



## Teaching Progression



### Step 4: Reflect

#### REFLECTION QUESTION(S):

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

#### VALUABLE VOCABULARY:

*improve*

#### GUIDING QUESTIONS:

Why is reflection an important part of improving my health? How does reflecting on my health regularly improve my health?

#### NHES PERFORMANCE INDICATORS:

(7.12.2) Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. (7.12.3) Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

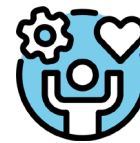


#### SUGGESTED LEARNING ACTIVITY 1:

Task students with creating a poster to showcase their learnings and connections to healthy behaviors in their lives. Have students create a section on their poster that identifies the current responsibility from which their selected health practice is derived and a section that showcases the connection of the current responsibility to a future responsibility, as was identified in Step 1. Prompt students to creatively show how their health practices connect their current responsibilities to their future responsibilities, using their selected health practice as a focal point. Once posters are complete, have students share them with the class or in small groups.

#### TEACHING NOTES:

- Provide students with appropriate materials and resources and allow enough time for students to complete a poster that showcases their reflective process.
- Conference with students while they are working on the completion of their posters.
- Use the questions above to help guide these conferences towards an understanding of each student's process in the *Self-Management* skill.



## Teaching Progression: Step 4 | Reflect (Cont.)



### **SUGGESTED LEARNING ACTIVITY 2 :**

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:

- *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?*

### **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.