Course: Health  $-2^{nd}$  grade Essential Question: What is a family?

Unit A Chapter 2: Getting Along

TIMELINE	NJCCCS 2.1.2.E1	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS  Student Portionation
1 Day	2.1.2.E1 2.2.2.A1 2.4.2.A1 2.4.2.A2 2.4.2.A3	<ul> <li>Lesson 1: Many Kinds of Families</li> <li>Obj: SWBAT <ul> <li>Identify ways families are alike and different.</li> </ul> </li> </ul>	Teacher's Guide: pp.24-27 Health Big Ideas Book pp.8-9 Reader, <i>Getting Along</i> , pp. 2-3 Health Masters: <i>A Family</i> , <i>p.11</i> Transparency book p.46 Clipboard Activity 10	Student Participation Anecdotal Notes Teacher Observation Health Masters p.11
1 Day	2.1.2.E1 2.2.2.A1 2.4.2.A1 2.4.2.A2 2.4.2.A3	<ul> <li>Lesson 2: Families and Fun</li> <li>Obj: SWBAT <ul> <li>Identify ways that families work together and spend time together</li> <li>Discuss the function and importance of family</li> </ul> </li> </ul>	Teacher's Guide: pp.28-29 Reader, <i>Getting Along</i> , pp. 4-5 Health Masters: <i>Tracking Chores</i> , p. 12 Clipboard Activity 11	Student Participation Anecdotal Notes Teacher Observation Health Masters p.12
1 Day	2.1.2.E1-E3 2.2.2.A1 2.4.2.A1 2.4.2.A2 2.4.2.A3	<ul> <li>Lesson 3: Families Can Change</li> <li>Obj: SWBAT <ul> <li>Identify various ways a family can change</li> </ul> </li> </ul>	Teacher's Guide: pp.30-31 Reader, <i>Getting Along</i> , pp. 6-7 Health Masters: <i>Dealing with Family Changes</i> , p. 13 Clipboard Activity 12 Poster 4B	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 13
1 Day	2.1.2.E1-E3 2.2.2.A1 2.4.2.A1 2.4.2.A2 2.4.2.A3	<ul> <li>Lesson 4: Families and Respect</li> <li>Obj: SWBAT <ul> <li>Discuss various ways to show respect.</li> </ul> </li> </ul>	Teacher's Guide: pp.32-33 Health Big Ideas Book pp. 6-7 Reader, <i>Getting Along</i> , pp. 8-9 Health Masters: <i>Show Respect</i> , p.14 Transparency book pp. 7, 46 Clipboard Activity 13 Poster 9B	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 14 Chapter Test p.19

Course: Health  $-2^{nd}$  grade Essential Question: How do we grow and change? Unit B Chapter 3: Your Body

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1 Day	2.1.2.A1 2.1.2.A2 2.4.2.C1	<ul> <li>Lesson 1: Growing and Changing</li> <li>Obj: SWBAT</li> <li>Identify stages of growth and development in childhood.</li> <li>Discuss factors that contribute to a mother having a healthy baby</li> </ul>	Teacher's Guide: pp.44-47 Health Big Ideas Book pp. 10-11 Reader, <i>Your Body</i> , pp. 2-3 Health Masters: <i>I Have Changed</i> , p.20 Clipboard Activity 18  Supplemental materials at teacher discretion to use for factors contributing to healthy babies:  www.minorityhealth.hhs.gov/Assets/pdf/checked/brochure.pdf  www.helpourbabies.org	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 20
1 Day	2.1.2.A1 2.1.2.A2 2.4.2.B1	<ul> <li>Lesson 2: Keep Growing</li> <li>Obj: SWBAT</li> <li>Identify stages of growth and development from adolescence to adulthood.</li> <li>Compare and contrast the physical differences and similarities of the genders</li> </ul>	Teacher's Guide: pp.48-49 Health Big Ideas Book pp. 10-11 Reader, <i>Your Body</i> , pp. 4-5 Health Masters: <i>Order It!</i> , p.21 Clipboard Activity 19  Venn Diagram or other graphic organizer (at teacher discretion) to be used for supplemental lesson on physical gender differences.	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 21 Graphic Organizer
1 Day	2.1.2.A1 2.1.2.A2	Lesson 3: Healthful Habits  Obj: SWBAT  • Identify habits that can contribute to a healthy lifestyle	Teacher's Guide: pp.50-51 Health Big Ideas Book pp. 10-11 Reader, <i>Your Body</i> , pp. 6-7 Health Masters: <i>Name that Habit</i> , p.22 Clipboard Activity 20 Poster 7B	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 22

