

Project School Wellness Health Curriculum, Middle School Scope and Sequence (18 Weeks, Five Days a Week)

*Compilation of Levels 1, 2, and 3 of the Project School Wellness Curriculum*

**Curriculum Overview**

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
<a href="#"><u>Health Basics</u></a>	<a href="#"><u>Health Basics</u></a>  Skill: <a href="#"><u>Goal Setting</u></a>	<a href="#"><u>Physical Health</u></a>  Skill: <a href="#"><u>Analyzing Influences</u></a>	<a href="#"><u>Physical Health</u></a>	<a href="#"><u>Emotions &amp; Mental Health</u></a>  Skill: <a href="#"><u>Self-Management</u></a>	<a href="#"><u>Emotions &amp; Mental Health</u></a>	<a href="#"><u>Emotions &amp; Mental Health</u></a>  Skill: <a href="#"><u>Self-Advocacy</u></a> + <a href="#"><u>Accessing Health Services</u></a>	<a href="#"><u>Friendship &amp; Social Health</u></a>	<a href="#"><u>Friendship &amp; Social Health</u></a>  Skill: <a href="#"><u>Interpersonal Communication</u></a>
Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	Week 17	Week 18
<a href="#"><u>Core Values and Spiritual Health</u></a>	<a href="#"><u>Social Media Literacy and Safety</u></a>  Skill: <a href="#"><u>Decision Making</u></a>	<a href="#"><u>Social Media Literacy and Safety</u></a>  Skill: <a href="#"><u>Accessing Valid Information</u></a>	<a href="#"><u>Body Image</u></a>	<a href="#"><u>Environmental Health</u></a>  Skill: <a href="#"><u>Advocacy</u></a>	<a href="#"><u>Intellectual Health</u></a>  Skill: <a href="#"><u>Build and Apply Knowledge</u></a>	<a href="#"><u>Financial Literacy</u></a>	<a href="#"><u>Career Exploration</u></a>	<a href="#"><u>Summative Project</u></a>

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<a href="#"><u>Optional Units:</u></a>	<a href="#"><u>ATOD</u></a> , 8 Lesson Plans (High school unit that can be adapted)	<a href="#"><u>Fitness Unit</u></a> , 6 Lesson Plans	<a href="#"><u>Health Skills Toolkit</u></a> , 14 Lesson Plans + more than 20 teaching resources, including learning station activitiesDiscussion Questions	<a href="#"><u>Inside Out</u></a> , 4 Lesson Plans with Discussion Questions	<a href="#"><u>Sex Ed</u></a> , 16 Lesson Plans			
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### **Level-Specific Scope and Sequences**

#### **Level One**

- [10 Weeks, 5 Classes a Week](#)
- 36 Weeks, 1 Class a Week

#### **Level Two**

- [10 Weeks, 5 Classes a Week](#)
- 36 Weeks, 1 Class a Week

#### **Level Three**

- [10 Weeks, 5 Classes a Week](#)
- 36 Weeks, 1 Class a Week

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## **Suggested Teaching Progression**

<b>Week 1: Health Basics</b>			
Day 1	<a href="#">Health: My Life</a>	2024 NHES: 1.8.2, 1.8.5, 2.8.1, 5.8.1	Prep: Whiteboard or Copy Google Slides Set Up
Day 2	<a href="#">Dimensions of Health</a> <ul style="list-style-type: none"> <li>Optional: <a href="#">The BEST Model</a></li> </ul>	2024 NHES: 1.8.1, 1.8.3, 1.8.5, 1.8.6, 2.8.2,	Prep: Learning Station Set Up (Print or Copy Google Forms) + Print
Day 3	<a href="#">Everything's Connected</a>	2024 NHES: 1.8.5, 1.8.6, 2.8.2	Prep: Print or Copy Google Docs/Slides
Day 4	<a href="#">Living Your Best Life</a>	2024 NHES: 1.8.2, 1.8.5	Prep: Print or Copy Google Docs/Slides
Day 5	<a href="#">The Health Skills</a>	2024 NHES: 1.8.1, 1.8.2, 1.8.3, 1.8.4, 1.8.5, 1.8.7, 2.8.1, 5.8.1	Prep: Print and/or Copy Google Slides
<b>Week 2: Health Basics &amp; Goal Setting</b>			
Day 1	<a href="#">Healthy Habits</a>	2024 NHES: 1.8.1, 1.8.2, 1.8.3, 1.8.4, 5.8.1, 7.8.1, 7.8.2, 7.8.3	Prep: Print and/or Copy Google Slides
Day 2	<a href="#">Analyze Health Influences</a>	2024 NHES: 2.8.1, 2.8.2, 2.8.3, 2.8.4	Prep: Print and/or Copy Google Slides
Day 3	<a href="#">Taking Control of Your Health</a>	2024 NHES: 2.8.4, 7.8.1, 7.8.2, 7.8.3	Prep: Print and/or Copy Google Docs/Slides
Day 4	<a href="#">Assess Your Health</a>	2024 NHES: 6.8.1	Prep: Print or Copy Google

