

LIFE SKILLS TRAINING - ELEMENTARY - LEVEL 1

Life Skills Units	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<p>Unit One Self-Esteem</p>	<p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p>		
<p>Unit Two Decision Making</p>	<p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		<p>Describe various listening techniques, which can be used in problem-solving and decision-making situations. 3:1:b</p>
<p>Unit Three Smoking Information</p>	<p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Identify significant community health issues. 5:1:a</p>	<p>Identify factors that can cause change in a population. 3:2:b</p>	
<p>Unit Four Advertising</p>	<p>Examine the media's impact on personal health decisions and practices. 2:1:b</p> <p>Examine information to determine causes of major health issues. 5:1:b</p>		<p>Examine numerous information/reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a</p> <p>Use examples from selected print and electronic media to support personal interpretations. 2:4:c</p>

Life Skills Units	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Unit Four: (Continued)			<p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Describe how presentation design can alter the effect of oral/visual information, e.g., layout, color, sequence. 3:2:c</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>
Unit Five Dealing With Stress	<p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:2:c</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p> <p>Define age-appropriate health-related vocabulary. 4:2:c</p>		
Unit Six Communication Skills	<p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p>		<p>Describe various listening techniques, which can be used in problem-solving and decision-making situations. 3:1:b</p>

Life Skills Units	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<u>Unit Six: (Continued)</u>	<p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		
<u>Unit Seven</u> Social Skills	<p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		
<u>Unit Eight</u> Assertiveness	<p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		