HEALTH STARTS HERE

HEALTH EDUCATION

Remote Learning Activities

Expect great things.

Pittsburgh Public Schools
9-12 Health Education Remote Learning Activities

Below is a list of activities that students can work on during the unexpected closure of schools. Activities are designed to reinforce the learning already facilitated to students during the 2019-2020 Academic School Year. This Remote Learning Activity Packet was created for a minimum of fourteen (14) days of independent practice.

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Additional Resources through Clever

EverFi – Health and Wellness Courses - [https://everfi.com/partners/k-12-educators](https://everfi.com/partners/k-12-educators)

External Online Resources

Kids Health - [https://kidshealth.org/](https://kidshealth.org/)


PBS Learning Media – Physical Education, Social Emotional, and Health Activities and Videos [https://wqed.pbslearningmedia.org/subjects/health-and-physical-education/?fbclid=IwAR2N_xb7TvYY9GKsAviRhnc-Hcj3_5vdwmtsHbAJTq4-k1rfj5ru2Hoa1PC0](https://wqed.pbslearningmedia.org/subjects/health-and-physical-education/?fbclid=IwAR2N_xb7TvYY9GKsAviRhnc-Hcj3_5vdwmtsHbAJTq4-k1rfj5ru2Hoa1PC0)

Brain Pop Health - Health and SEL Units - [https://www.brainpop.com/health/](https://www.brainpop.com/health/)
9-12 Personal Health Activity

Read the letter in the link below (attached). While reading notate the people and factors that have influence this young adult’s life leading up to his decision.


After reading

• Analyze and list the people and influences that had an effect on him and factors from each played a role in his life and values.

• Identify and write a letter to someone who has effected your life in regard to a/your personal health decision/s.

• Identify multiple factors/influences (at least 5), such as family members, peers, culture, media, technology, and other factors that have had an effect on your health behaviors

• Address how each of these affected your behaviors in a positive and/or negative way
  
  o If there is causation of negative health behaviors, determine how you will make a decision to change your behaviors and develop goals/a plan for how you will change these factors to develop healthy personal habits
  o If there is causation of positive health behaviors, develop goals/a plan on how you will continue keep/maintain and/or improve upon your healthy behaviors and how you can/will advocate to ensure others (make sure others) you care about in your life will do the same

Health Standards Addressed:

Overall:

• Standard 2 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

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

Varies by environment/past experiences:

• Standard 5 Students will demonstrate the ability to use decision-making skills to enhance health.

• Standard 8 Students will demonstrate the ability to advocate for personal, family, and community health.
A Letter To My Mom

BY JEFF OKUDAH
JAN 1 2020

PHOTO BY ED RUVALCABA/IOS/AP

A LETTER TO MY MOM

Dear Mom,

I'm going to start by telling you something you already know: I miss you.
I'm 20 years old, if you can believe it – which means it's been almost three full years since the two most important things in my life happened. First, in January of 2017, I enrolled early at the Ohio State University. And then second, later that same month, you lost your long battle with lymphoma.

You passed away.

It's hard to put into words, everything that's happened since then. But certain memories have a way of standing out.

I remember when Coach Schiano brought me into his office and told me you'd passed. And I could tell right away from that meeting – how he spoke to me, how he comforted me – that he wasn't just doing his job. Coach was there for me, really there for me, as a father figure. He knew I was a long way from home in Texas..... and he did everything he could to let me know that, while Ohio State might not feel like home yet, it was a place that I could count on. It was a place where I could show my emotions, and that would be O.K. It was a place where I could grieve, however I needed to, and no one would judge me. It was a place where everyone would have my back.
I hope knowing that makes you smile a little, Mom – just knowing that we really did end up choosing the right school. It’s probably not very often that someone can know they picked the right college to go to after only a week of being there..... but for me that’s what it was like with Ohio State. I’d barely even gotten settled there. I’d only been to a few classes. Hadn’t played a down. Hadn’t done anything yet for the program. But there everyone was, even still, stepping up when I needed them to, and treating me like I was family, no questions asked. It felt like the entire school was there for me – checking on me, rallying around me, sharing in my pain.

Three friends in particular really came through in a special way: Baron and Tate (my freshman year roommates), and J.K. I know you had always liked Baron, from knowing him a little back home – and you would have been proud of him for the way he helped me like a true brother when you passed. Traveled back with me for the funeral and everything. And Baron was also really good about encouraging me to keep plenty of room in my life for
Marie.” That always meant a lot.

**It felt like the entire school was there for me — checking on me, rallying around me, sharing in my pain.**

And then Tate, you know..... I think you really would have liked Tate. You raised me to trust my own compass, and judge people for myself — and I think Tate is one of these guys where there’s this perception of him that just isn’t true. He was always reaching out to me after you passed, and not in a way where it felt like some obligation on his part. It was like my pain was his pain, and he wanted me to know that. He made me feel like I was a part of his family – his mom would even check up on me. And little stuff like that means everything when you’ve just lost your own mom. Tate was always there for whatever I needed.

