



Teaching Progression:



Step 1: Who Am I?

SUB SKILL(S):

- Describe my personality
- Explain important parts of my personality

GUIDING QUESTIONS:

What are my interests? What is important to me in my life?
How would I describe my personality?

NHES PERFORMANCE INDICATORS:

(2.5.1) Describe how family influences personal health practices and behaviors.
(2.5.2) Identify the influence of culture on health practices and behaviors. (2.5.3)
Identify how peers can influence healthy and unhealthy behaviors. (2.5.5)
Explain how media influences thoughts, feelings, and health behaviors. (2.5.6)
Describe ways that technology can influence personal health.

VALUABLE VOCABULARY:

*culture,
peers,
media,
technology,
factor,
personality*

Step 1: Who Am I? | Sub Skill: Describe My Personality



SUGGESTED LEARNING ACTIVITY 1:

Ask students to think about how they would describe themselves. Descriptions should be expansive and include physical characteristics, family, friends, likes and favorites. Ask students to think about what they do throughout their days that may help them describe themselves, such as playing games on their phone, watching television, reading, sports, etc. These factors should all be considered when creating their image. Prompt students to draw their descriptions in an image that represents their personality. Ask students to add as much detail as possible to their images to best showcase the different parts of who they are, using words as necessary.

Language of Health Literacy:

I like _____.

_____ is an important part of who I am.

I _____ everyday.

I am proud of _____.

I would describe myself as _____.

See Next Page For Teaching Notes.



Teaching Progression: Step 1 | Who Am I? (Cont.)

TEACHING NOTES:

- Pause students periodically throughout the creation of their drawing to help them consider ideas they could add to their drawing. For example, have students consider their routines going to and from school for additional elements to include (e.g. bus rider, music listener, sibling supporter).
- All examples that can describe a part of their life should be included in their image.
- Provide ample time to complete drawings. If time allows, encourage students to bring images from home to add to their drawing of self, such as pictures of important places or people.
- This description will help build a base for students to identify how each element became an important trait in their life and the influence that led to this connection.

Step 1: Who Am I? | Sub Skill: Explain Important Parts Of My Personality



SUGGESTED LEARNING ACTIVITY 1:

Place students in pairs to share descriptions of their drawings. Ask students to provide details in their descriptions that best explain to their partner what each part of the drawing means and why they included it. After sharing with a partner, have students share aloud to the class various elements of their images, describing why each was important to include.

Language of Health Literacy:

_____ is an important part of who I am. I included it because _____.

_____ is an important part of who I am because _____.

TEACHING NOTES:

- Be sure to highlight student examples that showcase a variety of categories, such as family, peers, media and technology. These shared examples will allow all students to deepen their understanding of influences within their lives.
- Model and provide the *Language of Health Literacy* to support student explanations of aspects of their