Grade 9 Sample Lesson Plan:  
Unit 11 – The Thin Commandments

**SOLs**

- 9.2.d Identify health-related decisions that contribute to heart disease, stroke, diabetes, and other chronic diseases and conditions.

**Objectives/Goals**

- Students will be able to read written unhealthy body ideals and transform them into healthier body ideals by creating a Healthy Commandments document.

**Materials**

- “The Thin Commandments” video [https://www.youtube.com/watch?v=g728ZXDfUJs](https://www.youtube.com/watch?v=g728ZXDfUJs)
- Thin Commandments worksheet
- Tribal graffiti

**Procedure**

| Step 1 | Have students watch the Carolyn Costin Video “The Thin Commandments”  
[https://www.youtube.com/watch?v=g728ZXDfUJs](https://www.youtube.com/watch?v=g728ZXDfUJs) | **Essential Question:**  
What is something you believe in so strongly? |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 2</td>
<td>Print out a copy of the Thin Commandments</td>
<td></td>
</tr>
</tbody>
</table>
Health Smart Virginia Sample Lesson Plan

Grade 9 – Unit 11

<table>
<thead>
<tr>
<th>Tribal graffiti activity</th>
<th>Essential Question: How would adopting these “Thin Commandments” affect someone’s mental, physical and social health?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Step 3</strong></td>
<td>Have students create a Healthy Commandments list.</td>
</tr>
</tbody>
</table>

**References**

- Melanie Lynch, M.Ed. State College Area High School Carolyn Costin