And then J.K., he really came up big in the way that he was able to relate to everything I was experiencing, firsthand. His father had passed away in prison five years ago..... and so he was kind of on a similar mental path as mine, only a little further along. And he just taught me so many helpful things about grief, especially grieving a parent, and especially doing that while trying to excel at something like high-level football. J.K. showed me how he got in a mindset where, it’s like, everything he does, it’s to honor his father. And just seeing the way that he was able to come back and be so strong from that loss, it gave me something and someone to look up to. One of the things J.K. would always tell me when I’d ask him for advice is, “We can’t afford to let our people down.” I think you would be proud of how that’s resonated with me, Mom – and how it’s stuck with me in such a permanent way. Letting my people down just isn’t an option, and I know that. I know I only have one chance to get this right.
And there are so many other people from the Buckeye family that I want to tell you about. So many people who have helped me along the way.

There's Coach Meyer, of course, who not only brought me in, but who also helped me find my initial role on this football team, as a special teams standout. He held me to such a high standard, and I'm grateful for that. Coach Meyer's a legend in this sport, and I'm so fortunate to have had the opportunity to play for him.

There's Coach Day, who took over for Coach Meyer and made sure we didn't miss a beat. That was huge. Coach Day's trust in me really allowed me to develop over this past year as a leader — and he's also been a great leader by example himself. He has this unique personability, this ability to bring a big group together, that I've learned a lot from. It's like, yeah, football can be a cutthroat sport. It can get rough. But at the end of the day we all
There’s Adam Stewart, our team physical therapist, and Mickey Marotti (aka Coach Mick), our strength coach. A lot of people might not know this, but I had a torn labrum for two years — and I got surgery on it in January of my sophomore year, which kept me out until May. And just the time I spent with those guys while rehabbing that injury, and the experience of being on the shelf like that, and getting to reflect a little on certain things..... it made a real impact, and shaped my whole perspective going forward. The positive influence that Adam and Coach Mick have had on me, I think it’s representative of what this program is like as a whole: It’s a place where you can grow and mature – not only on the field, but off the field as well.

And then there’s Coach Hafley, and — Mom, I’ll tell you what — you would have loved this man. I’d say as much as anyone else, he’s the one who really helped me to become the player that I always wanted to be.

I remember when he came to the program, before this season. Coach Day had told us that we were going to be getting a DBs coach, but he didn’t say who. And then we started seeing these rumors on Twitter and all that about how it was going to be Jeff Hafley..... and of course none of us knew who that was. So we started doing our research and it was like, *Wait. This dude is coming over from the 49ers..... who just went 4-12?!* And we were coming off a bad season on defense ourselves. So I think at first we were all like, *Man, what is going on here?!* But I kept an open mind, just like you taught me to. And I’m glad I did.

Coach Hafley and our DBs, we were a match made in heaven. He was looking for redemption, and so were we. And it just fit. One thing I appreciated a lot about Coach is that he respected my desire to learn — and in a way that always felt real. He wouldn’t just get up in my face, or yell at me about something and then that was that. He would bring me in and actually pick my brain. He would let me go back and forth with him about the nuances of the game — not just the plays we were running, but the thinking behind those plays. And he’s the first coach I had where I felt like, when I came into his office, we could
the head coach at Boston College, and I could not be happier for him. Those folks should know: They didn’t get a good coach. They got a great one.

But it’s also not just the football program that I want to tell you about, Mom.

It’s all of Buckeye Nation.

It’s in the classroom, where I’ve been majoring in communications and planting the seeds for a career after football. But I’ve also been able to stretch myself beyond that focus, and take all these different types of classes. Mom, for real..... I took three years of Swahili. Swahili! It was unbelievable. I had this awesome professor, Professor Fouts, and we developed a really cool relationship. Athletes don’t always have the best reputation in the classroom, but I also knew you wouldn’t have patience for any of that from me. And so I took a lot of pride in the way that, you know, anytime a person would come in with low expectations for me, or for my performance in the classroom, just because I was an athlete – I always made sure I surprised them. I knew you’d be proud of that, too.

And it’s also been out of the classroom, around campus and all of Columbus, that I’ve been able to develop all of these cool relationships with people. Everyone is just so friendly, and acts like such a community – and I don’t think that’s only because I’m an athlete. I think it’s just how this group of people goes about their business. It really is a family thing.

But ultimately my closest family at Ohio State has been this football team.

Man..... this football team.
I'm writing with a heavy heart, as we just went through one of the most brutal losses ever, to Clemson in the College Football Playoff semifinals. It really could have gone either way – one bounce here or there, Mom, and I swear: I'd be getting ready for the National Championship Game. And to leave this program without winning a national title..... it hurts a lot.

But I'm also trying to keep some perspective. And the truth is, I'm leaving with so much more to be proud of than to feel hurt about. Think about it: three straight Big Ten championships, three straight top five national rankings, three straight wins over TTUN, and a roster full of guys projected to play in the NFL. That's a pretty good run for our class.
And while I’m not someone who likes to brag about individual accomplishments..... I have to share this one with you.

Spring ball leading up to my freshman year was not the easiest time for me. That first stretch of spring ball, just on its own, can be a challenge for most guys. But for me, it was also my first time playing football since you’d died. I missed you so much..... but mostly I think I just hadn’t fully processed that you were gone. My head and my heart weren’t all the way into it, and it showed. I flashed some potential, but I still had a long way to go.