Course: Health  $-2^{nd}$  grade Essential Question: How do we grow and change? Unit B Chapter 3: Your Body

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES:	TEACHER'S GUIDE/SUPPLEMENTAL	ASSESSMENTS
		Students will be able to	MATERIALS	
1 Day	2.1.2.A1 2.1.2.A2 2.2.2.A1 2.2.2.B1-B4	<ul> <li>Cobj: SWBAT</li> <li>Learn the steps for setting health goals</li> <li>Apply the steps for setting health goals</li> </ul>	Teacher's Guide: pp.52-53 Life Skills Book pp. 8-9 Health Masters: <i>Health Behavior Contract</i> , p. 23 Clipboard Activity 21 Poster 2A	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 23
1 Day	2.1.2.A1 2.1.2.A2 2.2.2.A1	<ul> <li>Cobj: SWBAT</li> <li>Identify the major body systems</li> <li>Tell the function of each body system</li> </ul>	Teacher's Guide: pp.54-55 Health Big Ideas Book pp. 12-13 Health Masters: <i>Name that System, p.24</i> Clipboard Activity 22	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 24
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Course: Health  $-2^{nd}$  grade Essential Question: How do we plan healthful eating habits? Unit B Chapter 4: Healthful Foods for You

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.B1	<ul> <li>Lesson 1: Healthful Foods</li> <li>Obj: SWBAT <ul> <li>Discuss the importance of choosing healthful foods</li> </ul> </li> </ul>	Teacher's Guide: pp. 66-69 Reader, Healthful Foods for You, pp. 2-3 Health Big Ideas Book pp. 14-15 Health Masters: My Favorite Healthful Foods, p.30 Transparency book pp. 16 Clipboard Activity 27 Poster 6B	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 30
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.B1 2.1.2.B2	Lesson 2&3: The Food Guide Pyramid and Using the Food Guide Pyramid  Obj: SWBAT  • Identify food groups. • Classify foods using MyPyramid. • Tell how to use MyPyramid to plan meals and snacks	Teacher's Guide: pp.70-73  Use the pyramid from:  www.choosemyplate.gov  Health Masters: Find the Food Group, p.  31, Plan a Menu, p. 32  Transparency book p. 15  Clipboard Activity 29	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 31 & 32
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.B1-B3 2.2.4.B1	Lesson 6: Food Labels  Obj: SWBAT  • Identify and explain the function of food labels	Teacher's Guide: pp.78-79 Reader, <i>Healthful Foods for You</i> , pp. 8-9 Health Masters: <i>Food Label Facts</i> , p. 35 Clipboard Activity 32	Student Participation Anecdotal Notes Teacher Observation Health Masters p.35
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.B1-B3 2.2.4.B1	Cobj: SWBAT  • Identify healthful snacks	Teacher's Guide: pp.80-81 Reader, <i>Healthful Foods for You</i> , pp. 10-11 Health Masters: <i>Favorite Snacking</i> , p. 36 Transparency p. 17 Clipboard Activity 33	Student Participation Anecdotal Notes Teacher Observation Health Masters p.36  Chapter Test p. 40

#### $Health - 2^{nd}$ grade PACING CHART/CURRICULUM MAP

Unit C Chapter 6: Safety and You

Course: Health – 2<sup>nd</sup> grade Essential Question: How do we stay safe?

TIMELIN	NE NJCCCS	SKILLS/ CONTENT	TEACHER'S	ASSESSMENTS
		OBJECTIVES:	GUIDE/SUPPLEMENTAL	
		Students will be able to	MATERIALS	
1 Day	2.1.2.A1	Lesson 5 & 6: Walk and Bike	Teacher's Guide: pp. 122-125	Student Participation
	2.1.2.A2	Safely and Car and Bus Safety	Health Big Ideas Book pp. 28-29	Anecdotal Notes
			Reader, Safety and You, pp. 6-7	Teacher Observation
		Obj: SWBAT	Health Masters: Safety Signals, p.55,	Health Masters p. 55 &
		<ul> <li>Identify bicycle safety</li> </ul>	Safety Booklet p.56	56
		rules and know hand	Transparency book p. 31	
		signals for bicycle safety.	Clipboard 50, 51	
		<ul> <li>Tell how to cross the</li> </ul>		
		street safely		
		<ul> <li>Tell rules for staying</li> </ul>		
		safe in and around cars		
		and buses.		
1 Day	2.1.2.A1	Lesson 7: Stay Safe from	Teacher's Guide: pp. 126-127	Student Participation
	2.1.2.A2	Strangers	Reader, Safety and You, pp. 8-9	Anecdotal Notes
	2.1.2.D1-D3	Obj: SWBAT	Health Masters: Stranger Danger, p. 57	Teacher Observation
	2.2.2.A1	<ul> <li>Tell ways to stay safe</li> </ul>	Transparency book p. 28	Health Masters p. 57
		from strangers	Clipboard 52	
1 Day	2.1.2.A1	<b>Lesson 8: Stay Safe When You</b>	Teacher's Guide: pp. 128-129	Student Participation
	2.1.2.A2	Are Lost	Reader, Safety and You, pp. 10-11	Anecdotal Notes
	2.1.2.D1-D3		Health Masters: Help! I'm Lost!, p. 58	Teacher Observation
	2.2.2.A1	Obj: SWBAT	Clipboard 49, 52	Health Masters p. 58
		<ul> <li>Discuss what to do if lost.</li> </ul>		
		<ul> <li>Tell how to prevent</li> </ul>		
		getting lost.		

