



Teaching Progression:



Step 4: Reflect

REFLECTION QUESTION(S):

- How did the health practice or strategy improve my health?
- Do I use this health practice or strategy consistently? Why or why not?
- Are there other health practices or strategies that I could add?
- What barriers did I experience trying to use this health practices or strategy regularly? How did I overcome these barriers?
- Do I need any additional support to take on this responsibility? If so, what support do I need?

VALUABLE VOCABULARY:

*improve,
responsibly*

GUIDING QUESTIONS:

In what ways can I continue to improve my health actions in my daily life?

NHES PERFORMANCE INDICATORS:

(7.8.1) Explain the importance of assuming responsibility for personal health behaviors. (7.8.2)



SUGGESTED LEARNING ACTIVITY 1:

After students have had time to demonstrate their selected health practice, have students reflect on how using the health-practice has enhanced their personal health or helped them prevent things that are unhealthy.

Ask students questions that will help them understand the importance of looking back on their health behaviors and learning from them. For example, ask the following questions:

- How did the health practice or strategy improve my health?
- Do I use this health practice or strategy consistently? Why or why not?
- Are there other health practices or strategies that I could add?
- What barriers did I experience trying to use this health practices or strategy regularly? How did I overcome these barriers?
- Do I need any additional support to take on this responsibility? If so, what support do I need?

TEACHING NOTES:

- Provide many opportunities for students to answer these questions.
- Allow students to reflect in a variety of modes, including: through drawing, writing, partner discussion, whole-class discussion, and one-on-one conferencing.
- Model this reflection process for a health practice you have used in the past. For example, if you taught students about using a tissue when they have a runny nose, explain how you will remember to use a tissue next time you are sick by keeping the answers to the questions above in mind.