

Comprehensive Health - Self-Esteem

Lessons	Health Benchmarks	Language Arts Benchmarks
Unit 1: Full Esteem Ahead		
Lesson 1: What Is Self-Esteem?	Use relevant and appropriate terminology when discussing health issues. 4:2:c	Use prior knowledge and experience to interpret and construct meaning from various texts. 1:1:c
Lesson 2: Plotting Self-Esteem	Explain how health is influenced by the interaction of body systems. 1:2:a	
Lesson 3: Enhancing Self-Esteem	Explain how health is influenced by the interaction of body systems. 1:2:a	

Unit 2: Goal Setting for Self-Esteem Fitness		
Lesson 1: Setting Goals for Self-Esteem	Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b	
Lesson 2: Self-Esteem Partners	Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b	
Lesson 3: Creating a Goal Portrait	Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b	
Lesson 4: The Ideal Scene	Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b	Apply appropriate conventions of language in written work. 2:1:a Use expressive vocabulary and correct spelling in written work. 2:1:b
Lesson 5: Family Support	Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b	

Unit 3: Being Successful		
Lesson 1: What Is Success?		Use prior knowledge and experience to interpret and construct meaning from various texts. 1:1:c
Lesson 2: Turning Failure to Success	Analyze personal practices which promote lifelong health and well-being. 3:1:c	
Lesson 3: I Am Successful	Explore personal health and well-being on a regular basis. 3:2:a	Use expressive vocabulary and correct spelling in written work. 2:1:b

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Lesson 3 (Cont.)		Determine and use appropriate writing style based on the established purpose and intended audience. 2:2:b

Unit 4: Appreciate Yourself		
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Lesson 1: Behind the Mask	Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b	Use various listening techniques in problem-solving and decision-making situations. 3:1:b Determine the purpose of oral presentations when deciding appropriate language. 4:2:B
Lesson 2: Talking to Yourself	Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b	Determine the purpose of oral presentations when deciding appropriate language. 4:2:B
Lesson 3: Writing Affirmations	Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b	
Unit 5: Special Friendships		
Lesson 1: Making and Keeping Friends	Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b	
Lesson 2: Recipes for Friendship	Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b	
Unit 6: Being Socially Responsible		
Lesson 1: Why Volunteer?	Examine practices which enhance personal emotional, social, and physical well-being. 1:2:b	
Lesson 2: What Will You Do?	Choose and model health advocacy strategies for families, schools, and communities. 5:3:b	
Lesson 3: My Community Projects	Choose and model health advocacy strategies for families, schools, and communities. 5:3:b	

Science Benchmarks

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