



# Assessing Mastery of Self-Management Grades PreK-2

Students in grades PreK-2 will have mastered *Self-Management* by demonstrating their ability to showcase the performance indicators identified in Standard 7. Use the student friendly language below to support rubric creation and feedback to students.

**Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.**

- I can practice health behaviors that better my health.

**7.2.2 Demonstrate behaviors that avoid or reduce health risks.**

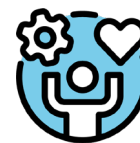
- I can practice health behaviors that lower risk.

**ASSESSMENT TOOL #1 (7.2.1, 7.2.2)**

Provide an example scenario (written, verbalized, or with images) that depicts a scene in which an individual must determine whether or not to perform the health practice(s) taught (e.g. someone wanting to ride a bike, someone with food residue on their hands, someone feeling very sleepy in class). Have students share how they would use the health practice they have learned. If multiple health practices have been taught, have students act out the health practice they would use.

**ASSESSMENT TOOL #2 (7.2.2)**

Conduct individual assessment for each student that allows them to demonstrate an age-appropriate health practice that reduces health risks. For example, have students show how to properly put on a helmet, sanitize a classroom area, wash their hands, determine foods to clean before eating, etc.



## Content Area Connections

Build content understanding through connections with other courses. Share suggestions with teachers to develop plans for content overlap and student language connections.

*Self-Management* steps can be used across content areas when learning different health practices or strategies, such as listening when the teacher is talking or putting away supplies. Have other content area teachers identify the health practices that are relevant to their content areas.

Utilize content structures and topics in classrooms to reinforce student understanding and to support ongoing student development of important health practices. Remind students of the health practices they have learned and encourage students to use these health practices in a variety of content areas.

The health practices identified for students in grades PreK-2 students can be reinforced in other content areas. For example, if stress management strategies are identified as essential health practices to teach, use these same stress management strategies during other content areas. Ask the questions below to help students connect health practices to other content areas. Add specific content information in place of the italicized words as necessary.

- How can you use *this health practice* in *this moment*?
- What health practice do you know that you could use in *this moment*?

### VOCABULARY REINFORCEMENT:

Utilize the vocabulary words below to reinforce student understanding and to showcase the ability to use words across content areas. For example, an entire grade-level team can decide to teach these words within the specific contexts of their classes to deepen understanding of vocabulary and language use.

*improve, practice, skill, behavior, plan, habit*



# Resource Bank

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## **CASEL Core Competencies**

- <https://casel.org/core-competencies/>

## **National Health Standards**

- <https://www.cdc.gov/healthyschools/sher/standards/index.htm>

## **Behaviors for Healthy Kids**

- <http://hocowellandwise.org/2013/04/40-healthy-behaviors-for-kids/>

## **CASEL SEL Overview**

- [https://www.cde.state.co.us/sites/default/files/documents/pbis/bullying/downloads/pdf/briefoverview\\_coloradoemotionalsocialwellnessstandards.pdf](https://www.cde.state.co.us/sites/default/files/documents/pbis/bullying/downloads/pdf/briefoverview_coloradoemotionalsocialwellnessstandards.pdf)

## **Kids Health: Staying Healthy**

- <https://kidshealth.org/en/kids/stay-healthy/?WT.ac=k-nav-stay-healthy>

## **RMC Health Skills**

- <https://www.rmc.org/health-education-skills-models/>

## **Kids Health in the Classroom**

- <https://classroom.kidshealth.org/index.jsp?Grade=cc&Section=hhfl>