So when I was in Coach Coombs’s office after our 2017 Spring Game, for player evaluations, and Coach asked me, straight up, “What do you want to be?” – I would not be shocked if he was expecting a more humble answer than the one I gave.

I said, “I want to be the best DB in America, Coach. And I want us to be the best DB group in America. That’s my goal – Best In America. BIA.”
I'm not really sure how that all came out of me..... but I think a lot of it was just me thinking about you, and what you would have wanted me to say in that moment - and what you wanted for me in this life. I thought about all the incredible sacrifices that you made for me, growing up, and about how you did that because you believed in me. You believed in my ability to be great.

And Coach Coombs was so good to me on that day, Mom. He didn't question my goal at all. He didn't ask me to qualify it in any way. He just took what I said in stride, and then went to the drawing board. No, really - Coach went to the actual drawing board. That's literally the next thing he did. He went to the drawing board and he drew this big, long line. And he said, "Jeffrey, that's the line from where you are right now" - and he made a big X on that spot - "to where you want to be" - and he made a big X on that spot. And everything in between, that was how far I had to go..... and what I had to do to get there.
In December of 2019, I became a unanimous first-team All-American at defensive back.

BIA.

That meant everything to me.

And now I’m here. Now I’m here, writing this letter, ready to move on to this next phase of my life – which makes it hard not to miss you a little extra. Because the last time I had such a big change like this to make, when I was leaving high school for college, I had you by my side. And that was enough to let me know that everything was going to be O.K. Whereas this time, when I think about things, it feels like I’m on my own.

But then I think about things some more..... and I realize that maybe I’m not on my own at all. I have Karen, who’s been the best sister I could ask for, and who helps me to keep your memory alive every day. She lives in California now – but we’ve grown so much closer over the last couple of years.

I have Aunt Jane, who’s brought so much sanity into my life whenever things have threatened to spiral out of control. You knew exactly what you were doing by leaving me and Karen in her care. Thank you.

I have all of my brothers from this amazing football team, no matter where they end up over the coming years. I’ll have Coach Hafley, up in Boston, and Coach Schiano, up in Jersey. I’ll have my entire Buckeye family – both back in Columbus, and around the Nation.

And I still have you, Mom.

Maybe I can’t reach out and hug you. Maybe I can’t call you up and talk to you about life, or classes, or about how such and such should have been a touchdown, and are these refs
But you’re still here. You’ve always been here. You were here when I was trying to figure out life as a new student in those first few months after you passed. You were here when I was mapping out my goals as a defensive back with Coach Coombs on that board. You were here when I was welcoming this new coach of ours, Coach Hasley, with an open mind. You were here with me all season long, from the first practice to the last whistle, as I played the best football of my career. You were here for me after we lost in the semis to Clemson, in a game I wanted so bad – and thought we were good enough to win. You were here with me as I sat down to write this letter.

And as I get going on this next journey of mine, and say goodbye to Ohio State and start the process leading up to April’s NFL draft – I know you’re going to be here with me then, too.

As I get going on this next journey of mine, and say goodbye to Ohio State, and start the process leading up to April’s NFL draft — I know you’re going to be here with me then, too.

I’m sure teams will ask me about you.

They’ll ask me about my upbringing. They’ll ask me about my mom, Marie, who passed away. They’ll try to figure me out, by trying to figure you out. And honestly I can’t wait.

Because I’ll just tell them the truth.

I’ll tell them that we never had the most money, in terms of our financial situation. And that we didn’t have the most time, in terms of our years we got to spend together. But we had the most love — that’s for sure. We had more love than anyone could ever imagine.
for. I’ll tell them that, simply put, I was raised by the best.

BIA.

And not a day goes by that I don’t miss her more than anything in the world.

Mom..... thank you for everything. I still can’t believe how quickly life goes by. How it’s already been three whole years, almost, since the day that you passed. And how even right now, as I try to finish this letter, it’s only going to be a few more months until that moment we always talked about: when some team calls my name, and announces me as their pick, and officially makes me a part of the NFL.
I’m ready to take my place within the lineage of elite Ohio State cornerbacks, and proud Ohio State alums. I’m ready to keep challenging myself, to keep grinding for more, to keep working as hard as it takes to accomplish my goals. I’m ready to provide for Karen and for the rest of my future family — to help these next generations of Okudahs reach their full potential, like you helped me reach mine.

But most of all? Looking back, when you left..... I was just a kid. And now I’m ready to be a man.

Now I’m ready for greatness.

I’m ready to be my mother’s son.

Forever and always,

Jeff

Jeff Okudah
THE OHIO STATE BUCKEYES

Wellness Inventory

Name ___________________________ Class ________

Read the questions below and mark the score that best reflects you and your health behaviors. Be honest with yourself; the purpose is to be aware of your habits so you can determine where you might make improvements. You will not be graded on your scores.