Unit C Chapter 6: Safety and You

Course: Health – 2<sup>nd</sup> grade Essential Question: How do we stay safe?

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.D1-D3 2.2.2.A1	Lesson 9: Stay Safe From a Bad Touch  Obj: SWBAT  • Know the difference between appropriate and inappropriate touch.  • Tell what to do if you receive a bad touch.	Teacher's Guide: pp. 130-131 Reader, Safety and You, pp. 12-13 Health Masters: Good Touch or Bad Touch, p. 59 Clipboard 54	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 59
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.D1-D3 2.2.2.A1	Lesson 10: Stay Safe From Bullies and Gangs  Obj: SWBAT  • Discuss ways to stay safe from bullies and gangs	Teacher's Guide: pp. 132-133 Reader, Safety and You, pp. 14-15 Health Masters: Help! I'm Lost!, p. 58 Clipboard 49, 52	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 58  Chapter Test p. 67

## Health – 2<sup>nd</sup> grade PACING CHART/CURRICULUM MAP

Course: Health  $-2^{nd}$  grade Essential Question: How do we tell the difference between medicines and drugs? Unit D Chapter 7: Medicines and Drugs and You

TIMELINE	NJCCCS	SKILLS/ CONTENT	TEACHER'S	ASSESSMENTS
		OBJECTIVES:	GUIDE/SUPPLEMENTAL	
		Students will be able to	MATERIALS	
1 Day	2.1.2.A1 2.1.2.A2 2.3.2.A1	<ul> <li>Lesson 1: Medicines</li> <li>Obj: SWBAT <ul> <li>Define medicine.</li> <li>Identify safety rules for using medicines.</li> <li>Tell what medicine does.</li> </ul> </li> </ul>	Teacher's Guide: pp. 148-151 Health Big Ideas Book pp. 32-33 Reader, <i>Medicines and Drugs and You, pp2-3</i> Health Masters: <i>Matching Medicines, p. 68</i> Transparency book p. 46 Clipboard Activity 62	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 68
1 Day	2.1.2.A1 2.1.2.A2 2.3.2.A1 2.3.2.A2	<ul> <li>Lesson 2: Take Medicines Safely</li> <li>Obj: SWBAT <ul> <li>Identify safety for taking medicine.</li> <li>Identify warning labels on medicines.</li> <li>Explain what to do if you have side effects from taking medicines</li> </ul> </li> </ul>	Teacher's Guide: pp. 152-153 Health Big Ideas Book pp. 32-33 Reader, <i>Medicines and Drugs and You, pp. 4-5</i> Health Masters: <i>What Should You Do?, p. 69</i> Clipboard Activity 63	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 69
1 Day	2.1.2.A1 2.1.2.A2 2.3.2.A1 2.3.2.A2	<ul> <li>Lesson 3: Store Medicines Safely</li> <li>Obj: SWBAT <ul> <li>Identify ways to store medicines safely</li> </ul> </li> </ul>	Teacher's Guide: pp. 154-155 Reader, Medicines and Drugs and You, pp. 6-7 Health Masters: Safety Rules for Medicine, p. 70 Clipboard Activity 64	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 70
1 Day	2.1.2.A1 & A2 2.2.2.B2-B4 2.3.2.A1 & A2 2.3.2.B1 & B4 2.3.2.C1 & C2	<ul> <li>Lesson 4: Alcohol</li> <li>Obj: SWBAT <ul> <li>Identify the ways that alcohol harms the mind and body</li> </ul> </li> </ul>	Teacher's Guide: pp. 156-157 Reader, Medicines and Drugs and You, pp. 8-9 Health Masters: The Truth About Alcohol, p. 71 Transparency book p. 46	Student Participation Anecdotal Notes Teacher Observation Health Masters p. 71

