

© Original Artist
Reproduction rights obtainable from
www.CartoonStock.com



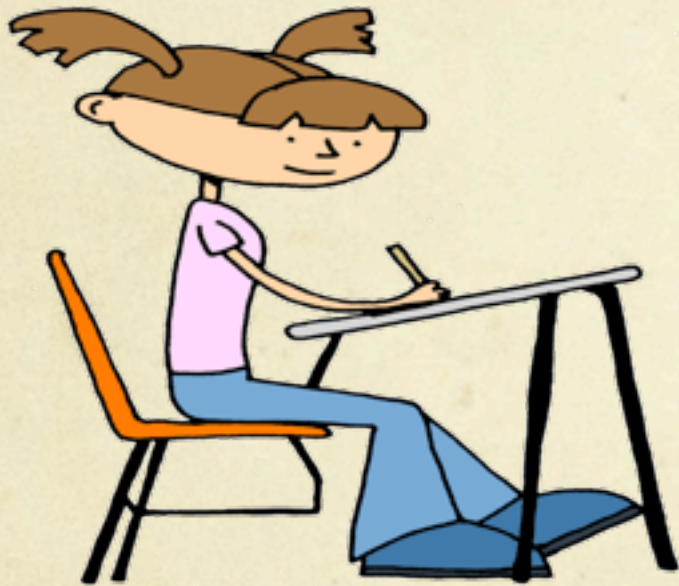
search ID: cwlnt1316

"My dad's teaching me how to mow the lawn,
fish, and use the grill, I'm teaching him how
to Google, text, and use an Ipod."

Health & Life Skills (HLS)

What are health and life skills

Academic Skills and Goal



Academic Skills and Goal Setting

- This unit covers how to make good decisions and set goals and also reviews the characteristics of a successful student and worker and the importance of volunteerism.
- What is VOLUNTEERISM? Do you volunteer? Why is it important?

Personal Health Skills



Emotional Health



- What are some personal health skills?

Personal Health Skills

- Being physically healthy and taking care of your emotional health is vital to being a happy and productive person. This unit is the most extensive in the grade seven PLS curriculum.
- Most of you know how to take care of your physical health. What sorts of things can you do to take care of your emotional health?

Social Health Skills



What are social health skills?



Social Health Skills

- Learning how to interact with other people in a positive and productive way is a skill that will be used throughout your lifetime. Working through conflict with others and building positive relationships is the focus of this unit.
- Which of our four “R’s” does this topic connect most closely to?

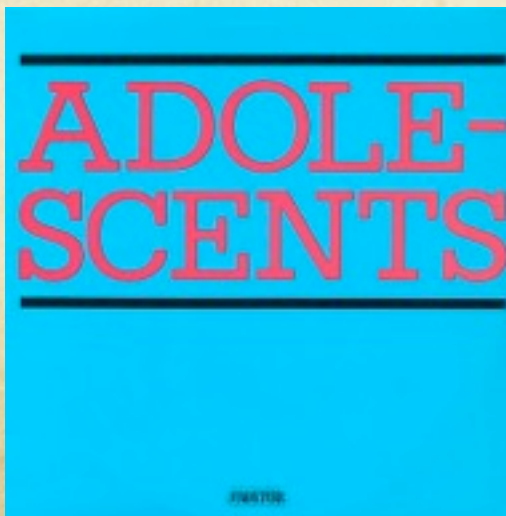
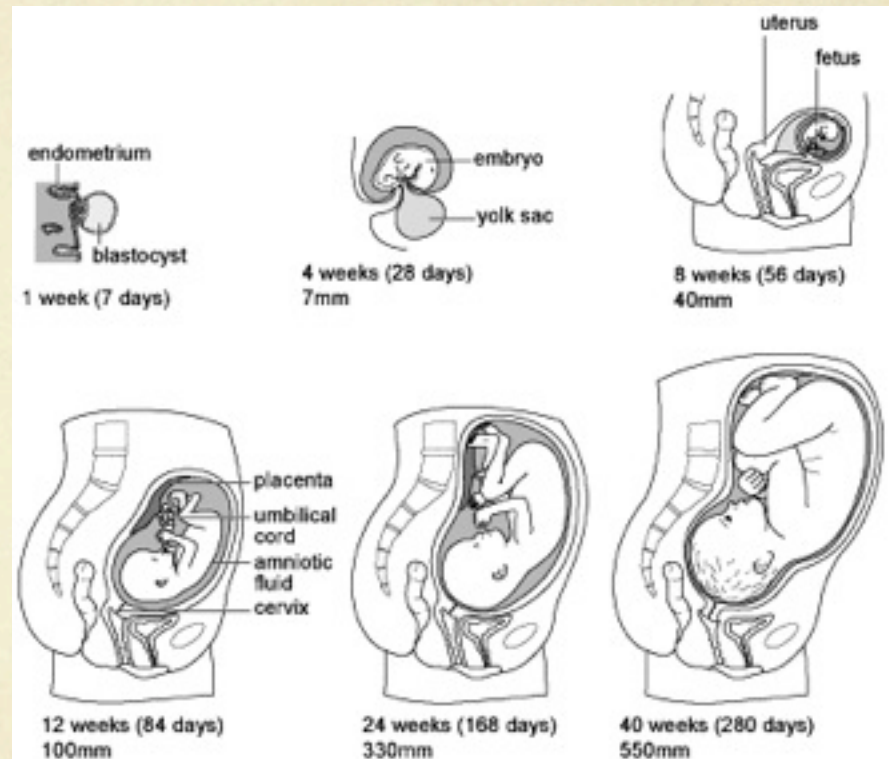
Workplace Skills



Workplace Skills

- Many students will get a job over the next few years. This unit teaches how to make a personal portfolio, identify safe workplace conditions, and look at possible future career paths.
- Think about a career you are interested in and suggest a part time job or volunteer opportunity that would help you prepare for it.

Human Sexuality



Human Sexuality

- The body goes through many different physical changes from conception to adulthood. Exploring these changes and external factors that can affect their healthy development is the focus of this important unit. Please note that all students will require signed form to participate in this unit.
- What physical and emotional changes have you noticed in your body in the last year?

Assessment

- Participation in class discussions.
- Participation in class activities.
- Projects/presentation.
- Completions of activities.

How Can I Be Successful in

- Follow classroom expectations.
- Be involved in discussions and activities.
- Have a positive attitude about my health, both emotional and physical.
- Share my experiences and ideas.
- Take risks
- Practice goal setting
- Any others?