



Teaching Progression:

Step 3: Make It a Habit

SUB SKILL(S):

- Rehearse the health practice
- Use the health practice regularly

GUIDING QUESTIONS:

How can I continue to demonstrate a health practice over time?

NHES PERFORMANCE INDICATORS:

(7.5.2) Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. (7.5.3) Demonstrate a variety of behaviors to avoid or reduce health risks.

VALUABLE VOCABULARY:

*identify,
demonstrate,
support,
practice, improve,
daily*

Step 3: Make It A Habit | Sub Skill: Rehearse The Health Practice



SUGGESTED LEARNING ACTIVITY 1:

Have students rehearse their selected health practice in the classroom. Place students in small groups to rehearse their demonstration in front of their classmates. Task group mates with providing feedback to the presenting classmate. Allow time for students to demonstrate their health practice for the teacher after students have been able to demonstrate in their small groups, hear feedback, and practice again.

Language of Health Literacy:

*I got better at _____. I did this
by_____.*

I practiced _____ to get better.

TEACHING NOTES:

- Make sure students practice all components, based on their research, of the health practice.
- Remind students to review their research notes and include all necessary components into their demonstrations.
- Model and provide the *Language of Health Literacy* to support student feedback.



Teaching Progression: Step 3 | Make it a Habit (Cont.)

Step 3: Make It A Habit | Sub Skill: Use The Health Practice Regularly



SUGGESTED LEARNING ACTIVITY 1:

As students continue the work of building their health practices, facilitate a whole class discussion about how they can ensure they are implementing health practices into their daily lives. Remind students to consider the components they learned throughout their research and how their new understandings can support continued growth in a health practice.

Language of Health Literacy:

In my daily life, I can _____.

To continue demonstrating this health practice in my daily life, I need to _____.

I improved the health practice of _____ by _____.

TEACHING NOTES:

- Model and provide the *Language of Health Literacy* to support student engagement within the discussion.
- Use multiple discussion protocols and strategies to ensure all students get to participate and share how they plan to incorporate the health practice into their life regularly.



See *Goal-Setting* for guidance on supporting students to track their use of health practices and to set goals on developing healthy habits.