## Health – 2<sup>nd</sup> grade PACING CHART/CURRICULUM MAP

Course: Health  $-2^{nd}$  grade Essential Question: How do we tell the difference between medicines and drugs? Unit D Chapter 7: Medicines and Drugs and You

TIMELINE	NJCCCS	SKILLS/ CONTENT	TEACHER'S	ASSESSMENTS
		<b>OBJECTIVES:</b>	GUIDE/SUPPLEMENTAL	
		Students will be able to	MATERIALS	
1 Day	2.1.2.A1 & A2	Lesson 5: Help with Alcohol	Teacher's Guide: pp. 158-159	Student Participation
	2.2.2.B2-B4	Problems	Reader, Medicines and Drugs and You, pp.	Anecdotal Notes
	2.2.2.E1		10-11	Teacher Observation
	2.3.2.A1 & A2	Obj: SWBAT	Health Masters: Trusted Adults, p. 72	Health Masters p. 72
	2.3.2.B1 & B4	<ul> <li>Name people who can</li> </ul>	Clipboard Activity 66	
	2.3.2.C1 & C2	help someone who has a		
		problem with alcohol		
1 Day	2.1.2.A1 & A2	Lesson 6: Tobacco Harms	Teacher's Guide: pp. 160-161	Student Participation
	2.2.2.B2-B4	Health	Reader, Medicines and Drugs and You, pp.	Anecdotal Notes
	2.2.2.E1		12-13	Teacher Observation
	2.3.2.A1 & A2	Obj: SWBAT	Health Masters: Say "NO" to Tobacco, p.	Health Masters p. 73
	2.3.2.B1-B3	<ul> <li>Identify the harmful</li> </ul>	73	
	2.3.2.C1 & C2	effects of tobacco use.	Clipboard Activity 67	
1 Day	2.1.2.A1 & A2	Lesson 7: Be Drug-Free	Teacher's Guide: pp. 162-163	Student Participation
	2.2.2.A1	_	Reader, Medicines and Drugs and You, pp.	Anecdotal Notes
	2.2.2.B2-B4	Obj: SWBAT	14-15	Teacher Observation
	2.2.2.E1	<ul> <li>Identify reasons to be</li> </ul>	Health Masters: Self-Respect, p. 74	Health Masters p. 74
	2.3.2.A1	drug-free	Transparency book p. 36	
	2.3.2.B1- B4	_	Clipboard Activity 68	
1 Day	2.1.2.A1 & A2	<b>Lesson 8: Staying Drug-Free</b>	Teacher's Guide: pp. 164-165	Student Participation
	2.2.2.A1		Health Big Ideas Book pp. 34-35	Anecdotal Notes
	2.2.2.B2-B4	Obj: SWBAT	Health Masters: Drug-Free Me. p. 75	Teacher Observation
	2.2.2.E1	<ul> <li>Discuss ways to stay drug-</li> </ul>	Clipboard Activity 69	Health Masters p. 75
	2.3.2.A1	free.		
	2.3.2.B1- B4			

Course: Health  $-2^{nd}$  grade Essential Question: How do we tell the difference between medicines and drugs? Unit D Chapter 7: Medicines and Drugs and You

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1 Day	2.1.2.A1 & A2 2.2.2.A1 2.2.2.B2-B4 2.2.2.E1 2.3.2.A1 2.3.2.B1- B4	<ul> <li>Lesson 9: Say "NO"</li> <li>Obj: SWBAT <ul> <li>Learn the steps for using refusal skills</li> <li>Apply the steps for using refusal skills</li> </ul> </li> </ul>	Teacher's Guide: pp. 166-167 Life Skills Book, pp. 16-17 Health Masters: What Would You Do?, p.76 Clipboard Activity 70	Student Participation Anecdotal Notes Teacher Observation Health Master p. 76 Chapter Test p. 77
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## Health – 2<sup>nd</sup> grade PACING CHART/CURRICULUM MAP

Course: Health  $-2^{nd}$  grade Essential Question: How can we reduce our risk of disease? Unit D Chapter 8: Fighting Germs