3= Always or yes
2= Sometimes
1= Seldom or occasionally
0= Never or no

PHYSICAL HEALTH

<table>
<thead>
<tr>
<th>Question</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>I raise my heart rate with play/exercise for 60 minutes a day.</td>
<td></td>
</tr>
<tr>
<td>I walk, bike, and use the stairs for transportation as much as possible.</td>
<td></td>
</tr>
<tr>
<td>In my free time, I do as much physical activity as I do sedentary activities like TV, watching YouTube, computer/video games, texting, etc.</td>
<td></td>
</tr>
<tr>
<td>I am at a healthy weight, according to my doctor.</td>
<td></td>
</tr>
<tr>
<td>I am happy with my body because I can easily do the things I want and need to do.</td>
<td></td>
</tr>
<tr>
<td>I do not vape or use other tobacco products, alcohol, or other illegal drugs, and I don’t misuse or abuse other drugs.</td>
<td></td>
</tr>
<tr>
<td>I sleep for 8-10 hours a night.</td>
<td></td>
</tr>
<tr>
<td>I avoid highly processed “junk” foods (high in processed sugars, unhealthy fats, sodium, and low in nutrients your body needs such as vitamins, minerals, protein).</td>
<td></td>
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<tr>
<td>I avoid sweetened or artificially sweetened drinks, and choose water instead.</td>
<td></td>
</tr>
<tr>
<td>I drink half my body weight in ounces of water daily (weight 120 pounds= 60 oz water).</td>
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<tr>
<td>I do not skip meals, use fad diets, or purge to lose weight or avoid weight gain.</td>
<td></td>
</tr>
<tr>
<td>I am sensible about what and how much I eat, and maintain a healthy body weight.</td>
<td></td>
</tr>
<tr>
<td>Half of what I eat is fruits and vegetables.</td>
<td></td>
</tr>
<tr>
<td>I eat breakfast every day.</td>
<td></td>
</tr>
<tr>
<td>I get dental and medical check-ups at least once a year.</td>
<td></td>
</tr>
<tr>
<td>I wear a safety belt whenever I ride in a car.</td>
<td></td>
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<tr>
<td>I wear a helmet when I’m riding a bike, skateboard, scooter, or ATV.</td>
<td></td>
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<tr>
<td>I practice good oral hygiene, flossing regularly and brushing teeth at least twice daily.</td>
<td></td>
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<tr>
<td>I wash my hands thoroughly after restroom, using tissues, touching face, garbage, pets, or shared objects, and when visibly dirty.</td>
<td></td>
</tr>
<tr>
<td>I stay home and avoid unnecessary contact with others when I’m sick, and avoid sick people.</td>
<td></td>
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Your points ___________ Total possible points: 60

Are you happy with your score? ____________________________________________

What health behaviors could you improve? ____________________________________

__________________________________________

__________________________________________
**EMOTIONAL HEALTH**

<table>
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<tr>
<th>I am able to deal with day-to-day expectations, pressures, and changes.</th>
</tr>
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<tbody>
<tr>
<td>I am comfortable expressing my feelings with others.</td>
</tr>
<tr>
<td>I am happy with who I am, without needing others to “like” everything I do (in person or online).</td>
</tr>
<tr>
<td>I use healthy self-care strategies for dealing with stress (talking to someone, exercising, doing something I enjoy, watching something funny, reading, etc.), instead of unhealthy methods (taking it out on others, overeating, tech addiction, avoiding work, etc.).</td>
</tr>
<tr>
<td>I am able to accept feelings of sadness, anger, and anxiety, knowing they are often temporary.</td>
</tr>
<tr>
<td>I reach out to others for help when feelings of sadness, anger, or anxiety are interfering with daily life, or are lasting longer than they should.</td>
</tr>
<tr>
<td>I try to associate with people who have a positive attitude about life.</td>
</tr>
<tr>
<td>I try to make the best of circumstances I am in.</td>
</tr>
<tr>
<td>I can go without my phone or internet, without totally stressing out.</td>
</tr>
<tr>
<td>I have healthy coping skills for when things don’t go my way: breathing, taking a break, re-framing, managing what I can control, etc.</td>
</tr>
</tbody>
</table>

Your points ___________  Total possible points: 30

Are you happy with your score? ___________

What health behaviors could you improve? ___________

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**SOCIAL HEALTH**

<table>
<thead>
<tr>
<th>I care about others, and show it in my words and actions.</th>
</tr>
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<tbody>
<tr>
<td>I am involved in at least one school or community club or group.</td>
</tr>
<tr>
<td>I try to avoid relationships with people who are unkind and hurtful to me.</td>
</tr>
<tr>
<td>I have a positive effect on others, trying to bring out their best.</td>
</tr>
<tr>
<td>I appreciate diversity, and have friends from various backgrounds.</td>
</tr>
<tr>
<td>I feel comfortable saying no to people who want me to do things that don’t support my values (illegal, hurtful, dangerous, dishonest, etc.)</td>
</tr>
<tr>
<td>I am able to communicate well with peers and adults.</td>
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<tr>
<td>I get along well with friends and peers.</td>
</tr>
<tr>
<td>I am comfortable with others who are different than me, and can get along with them.</td>
</tr>
<tr>
<td>I make and continue some close friendships.</td>
</tr>
<tr>
<td>I practice active listening skills with others, including eye contact, nodding, repeating what I think I’ve heard to clarify, and asking questions.</td>
</tr>
<tr>
<td>I can easily turn away from phone and other electronics to concentrate on face-to-face communication.</td>
</tr>
<tr>
<td>I look for opportunities to help my family, friends, neighbors, and classmates.</td>
</tr>
<tr>
<td>I check in on others who might be struggling with physical or emotional needs.</td>
</tr>
<tr>
<td>I volunteer to help in my community, or at least try to help with actions such as picking up litter in public places, donating what I can to food and clothing drives, etc.</td>
</tr>
</tbody>
</table>
Your points __________   Total possible points: 45

Are you happy with your score?

