

Health

Week of May 18th

[Target Heart Range](#)

Week of May 4th

[Health-Related Components.pdf](#)

[Skill Related Components.pdf](#)

Week of April 27th

[Understanding-Self-Confidence-.pdf](#)

Week of April 20th

[Positive Self-Talk](#)

Week of April 13th

[HEALTH TRIANGLE ACTIVITY.pdf](#)

[Health Triangle Reflection.pdf](#)

Week of April 6th

[Evaluating My Snacks.pdf](#)

[Food Label.pdf](#)

Week of March 30th

[Health Ch. 24 - Tobacco.pdf](#)

[Health Ch 24 - Tobacco](#)

Week of March 23rd

Watch the attached YouTube video and complete the quiz.

Video: [Don't Blow It: anti-vaping campaign – Essentia Health](#)

Quiz: [vaping quiz.pdf](#)