



HEALTH IS WEALTH

THE FEAR VIRUS



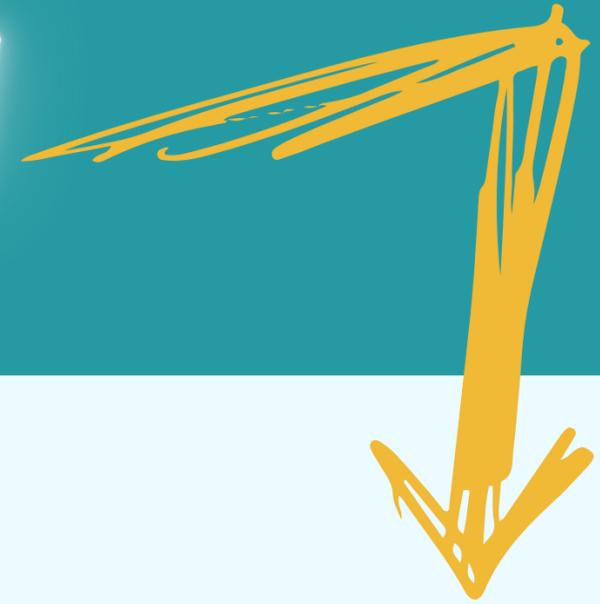
INTRODUCTION

Today, we will discuss how the COVID-19 virus is still impacting lives up until today. Before we watch the video, it's important to make sure that everyone is in a good space.

If any of you have been personally affected by the pandemic, such as having a loved one get sick or worse, please know that this video is not meant to minimize that experience. It's just using a topic that captures everyone's attention.



SEL CONNECTION



We will be utilizing Prince EA's music video to develop our **self-awareness** in relation to fear.





ICEBREAKER

CONDUCTED STORY



ICEBREAKER

➤➤➤ GET MOVING!

CONDUCTED STORY

- 1) Sit or stand in a circle.
- 2) To start the story, one person will say, "Once upon a time..."
- 3) The person next to them will finish the sentence.
- 4) Keep going around the circle, with each person adding a sentence to the story.

EXAMPLES:

"The noise of the crowd grew to a loud roar..."

"Staring at the clock that seemed to be standing still..."





LESSON PART ONE

LIGHTS, CAMERA, ACTION



LESSON: PART ONE



WATCH A VIDEO

LIGHTS, CAMERA, ACTION

- 1) Watch the video.
- 2) Take notes of five quotes and/or images that resonate with you using the "5 Thoughts Worksheet."





LIGHTS, CAMERA, ACTION

- 1) Form groups of 3-4.
- 2) Come up with a skit that shows how the FEAR virus plays out in your community.
- 3) Brainstorm a possible solution to address the presence of the FEAR virus based on your skits.

EXAMPLE:

For example, if your skit is about students being followed and treated rudely in a store, your solution could be:

Reach out to local businesses and invite store owners and workers to a meeting or event at the school. Explain the purpose of the gathering, which is to promote understanding, empathy, and respectful interactions.





DEBRIEF / EXTENSION





THE FEAR VIRUS

We are living in a time in which adults are fearful of young people and many young people are fearful of certain adults (e.g. police).

What can we do to highlight the negative impacts of the FEAR virus in us and work towards a lasting cure?