What health behaviors could you improve?

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Getting Started with Goal Setting

Step 1: Identify a Goal

Think about how you can make this goal specific, measurable, attainable, relevant, and completed on time (SMART).

Write your specific goal for improving a health behavior you identified in Day 1 (from the Wellness Inventory) to reach by the end of the semester. It must contain a NUMBER. Example: I will get eight hours of sleep every school night from now until the end of the school year.

I will

Answer the following questions in the boxes to make sure you have all the parts of a SMART goal. If you don’t, re-write your SMART goal above.

<table>
<thead>
<tr>
<th>What exactly will I do differently than now? (Specific)</th>
<th>How will I know I reached my goal? (Measurable)</th>
<th>Is the goal reachable (can you do it by the deadline)? (Attainable)</th>
<th>How is your goal important to you? (Relevant)</th>
<th>What is the time or date limit of your goal? (Time)</th>
</tr>
</thead>
<tbody>
<tr>
<td>What change will you make? What number or measurement will you reach?</td>
<td>How do you know this is something you can achieve?</td>
<td>Why does this matter to you?</td>
<td>When will this be finished?</td>
<td></td>
</tr>
</tbody>
</table>

| By the end of the semester |

Why is this goal important to you? How will it make your health better?

Who will you share your goal with, to help keep you on track?

What is a healthy way you can celebrate when you reach your goal?

Adapted from Colorado Education Initiative coloradoedinitiative.org
Health Skills Models: www.rmc.org/healthskills
Step 2: Create an Action Plan

SMART Goal (copy from page 1): _I will___________________________________________________

Goal Start Date: __March, 2020______ Goal End Date: __May, 2020_____

Steps I Will Use to Reach My Goal: Place a checkmark next to each step once you do it.

<table>
<thead>
<tr>
<th>Measurable steps to the goal (Example: Turn off all electronics at 7:00 pm)</th>
<th>What things, reminders, help, or information do I need? (Examples: phone reminder at 6:45)</th>
<th>Who can help me? (Example: my parent could remind me if I am on electronics after 7:00)</th>
<th>Place a checkmark when completed</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

Step 3: Identify Problems

What challenges or obstacles might I run into along the way, and how will I overcome them?

______________________________________________________________

______________________________________________________________

______________________________________________________________

Adapted from Colorado Education Initiative coloradoedinitiative.org
Health Skills Models: www.rmc.org/healthskills 8th grade: Health-Day 2
Day 3 Goal Journal

Write 2 – 3 sentences reporting your progress on achieving your goal. Here are some questions to guide your reflection:

- What have you done?
- What do you need to do more of? Less of?
- What was challenging or easy?
- What support do you need to achieve your goal?
- How do you feel about yourself after making progress?
- Do you notice any difference in your health from the changes you are making?

Goal check-in 1, Date: ________________

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Goal check-in 2, Date: ________________

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Goal check-in 3, Date: ________________

________________________________________________________________________
________________________________________________________________________
S.M.A.R.T. GOALS = Specific (tells exactly what you’ll do), Measurable (has a number), Attainable (challenging but within reach), Relevant (matters to you), and Timely (has a time limit or deadline).

NUTRITION HABITS
1. I will eat _____ vegetables and fruits a day by the end of the semester.
2. I will choose a fruit or vegetable for a snack, once a day.
3. I will drink _____ bottles of water a day (or during the school day).
4. I will drink from the drinking fountain _____ times during the school day.
5. I will limit myself to _____ sugary snacks per day (or week).
6. I will limit myself to _____ sugary drinks per day (or week).
7. I will read labels and check portion size on at least _____ meal(s) per day.
8. I will look up my calorie requirement on choosemyplate.gov and start a plan for using up the calories I take in.
9. I will limit my daily after-school snacks to ones with less than 20% DV of sodium.

PHYSICAL FITNESS HABITS
1. I will raise my heart rate above 130 bpm at least _____ times a day.
2. I will raise my heart rate for _____ minutes a day.
3. I will get 60 minutes of exercise raising my heart rate _____ times a week.
4. I will exercise by _____ calories/minutes/repetitions _____ times a week.
5. I will lift something heavy for _____ minutes/repetitions _____ times a week.
6. I will take time to stretch my muscles (30 seconds each stretch) _____ times a week.

MENTAL/EMOTIONAL HEALTH HABITS
1. I will intentionally build someone’s confidence _____ times a day.
2. I will use positive self-talk at least _____ times a day.
3. I will try _____ different self-care strategies per week to deal with feelings.
4. I will use the self-care strategy _____ times per week.
5. I will talk to a trusted person about my feelings _____ times per week.