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			Docs/Slides
Day 5	<a href="#">Write Health Goals</a> <ul style="list-style-type: none"> <li>Bonus Resources: <a href="#">GROW Goals OR SMART Goals</a></li> </ul>	2024 NHES: 1.8.4, 6.8.1, 6.8.2, 6.8.3, 6.8.4, 6.8.5, 6.8.6	Prep: Print and/or Copy Google Slides
<b>Week 3: (Physical Health) Taking Care of Your Body</b>			
Day 1	<a href="#">Physical Health: My Body</a>	2024 NHES: 1.8.1, 1.8.4, 1.8.6, 4.8.1, 7.8.1, 7.8.2	Prep: Print and/or Copy Google Forms
Day 2	<a href="#">How to Be Physically Healthy</a>	2024 NHES: 1.8.1, 1.8.6, 3.8.3, 6.8.1, 7.8.2	Prep: Print and/or Copy Google Slides
Day 3	<a href="#">My Physically Healthy Life</a>	2024 NHES: 1.8.1, 1.8.6, 4.8.1, 7.8.1, 7.8.2	Prep: Print or Copy Google Slides
Day 4	<a href="#">How School Influences Physical Health</a> <ul style="list-style-type: none"> <li>Bonus Lesson Plan: <a href="#">Analyzing Influences</a></li> </ul>	2024 NHES: 1.8.1, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 7.8.2, 7.8.3	Prep: Print and/or Copy Google Slides
Day 5	<a href="#">Risk of Being Physically Unhealthy</a>	2024 NHES: 1.8.1, 3.8.1, 3.8.3, 7.8.3	Prep: Print or Copy Google Slides
<b>Week 4: (Physical Health) Taking Care of Your Body</b>			
Day 1	<a href="#">Physical Health Cheat Sheet</a>	2024 NHES: 1.8.1, 1.8.6, 7.8.1, 7.8.2, 7.8.3	Prep: Print and/or Copy Google Slides
Day 2	<a href="#">Nutrition Basics</a>	2024 NHES: 1.8.4, 3.8.3, 3.8.4, 7.8.2, 7.8.3	Prep: Print or Copy Google Forms

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Day 3	<a href="#">How to Eat a Balanced Diet</a>	2024 NHES: 1.8.1, 1.8.5, 7.8.2, 7.8.3	Prep: Print or Copy Google Slides
Day 4	<a href="#">Digital Adventure: Reading Food Labels</a>	2024 NHES: 1.8.1, 3.8.1, 3.8.4	Prep: Print and/or Copy Google Slides
Day 5	<a href="#">Lunch Tray Report Card</a>	2024 NHES: 1.8.1, 2.8.4, 7.8.2, 7.8.3	Prep: Print or Copy Google Slides
<b>Week 5: Emotions &amp; Mental Health</b>			
Day 1	<a href="#">Emotional &amp; Mental Health: My Head and Heart</a>	2024 NHES: 1.8.1, 1.8.4, 7.8.1, 7.8.2	Prep: Print
Day 2	<a href="#">Identifying Emotions</a>	2024 NHES: 1.8.2, 7.8.2, 7.8.3	Prep: Print
Day 3	Inside Out Movie <ul style="list-style-type: none"> <li>Bonus Resources: <a href="#">Inside Out Discussion Questions and Worksheets</a></li> </ul>	2024 NHES: 1.8.2, 1.8.6, 4.8.1, 7.8.2, 7.8.3	Prep: Print
Day 4	<a href="#">Getting to Know Your Emotions</a>	2024 NHES: 1.8.2, 7.8.2, 7.8.3	Prep: Print and/or Copy Google Slides
Day 5	<a href="#">Healthy Habit for Expressing Emotions</a> <ul style="list-style-type: none"> <li>Bonus Resource: <a href="#">Self-Management Skill Cues</a></li> </ul>	2024 NHES: 1.8.2, 1.8.4, 7.8.2, 8.8.1	Prep: Print or Copy Google Slides
<b>Week 6: Emotions &amp; Mental Health</b>			
Day 1	<a href="#">What is Mental Health</a> <ul style="list-style-type: none"> <li>Bonus Lesson Plan: <a href="#">The Mental Health Bucket</a></li> <li>Video: <a href="#">Mental Health vs. Mental Health Disorders</a></li> </ul>	2024 NHES: 1.8.1, 1.8.5, 7.8.1, 7.8.2	Prep: Print

