

All About You

NHES Standard 6 Students will demonstrate the ability to use goal-setting skills to enhance health.

Teaching Objectives

- Identify external and internal influences that have an impact on health goals.
- Develop and implement a plan for a personal health goal.

Teaching Strategies

- Give each student a sheet of white paper, 8½ × 11 inches, and a business envelope, which they will address to themselves.
- Optional: Have students place a postage stamp on their envelope, if possible.
- Instruct students to complete steps 1–3 of the activity.
- Collect student letters, and return them in one week for a personal reflection regarding their action plan.
- Keep student letters and have students revisit their goal during the course of the year. Distribute or mail the letters to students before the end of their health course as a reminder of their personal health goal.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score.

- ✓ Identifies and analyzes external and internal factors
- ✓ Includes a clear goal statement
- ✓ Presents a realistic goal
- ✓ Includes a plan for reaching the goal
- ✓ Evaluates or reflects on the action

Hands-On **HEALTH**

Activity All About You

This activity is all about you! You will write a letter describing yourself and assessing your health habits. In the letter, you will set a health goal and develop a plan to reach that goal.

What You'll Need

- paper
- pen or pencil

What You'll Do

Step 1

Review Chapter 2. Then write a letter to yourself describing your personality, your likes and dislikes, and your values. In your letter, identify a health habit or skill you want to improve.

Step 2

Develop a health-related goal statement and an action plan for reaching that goal. Identify people who can provide help and support.

Step 3

Share your letter with a peer and ask for feedback. Revise your goal and action plan if necessary.

Apply and Conclude

At the end of one week, reread your letter. Write a reflection, and identify influences that affected your progress. These might include family, peers, culture, media, and personal values. Continue challenging yourself to reach your goal.

Checklist: Goal Setting

- ✓ Identification of realistic goal
- ✓ Clear goal statement
- ✓ Plan for reaching the goal
- ✓ List of people who can provide help and support
- ✓ Evaluation or reflection on the plan



Home and Community

In the Community Community service becomes a part of the school curriculum in service-learning programs. These programs, which tie in academic content with volunteer activities, have been shown to increase test scores and student motivation. Service learning can be implemented at any grade

level, and many sources of information about service learning are available online. Have a class discussion of a community need that could be met. Have students brainstorm ways that meeting this need could tie in with a topic being studied at school.