



TERRY FOX Lesson Plan

Sharing his story with your students

Lesson: Grade 11 Health For Life – Making Behaviour Changes

Overview: Using Terry Fox as an example, create and apply a healthy **Behaviour Change Model** to support student personal growth.

Curriculum Expectations: B1. Demonstrate an understanding of the concept of personal wellness, the factors that influence it, and ways of maintaining and enhancing it; B2. Demonstrate the ability to develop and implement a personal wellness plan.

Specific Expectations: [B1.3]

Learning Goals:

- Understanding of how to make a healthy lifestyle change
- Terry Fox as a case study to help them gain a deeper understanding of the process
- Ability to differentiate between motivation and determination
- Understanding of the Behaviour Change Model and its application to personal growth

Materials Needed:

"Terry Fox: Anything's Possible" video clip ([click here](#))

Appendix A: Distinguishing Motivation and Determination (teacher support document)

Appendix B: Behaviour Change Model (Terry Fox Example)

Appendix C: Behaviour Change Model (Student Worksheet)

Minds On: Activity #1 – Reflecting on Terry's Journey

1. Prior to watching the video, "Terry Fox: Anything's Possible", prompt students to think about how Terry needed to prepare to run across Canada for the Marathon of Hope.
2. Watch the video "Terry Fox: Anything's Possible"
3. Discuss and categorize how Terry prepared for his journey (mentally, physically, socially, spiritually, and emotionally).

Action: Activity #2 - Exploring Impacts on Behaviour

1. Identify considerations and differences between motivation and consideration. Appendix A: Distinguishing Motivation and Determination.
2. Consider Terry Fox's motivation, information, determination and support needed to transition from cancer patient to athlete. Appendix A: Teacher Support Document.
3. Ask students to brainstorm a list of resources that would not have been available to Terry at the time of conceptualizing & executing his plan (ex: cell phones, internet, social media, fundraising models, pledge forms or online platforms). How might these elements have impacted Terry's Marathon of Hope?
4. Outline Appendix B: Behaviour Change Model: (Terry Fox Example). The model can be applied to any kind of major wellness behaviour change (ie. quitting smoking, adding mindfulness, weight management, nutritional changes etc.). Walk through the example to identify definitions and examples of the following stages:
 - Precontemplation
 - Contemplation
 - Preparation
 - Action
 - Maintenance
5. Challenge students to identify a behavior change from their past, have observed someone working on, or would like to work toward. Complete Appendix C: Behavior Change Model (Student Worksheet).

NOTE TO STUDENTS: Changing from our everyday routines and habits is difficult. It challenges us emotionally, physically, and sometimes spiritually; it may cause us to question our values and our decision-making abilities. While progressing toward behaviour change, relapsing into previous stages of the behaviour change model is common and expected. It is important that we have support from family and/or friends when making big changes; it is also important that we support people around us who are trying to make positive lifestyle changes.

Consolidation: Activity #3 - Review and Application

1. To promote reflection and action, prompt students to consider the following:
 - What factors will support their motivation for this behaviour change?
 - What information and support will be required to be successful in making this behaviour change?

CHALLENGE: For the next 31 days track & record progress you have taken toward this behaviour change.

Notes to Teachers: Please ensure that students realize that this model is a long term change model. Setbacks are often part of the process and are to be expected. Learning how to prepare for and cope with the setbacks is an important thing to reinforce when teaching this topic.

Appendix A: Teacher Support Document

Distinguishing Motivation and Determination

MOTIVATION - VS - DETERMINATION	
MOTIVATION	DETERMINATION
Motivation is considered: <ul style="list-style-type: none">- An <u>external</u>/outside force that helps you stay focussed.- Something that makes you want to achieve/do something.- Something that moves you to do something.	Determination is considered: <ul style="list-style-type: none">- A personal intention/choice on reaching a desired goal.- Finding/having the will to do something.- An <u>internal</u> drive to accomplish something.

Class Discussion Prompts

Consider what was involved for Terry Fox to transition from cancer patient to an athlete, running the Marathon of Hope.

MOTIVATION - What was his motivation?

Terry was motivated by the children that he saw in the hospital cancer treatment centres. Seeing kids younger than him, going to battle against cancer really impacted him and helped him discover the motivation to make a change in his own behaviour that would ultimately make a difference in the lives of many.

INFORMATION - What information did he have?

Terry researched what it would take to run across Canada. He studied maps to create his route across the country and for each of his daily marathons. He also researched the physical training and nutrition requirements to be successful.

DETERMINATION - Where did the determination to make change come from?

Terry Fox was an athlete prior to being diagnosed with cancer. He was determined to make a difference through his actions and physical effort. He knew that he could inspire people to donate money for cancer research by making people more aware of the disease through his epic journey.

SUPPORT - What kind of support was available for Terry Fox?

Terry had a small support group for his actual Marathon of Hope. His brother Darrell and his friend Doug were his support crew throughout the journey.

Appendix B: Behaviour Change Model

(Terry Fox Example)

Stage	Description	Mindset	Terry's Example
Precontemplation	Currently <u>not</u> engaging in target behaviour and <u>not</u> seriously thinking of change.	Individuals do not intend to start exercising or making healthier life choices. People in this stage may be: <ul style="list-style-type: none"> • depressed about their ability to change • defensive due to social pressures • uninformed about the long-term consequences of their behaviour. 	Before Terry went through his cancer treatment he had never thought about running across Canada or fundraising to help kids with cancer.
Contemplation	Currently not engaging in the behaviour, but seriously considering change	Person seriously intends to make a change to their activity level or lifestyle choices within the next six months.	When undergoing chemotherapy Terry witnessed young children hospitalized by cancer. Terry began thinking about how he could help others with cancer by running across Canada.
Preparation	Currently not engaging in a full change in behaviour, but planning & beginning to make small changes	People in this stage are exercising some, not always regularly. Individuals typically have a plan of action to make behavioural changes, such as exercising a little.	Terry began training his body to run before telling others what his plan was. He kept track of his progress in a journal.
Action	Currently engaging in the change of behaviour, but for just a short time frame.	Individuals in this stage exercise regularly (three or more times a week) but have been doing so for fewer than six months. It is also the busiest stage, in which the	Terry continued to build on his exercise and strengthening routine to be ready for the launch of his Marathon of Hope. He told his family and organized his support team.

CONTINUED - Appendix B:

		most processes for change are being used	
Maintenance	Have maintained change behaviour for a long period of time.	Individuals in this stage have been exercising regularly for more than six months. Once they stay in this stage for five years, they are likely to maintain regular exercise throughout their life except for time-outs because of injury or other health-related problems.	Terry Fox ran close to a marathon a day for 143 days. He would have continued if his health was not compromised by the return of his cancer.

Appendix C: Behaviour Change Model (Student Worksheet)

Stage	Description	Mindset (What might the person be thinking about with this example?)	Personal Example
Precontemplation	Currently <u>not</u> engaging in target behaviour and <u>not</u> seriously thinking of change.		
Contemplation	Currently not engaging in the behaviour, but seriously considering change		
Preparation	Currently not engaging in a full change in behaviour, but planning & beginning to make small changes		
Action	Currently engaging in the change of behaviour, but for just a short time frame.		
Maintenance	Have maintained change behaviour for a long period of time.		