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	(Mental Illness)		
Day 2	<a href="#">Living With Confidence</a>	2024 NHES: 1.8.2, 7.8.2, 7.8.3	Prep: Print
Day 3	<a href="#">Loving Yourself</a> (Self-Esteem)	2024 NHES:	Prep: Print
Day 4	<a href="#">Positively Impacting Your Community</a>	2024 NHES: 1.8.2, 7.8.2, 7.8.3	Prep: Print and/or Copy Google Slides
Day 5	<a href="#">Inside Out: Personality Islands</a>	2024 NHES: 1.8.2, 1.8.6	Prep: Print or Copy Google Slides
<b>Week 7: Emotions &amp; Mental Health</b>			
Day 1	<a href="#">Stress and How to Manage It</a>	2024 NHES: 1.8.2, 1.8.4, 1.8.5, 7.8.2, 7.8.3	Prep: Print and/or Copy Google Slides
Day 2	<a href="#">Dealing With Challenges</a>	2024 NHES: 1.8.2, 1.8.4, 7.8.2, 7.8.3	Prep: Print or Copy Google Slides
Day 3	<a href="#">Inside Out: Mental Health &amp; Its Impact</a>	2024 NHES: 1.8.6	Prep: Print or Copy Google Slides
Day 4	<a href="#">Analyzing Influences on Mental Health</a>	2024 NHES: 2.8.2, 2.8.4	Prep: Print or Copy Google Slides
Day 5	<a href="#">Mental Health First Aid Kit</a> * <ul style="list-style-type: none"> <li>Bonus Resources: <a href="#">Self-Advocacy Skill Cues</a></li> </ul> <p><i>*This lesson was originally designed for high school. Some elements may need to be adapted for a different student demographic.</i></p>	2024 NHES: 1.8.1, 1.8.2, 1.8.3, 1.8.4, 1.8.7, 3.8.1	Prep: Print or Copy Google Slides
<b>Week 8: Friends, Relationships, and Social Health</b>			

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Day 1	<a href="#">Social Health: My Relationships</a>	2024 NHES: 1.8.2, 1.8.5	Prep: Print
Day 2	<a href="#">How to Be a Great Friend (Collaborative Poster)</a>	2024 NHES: 1.8.1, 1.8.2, 4.8.10, 7.8.2	Prep: Print or Copy Google Slides
Day 3	<a href="#">Healthy Habits for Making Friends</a>	2024 NHES: 1.8.1, 1.8.2, 7.8.2	Prep: Print or Copy Google Slides
Day 4	<a href="#">Healthy vs. Unhealthy Relationships</a>	2024 NHES: 1.8.1, 1.8.2, 1.8.6, 7.8.1, 7.8.2	Prep: Print or Copy Google Forms
Day 5	<a href="#">Media Audit: Relationships</a>	2024 NHES: 1.8.1, 1.8.2, 2.8.2, 2.8.4	Prep: Print or Copy Google Slides
<b>Week 9: Friends, Relationships, and Social Health</b>			
Day 1	<a href="#">Social Life Satisfaction</a>	2024 NHES: 1.8.1, 1.8.2, 1.8.5, 6.8.1	Prep: Print or Copy Google Slides
Day 2	<a href="#">Communication Skills for Relationships</a> <ul style="list-style-type: none"> <li>Bonus Resources: <a href="#">Communication Skill Cues</a></li> </ul>	2024 NHES: 1.8.1, 1.8.2, 1.8.4, 4.8.1, 4.8.2, 4.8.9, 4.8.10	Prep: Print or Copy Google Slides
Day 3	<a href="#">Boundaries*</a> <ul style="list-style-type: none"> <li>Bonus Resources: <a href="#">NOPE (Boundaries) Skill Cues</a></li> </ul>	2024 NHES: 1.8.2, 1.8.3, 1.8.4, 4.8.4	Prep: Print or Copy Google Docs
Day 4	<a href="#">Refusal Skills (Full Lesson Plan Will Be Added Soon)</a>	2024 NHES: 4.8.1, 4.8.5	Prep: Print
Day 5	<a href="#">Conflict Resolution</a> <ul style="list-style-type: none"> <li>Bonus Resources: <a href="#">TOOLS to Work It Out (Refusal Skills) Skill Cues</a></li> </ul>	2024 NHES: 4.8.1, 4.8.2, 4.8.6, 4.8.8, 4.8.9, 4.8.10	Prep: Print or Copy Google Slides
<b>Week 10: Core Values and Spiritual Health</b>			

