

Self-Management Grades 3-5

Language of Health Literacy:

____ (health practice) is important because ____.

I believe this health practice is important because ____.

I know how to do ____ to improve/manage ____ (area of health).

I do not have health practices to help me manage/improve ____ (area of health).

I need to learn a health practice to help me improve/manage ____ (area of health).

I want to improve ____ (area of health). I need a health practice to help me do this.

Step 1

____ (health practice) will improve my health because ____.

I need to learn ____ (health practice) because ____.

Step 2

In my daily life, I can ____.

To continue demonstrating this health practice in my daily life, I need to ____.

I improved the health practice of ____ by ____.

Step 3



Step 1: Identify Need for Responsibility

Sub Skills:

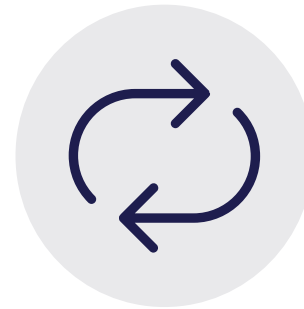
- Know "go-to" health practices and strategies
- Define areas of health
- Choose an area of health to improve



Step 2: Choose a Skill or Strategy

Sub Skills:

- Choose a health practice
- Research a health practice



Step 3: Make It a Habit

Sub Skills:

- Rehearse the health practice
- Use the health practice regularly



Step 4: Look Back & Learn

Reflection Questions:

- How did the health practice improve my health?
- When should I make sure I use this health practice?
- Where should I make sure I use this health practice?
- What might happen if I do not use this health practice regularly?