OVERALL WELLNESS HABITS
1. I will _____ to make sure I get _____ good hours of sleep per night.
2. I will turn off all screens _____ minutes before bedtime to allow my brain to recognize that it is time for sleep.
3. I will limit myself to _____ minutes of screen time by doing (different activity) _____ instead per day.
Physical, Mental, and Social Health Activity

Directions: Complete the following prompts weekly (3 days each week). You may complete these on a Google Doc or journal on notebook paper (if your handwriting is legible). Respond to the following prompts 3 times weekly (Monday, Wednesday & Friday OR self-selected days).

Week ____

Day 1:
   a. Physical:
      i. What are you doing to support your immune system? (Explain in detail using examples)

   ii. Log your:
      1. Sleep: _______
      2. Physical Activity
         a. Type: ____________ ____________ ____________
         b. Time: ____________ ____________ ____________
         c. Has this gone down or up with more free time? _______
      3. Time spent on electronics: ________________
         a. Has this gone down or up? _______
      4. Rate your nutrition: Healthy Average Unhealthy

   b. Mental/Emotional:
      i. What are you doing to support your thoughts & emotions through this disruption of your regular lifestyle? (Explain in detail using examples)

   c. Social:
      i. How is social distancing impacting your social life? (Explain in detail, using examples)

1. List or highlight your strategies. Options

<table>
<thead>
<tr>
<th>Meditation</th>
<th>Progressive relaxation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga</td>
<td>Caring or doing something for others</td>
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<tr>
<td>Breathing exercises</td>
<td>Thoughts &amp; thanks of gratitude</td>
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<tr>
<td>Coloring</td>
<td>Mood tracking</td>
</tr>
<tr>
<td>Journaling</td>
<td>Physical activity</td>
</tr>
</tbody>
</table>


Day 2:

a. Physical:
   i. What are you doing to support your immune system? (Explain in detail using examples)

ii. Log your:
   1. Sleep: _______
   2. Physical Activity
      a. Type: ______________ ______________ ______________
      b. Time: ______________ ______________ ______________
      c. Has this gone down or up with more free time? _______
   3. Time spent on electronics: ______________
      a. Has this gone down or up? _______
   4. Rate your nutrition: Healthy  Average  Unhealthy

b. Mental/Emotional:
   i. What are you doing to support your thoughts & emotions through this disruption of your regular lifestyle? (Explain in detail using examples)

1. List or highlight your strategies. Options

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c. Social:
   i. How is social distancing impacting your social life? (Explain in detail, using examples)
Day 3:

a. Physical:
   i. What are you doing to support your immune system? (Explain in detail using examples)

ii. Log your:
   1. Sleep: ______
   2. Physical Activity
      a. Type: ______________ ______________ ______________
      b. Time: ______________ ______________ ______________
      c. Has this gone down or up with more free time? ______
   3. Time spent on electronics: ______________
      a. Has this gone down or up? ______
   4. Rate your nutrition: Healthy Average Unhealthy

b. Mental/Emotional:
   i. What are you doing to support your thoughts & emotions through this disruption of your regular lifestyle? (Explain in detail using examples)

1. List or highlight your strategies. Options

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c. Social:
   i. How is social distancing impacting your social life? (Explain in detail, using examples)
Week ____

Day 1:
  d. Physical:
    i. What are you doing to support your immune system? (Explain in detail using examples)

    ii. Log your:
        1. Sleep: _______
        2. Physical Activity
        a. Type: ____________________________
        b. Time: ____________________________
        c. Has this gone down or up with more free time? _______
        3. Time spent on electronics: ________________
        a. Has this gone down or up? _______
        4. Rate your nutrition: Healthy Average Unhealthy

  e. Mental/Emotional:
    i. What are you doing to support your thoughts & emotions through this disruption of your regular lifestyle? (Explain in detail using examples)

1. List or highlight your strategies. Options

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  f. Social:
    i. How is social distancing impacting your social life? (Explain in detail, using examples)
Day 2:

d. Physical:
   i. What are you doing to support your immune system? (Explain in detail using examples)

ii. Log your:
   1. Sleep: ______
   2. Physical Activity
      a. Type: ______________ ______________ ______________
      b. Time: ______________ ______________ ______________
      c. Has this gone down or up with more free time? ______
   3. Time spent on electronics: ______________
      a. Has this gone down or up? ______
   4. Rate your nutrition: Healthy  Average  Unhealthy

e. Mental/Emotional:
   i. What are you doing to support your thoughts & emotions through this disruption of your regular lifestyle? (Explain in detail using examples)

1. List or highlight your strategies. Options

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f. Social:
   i. How is social distancing impacting your social life? (Explain in detail, using examples)
Day 3:

d. Physical:
   i. What are you doing to support your immune system? (Explain in detail using examples)

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e. Mental/Emotional:
   i. What are you doing to support your thoughts & emotions through this disruption of your regular lifestyle? (Explain in detail using examples)

f. Social:
   i. How is social distancing impacting your social life? (Explain in detail, using examples)
My Journal & Goals

During COVID-19 2020

Select and complete any habits that interest you or you'd like to learn more about.

Highly Recommended: Habits 2-4 and any others of interest.
Habit 1:
Be Proactive

Part of being proactive means anticipating challenges and preparing for them. In anticipation of quarantines, many people began proactively preparing by stocking up on “essential” items they would need.