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Day 1	<a href="#">Spiritual Health: My Values</a>	2024 NHES: 1.8.1, 1.8.5, 7.8.1, 7.8.2	Prep: Print or Copy Google Slides
Day 2	<a href="#">Understanding Core Values</a>	2024 NHES: 1.8.2, 1.8.5, 7.8.2	Prep: Print or Copy Google Slides
Day 3	<a href="#">Living By Your Values</a>	2024 NHES: 1.8.1, 1.8.2, 1.8.5, 5.8.3, 7.8.1, 7.8.2	Prep: Print or Copy Google Slides
Day 4	<a href="#">Discover Your Purpose</a> + <a href="#">Writing a Mission Statement</a>	2024 NHES: 1.8.5, 4.8.1, 6.8.1, 6.8.3, 7.8.2	Prep: Print or Copy Google Slides
Day 5	<a href="#">How to Live Your Mission</a>	2024 NHES: 6.8.2, 6.8.3, 7.8.1, 7.8.2	Prep: Print or Copy Google Slides
<b>Week 11: Social Media Literacy and Safety</b>			
Day 1	<a href="#">How to Make a Decision</a> <ul style="list-style-type: none"> <li>Bonus Resources: <a href="#">WISE and What's BEST skill cues</a></li> </ul>	2024 NHES: 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5 5.8.6	Prep: Print or Copy Google Slides
Day 2	<a href="#">Social Media Basics*</a>	2024 NHES: 1.8.5, 1.8.6	Prep: Print and/or Copy Google Forms/Slides
Day 3	<a href="#">How Social Media Works*</a>	2024 NHES: 1.8.5, 1.8.6	Prep: Print or Copy Google Forms
Day 4	<a href="#">Is Social Media an Influence?*</a>	2024 NHES: 2.8.1, 2.8.2, 2.8.3, 2.8.4	Prep: Print or Copy Google Forms
Day 5	<a href="#">Social Media as Social Connection*</a>	2024 NHES: 1.8.2, 1.8.6	Prep: Print or Copy Google Forms
*This unit was originally designed for high school. Some elements may need to be adapted for a different student demographic.			

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Week 12: Social Media Literacy and Safety			
Day 1	<a href="#">Social Media and Your Well-Being</a> * <ul style="list-style-type: none"> <li>Bonus Resource: <a href="#">The BEST Model</a></li> </ul>	2024 NHES: 1.8.2, 1.8.6	Prep: Print or Copy Google Forms
Day 2	<a href="#">Digital Citizenship</a> *	2024 NHES: 1.8.5, 7.8.1, 7.8.2, 7.8.3	Prep: Print or Copy Google Docs
Day 3	Skill Practice: <a href="#">Access Valid Information</a> <ul style="list-style-type: none"> <li>Bonus Resource: <a href="#">PROVE It Skill Cues</a></li> </ul>	2024 NHES: 3.8.3, 3.8.4, 3.8.5	Prep: Print or Copy Google Forms/Slides
Day 4	<a href="#">Debate: Is Social Media Bad?</a> * - Research and Prep	2024 NHES: 1.8.5, 1.8.6, 3.8.3, 3.8.4, 3.8.5, 4.8.1, 4.8.2, 4.8.9	Prep: Print or Copy Google Docs
Day 5	<a href="#">Debate: Is Social Media Bad?</a> * - Debate	2024 NHES: 1.8.5, 1.8.6, 3.8.3, 3.8.4, 3.8.5, 4.8.1, 4.8.2, 4.8.9	Prep: Print or Copy Google Docs
*This unit was originally designed for high school. Some elements may need to be adapted for a different student demographic.			
Week 13: Body Image			
Day 1	<a href="#">What is Body Image?</a> *	2024 NHES: 1.8.5	Prep: Print or Copy Google Docs
Day 2	<a href="#">Positive Body Image</a> *	2024 NHES: 1.8.5, 1.8.2	Prep: Print or Copy Google Docs
Day 3	<a href="#">What Shapes Body Image?</a> *	2024 NHES: 1.8.5, 2.8.1, 2.8.2, 2.8.3	Prep: Print or Copy Google Docs
Day 4	<a href="#">Evaluating Your Body Image (Self-Reflection)</a> *	2024 NHES: 1.8.4, 6.8.1	Prep: Print or Copy Google Forms

