



# Get to Know Your Health Skills Binder

## Directions:

Using your Health Skills Binder, answer the following questions. This practice will help you to familiarize yourself with the various resources and tools contained within your Health Skills Binder.

Explore the Background Information for Health Skill: Analyze Influences | Grades Pre K-2.



- What is the focus of Analyze Influences?

- What is an example of an internal influence?

- What is an example of an external influence?

The Steps for Students' Health Skill: Analyze Influences | Grades Pre K-2 are: (1)Identify likes and dislikes, (2)Connect likes and dislikes to people, school, and media, and (3)Connect likes and dislikes to future choices.

- Where can you find the Steps for Students Grade Level Progression for Grade Bands 3-5, 6-8, and 9-12?

- List the Sub Skill(s) for each Step.

- Step 1: Identify likes and dislikes.

- Step 2: Connect likes and dislikes to people, school, and media.

- Step 3: Connect likes and dislikes to future choices.

What is one Teaching Tip for Health Skill: Analyze Influences | Grades Pre K-2?



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Let's explore tools and resources located in the Teaching Progression. For this activity, you will use the section "Health Skill: Access Valid and Reliable Resources | Grades 6-8" in your Health Skills Binder.

## Step 4

What is Suggested Learning Activity 1 for Step 4?

What is one Teaching Tip?

What Language of Health Literacy could you model and provide?

## Step 3

List the NHES Performance Indicators for Step 3.

## Step 2

List 1 Guiding Question for Step 2.

## Step 1

What is the Valuable Vocabulary for Step 1?

**START  
HERE**



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Describe one of the Assessment Tools for Assessing Mastery of Health Skill: Decision-Making | Grades 3-5



What is a Content Area Connection that can be made for Health Skill: Goal Setting | Grades 9-12

What is one Resource you could pull from the Resource Bank for Health Skill: Goal Setting | Grades 9-12



# Get to Know Your Health Skills Binder

Now that you've spent some time exploring the basic anatomy of your Health Skills Binder, let's review some of the Health Skills that are organized a little differently.



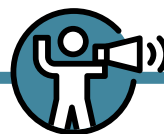
## Interpersonal Communication

What are the 4 stages of Interpersonal Communication?



## Self-Management

What are 2 components of Self-Management?



## Advocacy

What are the 2 stages of Advocacy?

## Putting your Health Skills Binder into Practice

Reflecting on what you've learned so far, write down how you will integrate the binder into your teaching practice.

How else can these health skills be used to enhance your existing school practices and/or community?

**Bonus: What do you think will change if you do?**