Lesson Plan: “Anxiety Study”

**Grade:** 9-12Chemistry

**Objectives:**

* Students will  learn about the 5 main types of anxiety disorders by researching in small groups in the library computer lab
* Students will determine the main causes of anxiety disorders by creating an activity log, survey and studying a group of students for a week
* Students will communicate their results to the rest of the school by posting their findings in the hallways of the school.

**Vocabulary:**

* Anxiety disorder
* Generalized Anxiety Disorder (GAD)
* Obsessive-Compulsive Disorder (OCD)
* Panic Disorder
* Post-Traumatic Stress Disorder (PTSD)
* Social Phobia (social anxiety disorder)

**Launch:**

Watch the Youtube Video “My Life With Extreme Anxiety Disorder”

<https://www.youtube.com/watch?v=aPsuGLWWkcw>

**Assessment:**

Anxiety Survey (25 points)

* Includes 5 questions about 5 different causes of anxiety (bullying, sleep, etc.)
* At least 50% of the school is surveyed

                Activity Log (25 points)

* Students gather information from a group of 5 students for 5 school days
* Log should include:
  + Hours of sleep
  + Food
  + Stressful events
  + Bullied?
  + Recent Test Scores
  + Grades

\*Communication of Results (15 points)

Students will create a report on their findings from the studies and will post in the hallways

Lesson - Understanding Privilege  
  
Grade: 4th  
  
Objectives:  
Students will understand white privilege by reading White Socks Only  
Students will identify current examples of privilege by brainstorming with a group  
  
Vocabulary:  
Racism  
Privilege  
  
Launch:  Place a small piece of candy on the desk of the students who are wearing shirts that are the color of your choosing.  Ask the students if they can figure out why only these students got candy.  Then discuss the reason and ask the class if they think this is fair.  See if students can give a couple further examples of unearned privileges?  
  
Procedure:  
1. After privilege discussion, read White Socks Only by Evelyn Coleman  
2. Students will break into groups of 4  
3. Each group will create a list of examples of privilege from the book and also add current real world privileges  
  
Assessment - Privilege List:  
50% - three examples of privilege from the book  
50% - four examples of privilege students experience in every day life