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Day 5	<a href="#">Building a Healthy Relationship with Your Body</a> *	2024 NHES: 1.8.5, 6.8.1, 7.8.2, 7.8.3	Prep: Print or Copy Google Docs
Bonus	<a href="#">Project: You Are More Than a Body</a> *	2024 NHES: 1.8.5, 6.8.1, 4.8.1	Prep: Print or Copy Google Docs
<i>*This unit was originally designed for high school. Some elements may need to be adapted for a different student demographic.</i>			
<b>Week 14: Environmental Health</b>			
Day 1	<a href="#">Environmental Health: My Surroundings</a> <ul style="list-style-type: none"> <li>Bonus: Classroom Scavenger Hunt</li> </ul>	2024 NHES: 1.8.2, 1.8.5, 7.8.2, 7.8.3	Prep: N/A
Day 2	<a href="#">My Environment and Its Impact</a>	2024 NHES: 1.8.2, 1.8.6, 2.8.1, 2.8.3, 2.8.3, 7.8.2, 7.8.3	Prep: Print or Copy Google Slides
Day 3	<a href="#">Living an Eco-Friendly Life</a>	2024 NHES: 1.8.2, 1.8.5, 1.8.6, 1.8.7, 7.8.2, 7.8.3	Prep: Print or Copy Google Slides
Day 4	<a href="#">Is School Impacting Environmental Health?</a>	2024 NHES: 1.8.2, 1.8.6, 2.8.2, 2.8.3	Prep: Print or Copy Google Slides
Day 5	You Pick: <ul style="list-style-type: none"> <li><a href="#">Design Your Ideal Classroom</a></li> <li>OR, <a href="#">Design a School-Wide Environmental Health Campaign</a></li> <li>Bonus Resource: <a href="#">VOICE (Advocacy) Skill Cues</a></li> </ul>	2024 NHES: 1.8.1, 1.8.2, 1.8.4, 1.8.5, 1.8.6, 1.8.7, 2.8.1, 2.8.2, 2.8.3, 3.8.2, 3.8.3, 3.8.4, 4.8.1, 4.8.3, 4.8.7, 4.8.9, 7.8.1, 7.8.2, 8.8.2, 8.8.3, 8.8.4	Prep: Print or Copy Google Slides
Bonus:	<a href="#">Milk Carton House and Garden</a>		

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Week 15: Intellectual Health			
Day 1	<a href="#">Intellectual Health: My Knowledge</a> <ul style="list-style-type: none"> <li>Bonus Resources: <a href="#">Build &amp; Apply Knowledge Skill Cues</a></li> </ul>	2024 NHES: 1.8.2, 1.8.5, 1.8.6	Prep: N/A
Day 2	<a href="#">How to Be Intellectually Healthy</a> <ul style="list-style-type: none"> <li>Bonus Lesson Plan: <a href="#">Super Intellectual Health</a></li> </ul>	2024 NHES: 1.8.2, 7.8.2, 7.8.3	Prep: Print or Copy Google Forms/Slides
Day 3	<a href="#">Assessing Intellectual Health</a> <ul style="list-style-type: none"> <li>Bonus Lesson Plan: <a href="#">Overcoming Health Roadblocks</a></li> </ul>	2024 NHES: 1.8.2, 6.8.1., 7.8.2, 7.8.3	Prep: Print or Copy Google Slides
Day 4	<a href="#">What It Means to Be Creative</a> <ul style="list-style-type: none"> <li>Bonus Lesson Plan: <a href="#">Expressing Your Creativity</a></li> </ul>	2024 NHES: 1.8.1, 1.8.2, 1.8.5, 7.8.2, 7.8.3	Prep: Print or Copy Google Slides
Day 5	<a href="#">Using Creativity to Solve a Health Problem</a>	2024 NHES: 1.8.2, 1.8.5, 1.8.7, 3.8.2, 6.8.1, 8.8.1	Prep: Print or Copy Google Slides
Week 16: Financial Literacy			
Day 1	<a href="#">Financial Health: My Money</a> <ul style="list-style-type: none"> <li>Bonus Lesson Plan: <a href="#">Financial Literacy 101</a></li> </ul>	2024 NHES: 1.8.2, 1.8.5	Prep: Print
Day 2	<a href="#">Spending Wisely: Needs vs. Wants</a>	2024 NHES: 1.8.2, 1.8.4, 1.8.5, 5.8.3, 7.8.1, 7.8.1, 7.8.2	Prep: Print or Copy Google Slides
Day 3	<a href="#">Budget 101</a> <ul style="list-style-type: none"> <li>Bonus Lesson Plan: <a href="#">Making a Personal Budget</a></li> </ul>	2024 NHES: 1.8.2, 1.8.4, 1.8.5, 5.8.3, 7.8.1, 7.8.1, 7.8.2	Prep: Print or Copy Google Slides
Day 4	<a href="#">Principles of Saving</a>	2024 NHES: 1.8.2, 1.8.4, 1.8.5,	Prep: Print or Copy Google Slides

