

LIFE SKILLS TRAINING - ELEMENTARY - LEVEL 3

Life Skills Units	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Unit One Self-Esteem	Describe how social, emotional, and physical health are interrelated. 1:2:b		
Unit Two Decision-Making	Explore how personal choices can affect one's health. 3:3:a		
Unit Three Smoking Information	Examine ways medical research has improved the prevention and control of health problems. 1:3:a		
Unit Four Advertising	Explore how culture influences personal health behaviors. 2:1:a		<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a</p> <p>Determine the usefulness of specific factual and technical materials. 1:4:b</p> <p>Gather and sort specific information/sources to make informed decisions. 1:4:c</p>
Unit Five Dealing With Stress	Explore and problem-solve ways to properly express feelings. 1:1:a		
Unit Six Communication Skills	Describe ways to communicate care, consideration, and respect for self and others. 4:1:a		Describe mental and physical barriers to effective listening and viewing, e.g., personal interest, extraneous sounds. 3:1:a

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<u>Unit Seven</u> Social Skills	Differentiate between negative and positive behaviors in conflict situations. 4:3:a		
<u>Unit Eight</u> Assertiveness	Describe how social pressure can influence risk-taking behaviors. 3:1:b		