

# Nutrition Wellness Student Workbook

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student workbook

a skill based wellness approach that addresses issues students face today life skills health is a comprehensive health and wellness program for your high school students who read below grade level this full color easy to read textbook addresses the important health and wellness issues that confront today s teens life skills health is written to meet national health education standards

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high school personal health activity sheets

student activity workbook

this workbook accompanies nutrition wellness for life and includes instructor created activities to help students recall review and apply concepts introduced in the book

designed for busy florida schools teachers and students this workbook is easy to use and doesn t require any extra work for teachers wellness student workbooks make integrating resiliency skills easy for teachers engaging for students and creating a seamless journey using evidence based best practices our workbooks use trauma informed practices and are culturally responsive this planner contains over 45 weeks of lessons and activities for teachers and students based on four themes

identity and mindset courage and kindness a place to belong a healthy well being students learn from five life competencies self awareness through songs art and physical activity teaches emotional vocabulary and a growth mindset self management with an emphasis on learning tools to listen to your body and breath before making decisions responsible decision making by practicing how they would respond with relevant examples and social stories relationship skills through acting reading and art activities that support the beginnings of building and maintaining friendships social awareness with an emphasis on recognizing differences in others and accepting these differences and empathy

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