- What items have been in high demand?
- How have stores responded to these demands?
- What items do you think are most important to have on hand during a multi-week quarantine?
- Did you or your family do anything to prepare for potential closures?
Habit 2:
Begin With the End in Mind

Begin with the end in mind. With fewer commitments to attend in the next few weeks, what can you accomplish?

- What are 3 personal goals you can accomplish in the next few weeks? Write them in SMART goal format. (Perhaps this extra time away from school could allow you to finally focus on getting your split, organize your closet, finish a book, or learn to make something from scratch!)
- Use bullets to describe the steps you will need to take to accomplish your goal.

*SMART goals - Make it Specific, Measurable, Attainable, Realistic, Timely!*

Goal #1: _____________________________________________________________
Steps: ______________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

Goal #2: _____________________________________________________________
Steps: ______________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

Goal #3: _____________________________________________________________
Steps: ______________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
Habit 3 reminds us about priorities. Sometimes, our priorities get a little out of whack in the hustle and bustle of daily life. A larger event like this can sometimes remind us what is most important in life. With more time at home, your priorities may have changed recently.

- How is your daily routine different than normal?
- How have the routines of your family members changed?
- What have you had more time to do that you really enjoy?
- What is something you really miss and you look forward to returning to?
This unique situation may provide opportunities to work together or help others in ways you never thought of. Mr. Rogers once said, "When I was a boy and would see scary things in the news, my mother would say to me, 'Look for the helpers. There are always people who are helping." Please choose one of the options below:

- **Option 1**: Share your personal story of how you have experienced people working together, sharing, and supporting one another in recent days.
- **Option 2**: Find social media stories in which other people have shared how they are caring for and supporting one another. Retell what you read/heard in your own words. Be sure to tell us the source of your story.
Habit 5: Seek First to Understand, Then to be Understood

News outlets and social media are flooding us with information about Coronavirus, much of which is not factual. Seek first to understand 3 claims that have been reported and determine if you think each is reliable. Then, be understand and explain why you think this claim should or shouldn’t be trusted.

<table>
<thead>
<tr>
<th>Source</th>
<th>Claim</th>
<th>Is it reliable? Why or why not?</th>
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<tbody>
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</table>
**Habit 6: Synergize**

Synergize means to work together to accomplish a task. Our common goal is to slow the spread of Coronavirus so that the healthcare system can keep up with caring for those in need. Individuals have had to make sacrifices and many have been inconvenienced for the greater good. Explain some of the steps our society/government/schools have taken so that we can synergize to slow the spread of this virus.

![Graph showing the impact of protective measures on the number of cases over time.](image)

*Graph taken from the New York Times, March 11, 2020. Adapted from the CDC.*

- What "protective measures" have recently been put into place? Create a timeline below of 5 events by writing the date, and the new rule/restriction that was put into place. You may use a variety of sources to help in your search.

<table>
<thead>
<tr>
<th>Date</th>
<th>Rule/Restriction</th>
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<tbody>
<tr>
<td></td>
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</tbody>
</table>
Habit 7: Sharpen the Saw

Sharpen the Saw is about giving yourself a chance to rest, relax, and recharge your batteries, so that you may efficiently prepare for upcoming challenges without getting burned out. How can you use this time to practice better self care so that your immune system is in tip-top shape?

- How have you been caring for your body while adapting to a new routine? (Hygiene, exercise, nutrition, cleaning, etc.)
- How are you caring for your mental/emotional health? (Hobbies you have been enjoying more, talking about concerns/worries)
- How have you been maintaining social connections? Did any of your plans change?
7 Ways to Practice Emotional First Aid:

1. You put a bandage on a cut or take antibiotics to treat an infection, right? No questions asked, in fact, questions would be asked if you didn't apply first aid when necessary. So why isn't the same true of our mental health? We need to learn how to practice emotional first aid.

2. Redirect your gut reaction when you fail.

3. Pay attention to emotional pain – recognize it when it happens and work to treat it before it feels all-encompassing.

4. When negative thoughts are taking over, disrupt them with positive distraction.

5. Monitor and protect your self-esteem. When you feel like putting yourself down, take a moment to be compassionate to yourself.

6. Learn what treatments for emotional wounds work for you.

7. Don't let excessive guilt linger.

Full Article

Ted Talk
- Watch the Ted Talk video on why we need to practice emotional first aid.
- Read the full article on 7 ways to practice emotional first aid.

7 Ways to practice emotional first aid.

- Pay attention to emotional pain — recognize it when it happens and work to treat it before it feels all-encompassing.
- Redirect your gut reaction when you fail.
- When negative thoughts are taking over, disrupt them with positive distraction.
- Monitor and protect your self-esteem, when you feel like putting yourself down, take a moment to be compassionate to yourself.
- Learn what treatments for emotional wounds work for you.
- Don't let excessive guilt linger.
- Find meaning in loss.

- Write at least 7 specific action items that you could implement that would allow you to practice emotional first aid successfully.

  1. 
  2. 
  3. 
  4. 
  5. 
  6. 
  7.
Believe in #Yourselfie

Your mission is to take 10 Different selfies. Your goal is to take these selfies and create a PPT or a google slide of your results. Please place one picture per slide and answer each question on the same page as the picture.

