

Self-Management Grades 9-12

Language of Health Literacy:

When it comes to health, responsibility means ____.
Currently, my responsibilities include ____.
In the future I will need to ____.
____ (current responsibility) is connected to my ability
to ____ (future responsibility) because ____.
By thinking about ____ (responsibility), I am preparing
for ____.
Failing to master ____ may mean that ____ will
suffer in the future.

My selected health practice ____ allows me to
demonstrate ____.
The responsibility of ____ connects to the health
practice ____.

In order to improve my health, I will demonstrate my ability to
____ because ____.
In order to make ____ a habit, I am going to ____.
____ (health practice) can help with ____ (responsibility).



Step 1: Identify Personal Responsibilities

Sub Skills:

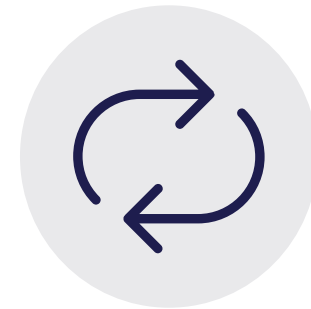
- Define responsibility
- Identify personal responsibilities
- Analyze the need for personal responsibilities



Step 2: Choose a Skill or Strategy

Sub Skills:

- Select a health practice, skill, or strategy
- Research a health practice, skill, or strategy



Step 3: Make It a Habit

Sub Skills:

- Demonstrate a health practice, skill, or strategy that supports health
- Use a health practice, skill, or strategy regularly
- Share a health practice, skill, or strategy and its benefits with others



Step 4: Reflect

Reflection Questions:

- What can you do now to continue building your healthy practices towards future responsibilities?
- How does mastering this health practice help you prepare for future responsibilities?
- How does identifying your future responsibilities help you now?
- In what ways can you prepare for your future responsibilities in your current life?