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| **CALM**  ***Unit 2- Notes Document***  **\*This Unit requires you to finish your *Health Challenge*. Please review the “Health Challenge” link found on navigation tool bar, if have not already started & completed this task.**  Taking notes and reflecting on what you are reading and viewing is a main component of this course. The Notes Document, which can be downloaded at the beginning of each unit’s *Notes (Watch & Reflect)* section, will guide you through the note-taking process. To keep your notes organized:   * Create a Notebook folder in a place of your choice (cloud, desktop, USB, other). * Save the unit Notes document in your Notebook folder at the beginning of each unit. * Keep the Notes document open while you work through each unit and save after each entry.   Note that each page of the Notes document is titled. These titles reference the lesson titles in your course content. |

Unit 2, Watch & Reflect

NOTES

*What’s the big idea? In one sentence, explain what lesson the video is trying to teach you.*

*Robby is determined that his goals and dreams define him, not his illness. If you could do anything, where would your path to awesome lead you?*

*As you look at your future, what is one challenge you see ahead of you? How might you overcome that challenge?*

Unit 2, Guidelines

NOTES

*Are you meeting the minimum guidelines set out in this document?*

*If not, can you think of ways that you can incorporate more exercise into your day?*

Unit 2, Benefits of Exercise

NOTES

*Were any of the benefits surprising to you? Discuss.*

Unit 2, Daily Activity

NOTES

Where can you see yourself using some of these exercises?

Unit 2, Canada’s Food Guide

NOTES

*After looking at the food guide, are you getting the proper servings in each of the categories?*

*Where do you need to improve?*

Unit 2, Nutrition-Reading Food Labels

**NOTES:**

*After watching the video and reviewing the webpage, go to your pantry or fridge and pick out two foods with labels and read them.*   
  
*Do you think these are good choices?*   
  
Add your response to the Unit 4 Notes document saved in your notebook folder.

Unit 2, Jamie Oliver’s Food Movement

NOTES

*Why does Jamie put so much emphasis on learning how to cook?*

*What are some benefits to preparing your own meals?*

Unit 2, Eating Disorders

NOTES

After watching this video, how has your perspective on eating disorders changed?

Unit 2, Toronto School Example

NOTES

Do you think that this practice would be beneficial to you as a learner?

Unit 2, Teens Health

NOTES

In theTeensHealtharticle,"How Much Sleep Do I Need?", what are two important pieces of information you can take away?

Unit 2, Acne Myths

NOTES

*What can you do differently?*

*Is there anything that you are doing right now that is actually contributing to acne, rather than helping to treat or prevent it?*

Unit 2, Teenage Hygiene

NOTES

What are some areas in your hygiene routine that could use improvement?

Unit 2, What’s Really Happening

NOTES

What are some physical changes your body undergoes when you become sexually aroused?

Unit 2, Teen Sexuality

NOTES

What fact regarding teen sexuality surprised you the most?

Unit 2, Common STI’s

NOTES

Which of the STIs listed can someone have without showing any visible symptoms?

Unit 2, Birth Control

NOTES

Of the types of birth control featured on the webpage, which methods were more appealing than others?

Unit 2, 12 Ways to Get Emotionally Well

NOTES

How can you incorporate one or two of these strategies into your daily life?

Unit 2, Action for Happiness

NOTES

What is something you can do to bring happiness to those around you?

Unit 2, Positive Self-Perception

NOTES

Next time you look in the mirror, instead of focusing on the negative, find positives and focus on them! Share your positive thoughts here.

Unit 2, Substance Abuse Quiz

NOTES

*How did you do on the quiz?*

*Did it help you clear up any misconceptions you might have had?*

Unit 2, Use Your Voice

NOTES

How else can you say no to drugs?

Unit 2, Suffering from Drug Addiction

NOTES

What are some of the losses that these teenagers suffered?

Unit 2, In Teens

NOTES

How has your understanding of mental illness developed as a result of reading this webpage?

Unit 2, Let’s Talk

NOTES

What strategies did each of them use to help recover from their mental illnesses?

Unit 2, Depression

NOTES

*What facts about depression were most surprising to you?*

Unit 2, Insight In to Your Brain

NOTES

Identify what we have learned about teen brains that we didn’t know in the past.

Unit 2, How to Care for Your Brain

NOTES

What did you learn about caring for your brain that you didn’t know before?

Unit 2, Lumosity

NOTES

In which game did you do the best? Why?

Unit 2, Brain Games

NOTES

Which game challenged you the most?Why?

Unit 2, Slam Poetry

NOTES

How does poetry allow you to be creative?

Unit 2, Flex Your Brain

NOTES

Did you find the challenges easier as you went along?

Unit 2, Latest Virus

NOTES

How can you help stop cyber-bullying?

Unit 2, A Sincere Compliment

NOTES

How do you feel when someone pays you a compliment?

Unit 2, Solving Big problems Together

NOTES

If you had thousands of people in your network, what big problem would you try to solve?

Unit 2, Healthy Teen Relationships

NOTES

If you had a relationship that was not healthy, how would you respond?

Unit 2, Kids Help Phone

NOTES

Provide one piece of information you learned on this website that you can use in the future.

Unit 2, Alberta’s Youth Volunteer Society

NOTES

Name one opportunity you found on the website that interested you.

Unit 2, Stats & Facts

NOTES

What percentage of Canadian volunteers, aged fifteen years and older, indicated that the desire to make a contribution to the community is their reason for volunteering?

Unit 2, Volunteer Opportunities Near You!

NOTES

Click on a volunteer centre near you. Copy and paste the contact information of the centre here.

Unit 2, Paths to Self-Discovery

NOTES

How might journaling help you work through troubles?

Unit 2, Evernote

NOTES

What is the first topic you would like to explore in your journal?

Unit 2, Importance of Down Time

NOTES

Try sitting still and quiet your mind for ten minutes.

How easy was it to quiet your mind?

Unit 2, Random Acts of Kindness

NOTES

What gesture of kindness would you most appreciate?

Unit 2, The Charter of Compassion

NOTES

Describe the importance of compassion in society.