1. Take a selfie of you eating a healthy meal and/or snack. Describe.
2. Take a selfie with someone in your family. Describe what you are doing.
3. Take a selfie doing a chore in your house. Is this always your chore? Explain.
4. Take a selfie of you while completing a physical activity/exercise at home class. Explain your workout.
5. Take a selfie with you engaging in your favorite home activity. Explain.
6. Take a selfie of you helping a friend or family member. Explain.
7. Take a selfie of you being outside doing some sort of activity.
8. Take a selfie with your pet. If you do not have a pet, this is a choice selfie. Explain.
9. Take a selfie with you completing a stress management technique. Explain.
10. Take a selfie that best represents your thoughts of our school closing. Explain.
The Human Body Systems

Levels of Organization

Cells-

Tissues-

Organs-

Organ Systems-

Homeostasis-

There are __________ body systems

1. __________________________

2. __________________________

3. __________________________

4. __________________________

5. __________________________

6. __________________________

7. __________________________

8. __________________________

9. __________________________

10. __________________________

11. __________________________

Digestive System

Purpose:

Major Organs & Functions

1. Mouth

2. Esophagus

3. Stomach

4. Pancreas

5. Liver

6. Gall Bladder

7. Small Intestine

8. Large Intestine
Excretory System (Includes Urinary System)

Purpose


Major Organs & Functions

Kidneys

Bladder

Urethra

Rectum

Skin

Lungs
Circulatory System

Purpose_____________________

Major Organs & Function

Heart_______________________
Arteries_____________________
Veins_______________________
Capillaries___________________
Blood_______________________
Spleen_______________________
The Endocrine System

Purpose

Major Organs & Functions

Hypothalamus

Pituitary Gland

Thyroid

Parathyroid

Adrenal

Pancrease

Testes

Ovaries
Muscular System

Purpose: ________________________________

The Human Body has over ___________________________ muscles.

Major muscles in the human body

biceps ________________________________
triceps ________________________________
deltoids ________________________________
glutes ________________________________
hamstrings ________________________________

Diagram:

- A
- B
- C
- D
- E
- F
- G
- H
- I
- J
- K
Female Reproductive System

Purpose

Major Organs & Functions

Ovaries

Vagina

Uterus

Fallopian Tubes

Labia

Mammary Glands

Female Reproductive System and Organs
The 11 Human Body Systems are as follows:

- Nervous System
- Muscular System
- Endocrine System
- Reproductive System
- Skeletal System
- Integumentary System
- Immune System
- Urinary System
- Digestive System
- Respiratory System
- Circulatory System

"The purpose of the 11 human systems is to:

Organ Systems - Groups of organs that perform a function

Organs - made of tissue that perform a specific function

Tissues - made of cells that perform a similar function

Cells - the basic unit of life

Related to the model complex:

The human body is organized in several levels. From the levels of organization:

Body systems and Human Anatomy

Levels of Organization"
<table>
<thead>
<tr>
<th>IMMUNE SYSTEM VIDEO</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASSIGNMENT:</td>
</tr>
<tr>
<td>Write a Paragraph Summary on</td>
</tr>
<tr>
<td>EACH video</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>[Link to video 1]</td>
</tr>
<tr>
<td>[Link to video 2]</td>
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</table>

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Purpose:</strong> The <strong>female reproductive system</strong> provides several functions.</td>
</tr>
<tr>
<td>The ovaries produce the <strong>female egg cells</strong>, called the ova or oocytes. The</td>
</tr>
<tr>
<td>oocytes are then transported to the fallopian tube where fertilization by a</td>
</tr>
<tr>
<td>sperm may occur.</td>
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<thead>
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<tbody>
<tr>
<td>Ovaries: produce estrogen and progesterone and store eggs</td>
</tr>
<tr>
<td>Vagina: the muscular tube leading from the external genitalia to the cervix of the uterus</td>
</tr>
<tr>
<td>Uterus: where offspring are conceived and in which they gestate before birth; the womb</td>
</tr>
<tr>
<td>Fallopian Tubes: pair of tubes along which eggs travel from the ovaries to the uterus</td>
</tr>
<tr>
<td>Labia: the inner and outer folds of the vulva, at either side of the vagina</td>
</tr>
<tr>
<td>Mammary Glands: the milk-producing gland in the breasts of women</td>
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</table>
**Remote Learning Health Resources for Grades 9-12**

You can easily add no-cost lessons for students to access at home from their Clever portals thanks to **EVERFI**. Check out this [easy-to-use guide](#) to pick a new high school health resource, then follow the steps below:

**Step 1:** Go to the PPS Clever portal, select the app EVERFI

**Step 2:** Click the **Add Course** button and select *Rx Drug Safety* then *Mental Wellness Basics*

**Step 3:** Click the **Create Class** button, check each resource you'd like to add, select **Create Class** in the upper right-hand corner

**Here is a helpful video** walking you through this process as well. Students will see the courses the next time they log in through Clever and select the EVERFI app.

Reach out to your implementation coach, Alyssa [amahramus@everfi.com](mailto:amahramus@everfi.com) with questions + support.