students' pledges with a fun activity. Information about Change Day activities taking place on November 17, 2017 will be posted on the website.
- Invite students to share the results of their pledge actions 1 month after Change Day BC, and to reflect on what the goal-setting and activity meant to them.



## **ALIGNMENT WITH PROVINCIAL EDUCATION STANDARDS:**

Activities related to Change Day BC align well with the BC Ministry of Education's curriculum core competency: personal and social competency.

As per the curriculum:

### *Personal and Social Competency*

"Personal and social competency is the set of abilities that relate to students' identity in the world, both as individuals and as members of their community and society. Personal and social competency encompasses the abilities students need to thrive as individuals, to understand and care about themselves and others, and to find and achieve their purposes in the world."

### *Career Education: Goal Setting Strategies*

- "Identify steps required to help achieve short-term goals"

### *Physical and Health Education: Healthy and Active Living*

- "Participate daily in physical activity at moderate to vigorous intensity levels"
- "Identify opportunities to be physically active at school, at home, and in the community"
- "Identify and explore a variety of foods and describe how they contribute to health"
- "Identify opportunities to make choices that contribute to health and well-being"
- "Recognize basic health information from a variety of sources"

## **REFERENCE MATERIALS:**

- Change Day BC Frequently Asked Questions
- Change Day BC Getting Started Kit
- Change Day BC Resource Order Page

## **REFERENCES:**

- Change Day BC Website  
<https://changedaybc.ca/>
- BC Ministry of Education  
<https://curriculum.gov.bc.ca/curriculum>



**CHANGE  
DAY BC**  
17.11.17

[www.changedaybc.ca](http://www.changedaybc.ca)  
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