

Lesson Plan: Level Up Your Life - The Ultimate Guide to Well-being

Materials Needed:

- Whiteboard or large sheet of paper
 - Markers or pens in different colors
 - Notebook or journal for the student (Dain)
 - Timer or stopwatch
 - Printed handouts or digital templates for:
 - "My 24-Hour Circle" activity
 - "Fuel Your Day" food log
 - "My Well-being Action Plan" template
 - (Optional) A paper plate and colored markers for the "Balance Your Plate" activity
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Learning Objectives

By the end of this session, you will be able to:

1. Explain why sleep, nutrition, and life balance are critical for performing your best in school and hobbies.
 2. Analyze your own daily habits in the areas of sleep, food, and time management.
 3. Create a personalized, actionable plan to improve one specific habit in each of the three well-being areas.
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Lesson Structure

Part 1: Introduction (10 minutes)

Hook: The Elite Performer Mindset

Educator says: "Imagine your favorite athlete, musician, or even a character in a video game. What do they need to do *off* the field or *before* the big boss battle to make sure they win? They don't just show up and hope for the best. They train, they rest, and they eat the right fuel. Their success isn't just about talent; it's about preparation."

"Your life is the same. School, hobbies, hanging out with friends—it's all your 'performance.' Today, we're not going to talk about adding more work. We're going to talk about upgrading your system—your brain and body—so you can crush it at everything you do with less stress and more energy. We're going to create your personal 'Player Handbook' for well-being."

State Objectives:

Educator says: "Our mission today is threefold. First, we'll decode why sleep, food, and balance are your secret weapons. Second, we'll do a quick audit of your current daily routine. And third, you'll build

your very own action plan to level up your life, starting this week."

Part 2: The Body of the Lesson (35-40 minutes)

Mission 1: Master Your Sleep (I do, We do) (10 mins)

I DO (Educator Models): "Sleep is like charging your phone. If you only charge it to 20%, it's not going to last long, and the apps will run slow. Your brain is the same. When you sleep, your brain cleans out junk, sorts memories from the day, and recharges for tomorrow. Most teens need 8-10 hours. Not getting it leads to feeling foggy, being grumpy, and making it harder to learn or even play games well."

"A huge 'sleep thief' for most people is blue light from screens—phones, tablets, TVs. It tricks your brain into thinking it's still daytime, so it doesn't make the sleepy hormone, melatonin. A simple rule is 'no screens an hour before bed'."

WE DO (Guided Practice): "Let's be sleep detectives. Let's quickly list some things that might be helping or hurting your sleep right now." (Educator writes two columns on the whiteboard: "Sleep Helpers" and "Sleep Thieves"). "What time do you usually go to bed? What time do you wake up? What do you do in the hour before sleep? Is your room dark and quiet?" (Discuss and populate the list together. Praise honest reflection). "This isn't about judgment, it's just about collecting data."

Mission 2: Fuel Your Engine (I do, We do) (10 mins)

I DO (Educator Models): "Now for fuel. Think of your body as a high-performance car. You wouldn't put cheap, watery gas in a Ferrari, right? Food is your fuel. Some foods, like sugary snacks and drinks, give you a quick burst of energy, like rocket fuel, but you crash hard afterward. Other foods, like whole grains, proteins, and vegetables, are like a slow-burning, steady fuel that keeps you going all day. This is especially important for breakfast. Starting the day on empty or with sugar is like starting a race with a flat tire."

WE DO (Guided Practice - "Balance Your Plate" Activity): "Let's do a quick check-in. Grab that paper plate or draw a circle in your notebook. Think about what you ate for lunch yesterday. Let's try to divide the plate to show what you ate. Now, let's see how we could 'balance' it. An ideal plate for steady energy is about half-filled with fruits and veggies, a quarter with a protein (like chicken, beans, or tofu), and a quarter with a healthy carb (like brown rice, whole-wheat bread, or potatoes)." (Guide Dain in drawing/redrawing his plate. Brainstorm easy, healthy snack swaps together, e.g., chips for an apple with peanut butter, or soda for sparkling water with lemon). "What's one small change you could make to your lunch or a snack this week?"

Formative Assessment Check-in: "So, in your own words, why is it a bad idea to skip breakfast or just eat a candy bar before starting schoolwork?"

Mission 3: Balance the Game (I do, We do, You do) (15 mins)

I DO (Educator Models): "Finally, let's talk about balance. Life isn't all about the 'main quest' of schoolwork. You also need side quests—hobbies, fun, and just doing nothing! This is your 'downtime.' It's when your brain gets to be creative and de-stress. If you're all work and no play, you burn out. The trick is finding a rhythm that works for you, so you know when it's time to focus and when it's time to relax."

WE DO (Guided Practice - "My 24-Hour Circle"): "Let's map out your day. On this '24-Hour Circle' handout, color in the blocks of time for how you typically spend your day: sleep, school, meals, chores, screen time for fun, hobbies, time with family, etc. Use different colors for each category." (Work

together to fill it out. This provides a powerful visual.)

YOU DO (Independent Reflection): "Now, take a look at your circle. Is there anything that surprises you? Is it balanced? Are you getting enough time for the things you enjoy? Are there any 'time-waster' blocks you could shrink to make room for something better? Just spend two minutes thinking and make a few notes."

Part 3: Conclusion (10-15 minutes)

Summative Assessment: "My Well-being Action Plan" (You Do)

Educator says: "Okay, you've done the audit, you've collected the data. Now it's time to create your 'Player Handbook'—a simple action plan. This isn't about changing everything at once. It's about picking one small, achievable goal for each of our three missions."

Instructions: "On your 'My Well-being Action Plan' sheet, I want you to write down:

1. **SLEEP GOAL:** One thing you will do this week to improve your sleep. (e.g., 'I will put my phone on the charger across the room by 10 PM.')
2. **FUEL GOAL:** One small, healthy change you will make to your food or drink choices. (e.g., 'I will eat a piece of fruit as my afternoon snack instead of cookies.')
3. **BALANCE GOAL:** One way you will protect your 'fun time' or manage your 'work time' better. (e.g., 'I will set a timer for 45 minutes of focused schoolwork, then take a 15-minute break to stretch or listen to music.')

Make them specific and realistic! What does success look like for each goal? How will you know you've achieved it?"

Give Dain 5-7 minutes to complete his plan. Offer support if needed.

Recap & Closure

Educator asks: "Let's share your plan. What are the three things you're going to try?" (Listen and provide positive reinforcement). "Awesome. That sounds like a solid, achievable plan. Remember, being a top performer in anything—school, sports, life—starts with how you treat your body and mind behind the scenes. This plan is your guide."

Reinforce Takeaways: "So, what are the three key areas we looked at today for leveling up your life? (Sleep, Fuel, Balance). And why do they matter? (They give you energy, help you focus, and reduce stress). We'll check in next week to see how your action plan is going."

Differentiation & Extensions

- **For Scaffolding/Support:** Provide a pre-filled list of goal ideas for the Action Plan and have Dain circle the ones he wants to try. Work through creating the first goal together step-by-step.
- **For Extension/Advanced Learners:**
 - **Research Task:** Have Dain spend 15 minutes researching the "Pomodoro Technique" for time management and explain how he could apply it to his schoolwork.
 - **Creative Task:** Ask Dain to design a poster or a short comic strip that illustrates one of the three key concepts (e.g., a "Sleep Thief" character vs. a "Sleep Hero").
 - **Analytical Task:** Ask Dain to track his sleep using a simple journal or app for a week and

write a short reflection on how his energy levels correlated with the amount/quality of sleep he got.