



HEALTHY HABITS
A 6TH GRADE JOURNEY!

A JOURNEY WITH A MISSION!



Mission:

Healthy Habits will provide students with the knowledge and skills necessary to practice healthy behaviors as well as to educate students how to recognize the influence of responsible decision-making on the quality of life.

HEALTHY HABITS

- × Required semester course for all 6th grade students
- × Emphasis on Social & Emotional Learning
- × Project-Based

HEALTHY HABITS - NEW TEKS + NEW COURSE

1.
Physical
Health &
Hygiene

2.
Mental
Health &
Wellness

3.
Healthy
Eating &
Physical
Activity

4.
Injury &
Violence
Prevention
& Safety

5.
Alcohol,
Tobacco,
& Other
Drugs

6.
Reproductive
and Sexual
Health

HEALTHY HABITS: A SEL FOUNDATION

Defined by CASEL (www.casel.org)

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

5 Key Competencies:

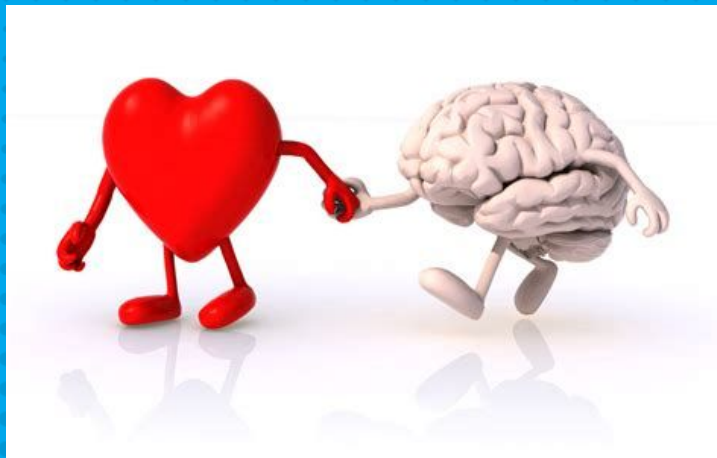
Self-Awareness, Social Awareness, Self-Management, Relationship Skills,
Responsible Decision-Making

AND

WE'RE OFF



...off on a journey to empower students with the knowledge and skills necessary to practice healthy behaviors!



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