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	<ul style="list-style-type: none"> <li>Bonus Lesson Plan: Investing: <a href="#">Making Your Money Grow</a></li> </ul>	5.8.3, 7.8.1, 7.8.1, 7.8.2	
Day 5	<a href="#">Giving Back: Making a Difference</a>	2024 NHES: 8.8.1, 8.8.2	Prep: Print or Copy Google Slides
<b>Week 17: Career Exploration</b>			
Day 1	<a href="#">Occupational Health: My Job</a>	2024 NHES: 1.8.2, 1.8.6	Prep: Print
Day 2	<a href="#">What Really Matters When Choosing a Job</a>	2024 NHES: 1.8.6, 5.8.2, 5.8.3, 5.8.4	Prep: Print or Copy Google Slides
Day 3	<a href="#">Career Appraisal</a>	2024 NHES: 1.8.6, 2.8.1, 2.8.3, 5.8.4	Prep: Print or Copy Google Slides
Day 4	<a href="#">Examining Your Dream Job</a> + <a href="#">Career Fair</a> - Prep	2024 NHES: 1.8.6, 2.8.4, 3.8.3, 4.8.1, 4.8.9	Prep: Print or Copy Google Slides
Day 5	<a href="#">Career Fair</a>	2024 NHES: 4.8.1, 4.8.2, 4.8.3, 4.8.9, 4.8.10	Prep: Print or Copy Google Slides
<b>Week 18: Summative Project</b>			
Day 1	<a href="#">Design a Health School - Project Introduction and Review</a>	2024 NHES: 1.8.2, 1.8.3, 1.8.5, 1.8.6, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 3.8.4, 4.8.1, 4.8.2, 4.8.7, 4.8.9, 7.8.1, 7.8.2, 8.8.1, 8.8.3, 8.8.5	Prep: Print or Copy Google Slides
Day 2	<a href="#">Design a Health School - Exploration and Discovery</a>	2024 NHES: 1.8.2, 1.8.3, 1.8.5, 1.8.6, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 3.8.4, 4.8.1, 4.8.2, 4.8.7, 4.8.9,	Prep: Print or Copy Google Slides

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		7.8.1, 7.8.2, 8.8.1, 8.8.3, 8.8.5	
Day 3	<a href="#">Design a Health School - Planning</a>	2024 NHES: 1.8.2, 1.8.3, 1.8.5, 1.8.6, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 3.8.4, 4.8.1, 4.8.2, 4.8.7, 4.8.9, 7.8.1, 7.8.2, 8.8.1, 8.8.3, 8.8.5	<i>Prep:</i> Print or Copy Google Slides
Day 4	<a href="#">Design a Health School - Share with Principal</a>	2024 NHES: 1.8.2, 1.8.3, 1.8.5, 1.8.6, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 3.8.4, 4.8.1, 4.8.2, 4.8.7, 4.8.9, 7.8.1, 7.8.2, 8.8.1, 8.8.3, 8.8.5	<i>Prep:</i> Print or Copy Google Slides
Day 5	<a href="#">Design a Health School - Debrief and Reflection</a>	2024 NHES: 1.8.2, 1.8.3, 1.8.5, 1.8.6, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 3.8.4, 4.8.1, 4.8.2, 4.8.7, 4.8.9, 7.8.1, 7.8.2, 8.8.1, 8.8.3, 8.8.5	<i>Prep:</i> Print or Copy Google Slides

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**Additional Lessons and Units:**

<b>ATOD: Substance Use</b>			
Lesson 1	<a href="#">Cultural Perceptions on Substance Use*</a>	2024 NHES: 1.8.2, 3.8.4	Prep: Print or Copy Google Slides
Lesson 2	<a href="#">Why People Use ATOD*</a>	2024 NHES: 5.8.4	Prep: Print or Copy Google Slides
Lesson 3	<a href="#">Accessing Valid ATOD Information*</a>	2024 NHES: 3.8.3, 3.8.4	Prep: Print or Copy Google Slides
Lesson 4	<a href="#">ATOD and Your Well-Being*</a>	2024 NHES: 1.8.2, 7.8.2	Prep: Print or Copy Google Slides
Lesson 5	<a href="#">Healthy ATOD Habits*</a>	2024 NHES: 1.8.3, 7.8.3	Prep: Print or Copy Google Slides
Lesson 6	<a href="#">Harmful Relationship with ATOD*</a>	2024 NHES: 6.8.1, 2.8.1	Prep: Print or Copy Google Slides
Lesson 7	<a href="#">Media Audit: ATOD*</a>	2024 NHES: 2.8.3, 3.8.3, 3.8.4	Prep: Print or Copy Google Slides
Summative Project	<a href="#">ATOD Peer Advocacy Project*</a>	2024 NHES: 1.5.8, 4.8.1, 4.8.7, 4.8.9	Prep: Print or Copy Google Slides
<i>*This unit was originally designed for high school. Some elements may need to be adapted for a different student demographic.</i>			
<b>Fitness Unit</b>			

