



HEALTHY HABITS
A 6TH GRADE JOURNEY!

A JOURNEY WITH A MISSION!



The mission of *Healthy Habits* is to 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 9 week course for all 6th grade students
- × Emphasis on Social & Emotional Learning
- × Project-Based
- × E-Journals

HEALTHY HABITS TOPICS

1.
Laying the
Foundation

2.
Life Skills

3.
Social
Health

4.
Personal
Hygiene

5.
Social
Media

6.
Mental
Health
Awareness

7.
Substance
Abuse
Prevention
&
Awareness

8.
E-cigarette
prevention &
Awareness

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.

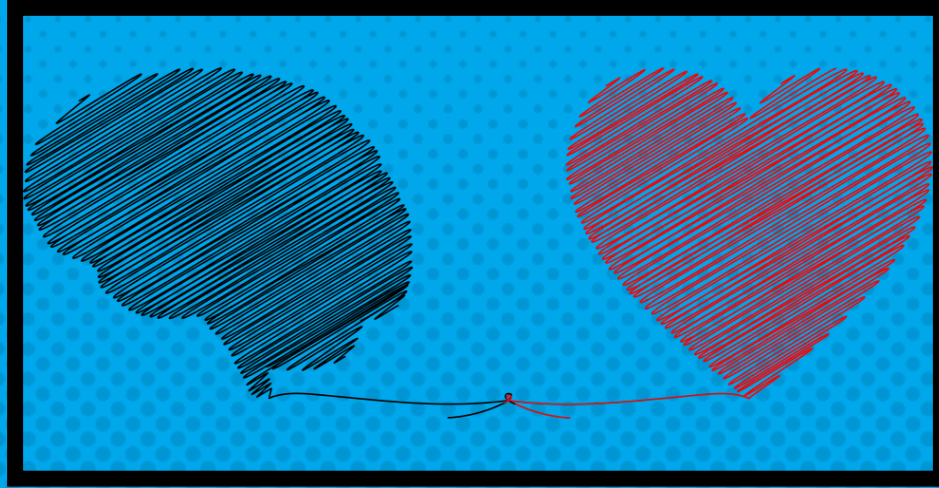
5 Key Competencies: Self-Awareness, Social Awareness, Self-Management, Relationship Skills, Responsible Decision-Making

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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