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.C1-C3 2.2.2.B2	<ul> <li>Lesson 1: Germs</li> <li>Obj: SWBAT <ul> <li>Discuss symptoms of some common infectious diseases.</li> </ul> </li> </ul>	Teacher's Guide: pp. 170-173 Health Big Ideas Book pp. 36-37 Reader, Fighting Germs, pp. 2-3 Health Masters: Symptom or Illness?, p. 78 Transparency book p. 37 Clipboard Activity 71	Student Participation Anecdotal Notes Teacher Observation Health Masters, p. 78
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.C1-C3 2.2.2.B2	Lesson 2: Staying Safe From Germs  Obj: SWBAT  Identify ways to prevent the spread of germs.  Tell ways to get well if you have an illness caused by germs	Teacher's Guide: pp. 174-175 Reader, Fighting Germs, pp. 4-5 Health Masters: Keep It Clean!, p. 79 Clipboard Activity 72	Student Participation Anecdotal Notes Teacher Observation Health Masters p.79
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.C1-C3 2.2.2.B2	Obj: SWBAT  • Practice ways to keep germs from spreading	Teacher's Guide: pp. 176-177 Health Big Ideas Book pp. 38-39 Health Masters: <i>Do It Right!</i> , p. 80 Clipboard Activity 73	Student Participation Anecdotal Notes Teacher Observation Health Masters p.80
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.C1-C3 2.2.2.B2	Lesson 4: Allergies: Nothing to Sneeze At  Obj: SWBAT  Identify some causes of allergies  Identify ways to manage allergies	Teacher's Guide: pp. 178-179 Reader, Fighting Germs, pp. 6-7 Health Masters: Nothing to Sneeze At, p. 81 Clipboard Activity 74	Student Participation Anecdotal Notes Teacher Observation Health Masters p.81

## Health – 2<sup>nd</sup> grade PACING CHART/CURRICULUM MAP

Course: Health  $-2^{nd}$  grade Essential Question: How can we reduce our risk of disease? Unit D Chapter 8: Fighting Germs

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.C1-C3 2.2.2.B2	<ul> <li>Lesson 5: Asthma</li> <li>Obj: SWBAT <ul> <li>Identify some asthma triggers</li> <li>Identify ways to treat asthma</li> </ul> </li> </ul>	Teacher's Guide: pp. 180-181 Reader, Fighting Germs, pp. 8-9 Health Masters: Asthma and Your Body, p. 82 Clipboard Activity 75	Student Participation Anecdotal Notes Teacher Observation Health Masters p.82
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.C1-C3 2.2.2.B2	Lesson 6: Keep Your Heart Healthy  Obj: SWBAT  • Describe habits that prevent heart disease	Teacher's Guide: pp. 182-183 Reader, Fighting Germs, pp. 10-11 Health Masters: Let's Be Heart Healthy, p. 83 Clipboard Activity 76	Student Participation Anecdotal Notes Teacher Observation Health Masters p.83
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.C1-C3 2.2.2.B2	<ul> <li>Lesson 7: Obesity and Diabetes</li> <li>Obj: SWBAT <ul> <li>Tell how diabetes may be prevented and treated.</li> </ul> </li> </ul>	Teacher's Guide: pp. 184-185 Reader, Fighting Germs, pp. 12-13 Health Masters: Fat Facts: True or False?, p. 84 Clipboard Activity 77	Student Participation Anecdotal Notes Teacher Observation Health Masters p.84
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Unit D Chapter 8: Fighting Germs

Course: Health  $-2^{nd}$  grade Essential Question: How can we reduce our risk of disease?

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.C1-C3 2.2.2.B2	<ul> <li>Cobj: SWBAT</li> <li>Identify cancer as a non-communicable disease.</li> <li>Tell some ways to prevent cancer</li> </ul>	Teacher's Guide: pp. 186-187 Reader, Fighting Germs, pp. 14-15 Health Masters: Fight Cancer, p.85 Clipboard Activity 78	Student Participation Anecdotal Notes Teacher Observation Health Masters p.85
1 Day	2.1.2.A1 2.1.2.A2 2.1.2.C1-C3 2.1.2.E3 2.2.2.A1 2.2.2.B1-B4	<ul> <li>Lesson 9: Manage Stress</li> <li>Obj: SWBAT <ul> <li>Learn the steps for managing stress</li> <li>Apply the steps for managing stress</li> </ul> </li> </ul>	Teacher's Guide: pp. 188-189 Life Skills Book pp. 18-19 Health Masters: <i>Manage Your Stress, p. 86</i> Clipboard Activity 79	Student Participation Anecdotal Notes Teacher Observation Health Masters p.86
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