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Lesson 1	<a href="#">Physical Health</a>	2024 NHES: 1.8.2, 1.8.5,	Prep: Print or Copy Google Slides
Lesson 2	<a href="#">The Value of Fitness</a>	2024 NHES: 1.8.2, 7.8.1, 7.8.2	Prep: Print or Copy Google Slides
Lesson 3	<a href="#">Components of Fitness &amp; the FITT Principle</a>	2024 NHES: 1.8.2, 3.8.3, 3.8.4	Prep: Print or Copy Google Slides
Lesson 4	<a href="#">Goal Writing</a>	2024 NHES: 6.8.1, 6.8.2, 6.8.3, 6.8.4, 6.8.5, 6.8.6	Prep: Print or Copy Google Slides
Lesson 5	<a href="#">Designing Workouts</a>	2024 NHES: 1.8.2, 3.8.3, 3.8.4	Prep: Print or Copy Google Slides
Lesson 6	<a href="#">Create a Fitness Program</a>	2024 NHES: 1.8.1, 1.8.3, 1.8.5, 7.8.2	Prep: Print or Copy Google Slides
Bonus	<a href="#">Workout Posters</a>		Prep: Print or Copy Google Slides
<b>Health Skills Toolkit</b>			
Lesson 1	<a href="#">Analyzing Health Influences</a>	2024 NHES: 1.8.1, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 7.8.2, 7.8.3	Prep: Print or Copy Google Slides
Lesson 2	<a href="#">Accessing Valid Information</a> <ul style="list-style-type: none"> <li>Bonus Resource: <a href="#">PROVE It Skill Cues</a></li> </ul>	2024 NHES: 3.8.3, 3.8.4, 3.8.5	Prep: Print or Copy Google Forms/Slides
Lesson 3	<a href="#">Communication Skills for Relationships</a> <ul style="list-style-type: none"> <li>Bonus Resources: <a href="#">Communication Skill Cues</a></li> </ul>	2024 NHES: 1.8.1, 1.8.2, 1.8.4, 4.8.1, 4.8.2, 4.8.9, 4.8.10	Prep: Print or Copy Google Slides

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Lesson 4	<a href="#">Navigating Social Conflict</a> <ul style="list-style-type: none"><li>Bonus Resources: <a href="#">TOOLS to Work It Out (Refusal Skills) Skill Cues</a></li></ul>	2024 NHES: 4.8.1, 4.8.2, 4.8.6, 4.8.8, 4.8.9, 4.8.10	Prep: Print or Copy Google Slides
Lesson 5	<a href="#">Making Healthy Decisions</a>	2024 NHES: 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6	Prep: Print or Copy Google Slides
Lesson 6	<a href="#">Making Decisions in Real Life</a>		
Lesson 7	<a href="#">How to Make Healthy Decisions</a>		
Lesson 8	<a href="#">Assess Your Health</a>	2024 NHES: 1.8.4, 6.8.1, 6.8.2, 6.8.3, 6.8.4, 6.8.5, 6.8.6	Prep: Print or Copy Google Docs/Slides
Lesson 9	<a href="#">Writing Health Goals</a> <ul style="list-style-type: none"><li>Bonus Resources: <a href="#">GROW Goals OR SMART Goals</a></li></ul>	2024 NHES: 1.8.4, 6.8.1, 6.8.2, 6.8.3, 6.8.4, 6.8.5, 6.8.6	
Lesson 10	<a href="#">Taking Control of My Health</a>	2024 NHES: 2.8.4, 7.8.1, 7.8.2, 7.8.3	Prep: Print and/or Copy Google Docs/Slides
Lesson 11	<a href="#">Healthy Habits</a>	2024 NHES: 1.8.1, 1.8.2, 1.8.3, 1.8.4,5.8.1,7.8.1, 7.8.2, 7.8.3	Prep: Print and/or Copy Google Slides
Lesson 12	<a href="#">What is Advocacy?</a>	2024 NHES: 8.8.1, 8.8.2, 8.8.3, 8.8.4, 8.8.5	Prep: Print and/or Copy Google Slides/Google Forms
Lesson 13	<a href="#">How to Advocate</a>		
Lesson 14	<a href="#">Advocating for Your Health</a>		
Bonus:	<ul style="list-style-type: none"><li>Games<ul style="list-style-type: none"><li><a href="#">The Influence Game (Analyzing Influences)</a></li></ul></li></ul>		

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- *Learning Stations*
  - [Health Skills Learning Adventure](#)
  - [SPY School: The PROVE It Protocol \(Fact-Checking Learning Stations\)](#)
- *Sorting and Matching*
  - [IDEA Skill Cues for Standard #1: Building and Applying Functional Knowledge](#)
  - [SCAN Skill Cues for Standard #2: Analyzing Influences](#)
  - [Analyzing Influences: Think, Feel, and Act](#)
  - [PROVE It Skill Cues for Standard #3: Accessing Valid Resources](#)
  - [ACT Skill Cues for Standard #3: Accessing Health Services](#)
  - [TALK Skill Cues for Standard #4: Communication](#)
  - [Identifying Personal Boundaries](#)
  - [WISE Skill Cues for Standard #5: Decision Making](#)
  - [What's BEST vs. WISE Sorting for Standard #5: Decision Making](#)
  - [GROW Skill Cues for Standard #6: Goal Setting](#)
  - [Pause, Reflect, and Act Skill Cues for Standard #7: Self-Management](#)
  - [ASK Skill Cues for Standard #8: Advocacy](#)
  - [VOICE Skill Cues for Standard #8: Advocacy](#)
- Printables
  - [Health Skills Toolbox](#)

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	<ul style="list-style-type: none"><li>■ <a href="#">Bookmark: Pause, Reflect, and Act</a></li><li>■ <a href="#">Healthy Habit Spinner (End-of-Year)</a></li><li>■ <a href="#">Health Skills Posters</a></li><li>○ Skill Practice Worksheets<ul style="list-style-type: none"><li>■ <a href="#">(Analyzing Influences) Influence Report Card</a></li><li>■ <a href="#">(Access Valid Information) Validity Report Card</a></li><li>■ <a href="#">(Self-Management) The BEST Model Check-In</a></li><li>■ <a href="#">(Goal Setting) GROW Formula for Setting Goals</a></li><li>■ <a href="#">Self-Talk: Self-Advocacy Mantras</a></li><li>■ <a href="#">(Decision Making) How to Make a Decision</a></li></ul></li></ul>		
Inside Out Movie			
Lesson 1	<a href="#">Getting to Know Your Emotions</a>	2024 NHES: 1.8.2, 7.8.2, 7.8.3	Prep: Print or Copy Google Slides
Lesson 2	<a href="#">Express Yourself</a>	2024 NHES: 1.8.2, 4.8.1, 7.8.1, 7.8.2	Prep: Print or Copy Google Slides
Lesson 3	<a href="#">Mental Health &amp; Its Impact</a>	2024 NHES: 1.8.6	Prep: Print or Copy Google Slides
Lesson 4	<a href="#">Personality Islands</a>	2024 NHES: 1.8.2, 1.8.6	Prep: Print or Copy Google Slides

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Bonus	<a href="#">Discussion Questions</a>		<i>Prep:</i> Print
<b>Sex Ed</b>			
Bonus	<a href="#">Defining Sexual Health + What is Sexuality?</a>	2024 NHES: 1.8.5, 3.8.3	<i>Prep:</i> Print or Copy Google Slides
Lesson 1	<a href="#">Why Sex Ed Matters</a>	2024 NHES: 1.8.2, 1.8.5	<i>Prep:</i> Print or Copy Google Slides
Lesson 2	<a href="#">Intro to Sex Ed</a>	2024 NHES: 1.8.5	<i>Prep:</i> Print or Copy Google Slides
Lesson 3	<a href="#">Puberty</a>	2024 NHES: 3.8.3	<i>Prep:</i> Print or Copy Google Slides
Lesson 4	<a href="#">Hygiene Checklist</a>	2024 NHES: 7.8.1, 7.8.2, 7.8.3	<i>Prep:</i> Print or Copy Google Slides
Lesson 5	<a href="#">Sexually Transmitted Infections</a>	2024 NHES: 3.8.3	<i>Prep:</i> Print or Copy Google Slides
Lesson 6	<a href="#">Reproduction System</a> <ul style="list-style-type: none"> <li>Play-Doh Mat Activity: Reproduction System</li> </ul>	2024 NHES: 3.8.3	<i>Prep:</i> Print or Copy Google Slides
Lesson 7	<a href="#">Pregnancy</a>	2024 NHES: 3.8.3	<i>Prep:</i> Print or Copy Google Slides
Lesson 8	<a href="#">Contraceptives</a>	2024 NHES: 3.8.3, 5.8.4	<i>Prep:</i> Print or Copy Google Slides

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Lesson 9	<a href="#">Abstinence</a>	2024 NHES: 5.8.3, 5.8.4, 5.8.6	<i>Prep:</i> Print or Copy Google Slides
Lesson 10	<a href="#">Consent &amp; Safety</a>	2024 NHES: 3.8.1, 4.8.4, 4.8.1	<i>Prep:</i> Print or Copy Google Slides
Lesson 11	<a href="#">Types of Touch</a>	2024 NHES: 3.8.1, 4.8.4, 4.8.1	<i>Prep:</i> Print or Copy Google Slides
Lesson 12	<a href="#">Building Healthy Relationships</a>	2024 NHES: 1.8.2, 7.8.2, 7.8.3	<i>Prep:</i> Print or Copy Google Slides
Lesson 13	<a href="#">Love or Just a Crush</a>	2024 NHES: 3.8.2	<i>Prep:</i> Print or Copy Google Slides
Lesson 14	<a href="#">Decision Making</a>	2024 NHES: 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6	<i>Prep:</i> Print or Copy Google Slides

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