

Grade 6 (Print Edition)

The student materials in *HealthSmart* Grade 6 address the following Common Core State Standards in English Language Arts.

Personal & Family Health

Lesson 1, Activity 1

Instant Bulletin Board: My Role Model W.6.1; SL.6.1,2,6

Lesson 1, Activity 2

Media Images & Messages RI.6.4; SL.6.1,2; L.6.4,5,6

In the Grapevine: Media, Sexuality and My Peers

W.6.1,2,3,4,7; SL.6.1,3,6

Got a Minute? Talking About Media and Sexuality SL.6.1

Lesson 2, Activity 1

Puberty and New Responsibilities RI.6.1,2,3,4; L.6.4,6

Top 10 Lessons for Living a Great Life! RI.6.1,2,3,4; SL.6.1; L.6.6

Lesson 2, Activity 2

Understanding a Girl's Body RI.6.1,2,3,4; L.6.4,6

Lesson 2, Activity 3

Understanding a Boy's Body RI.6.1,2,3,4; L.6.4,6

Lesson 3, Activity 1

Fertilization, Reproduction and Birth RI.6.1,2,3,4; L.6.4,6

Lesson 4, Activity 1

It's About More Than Sex RL.6.1,2,3,4; RI.6.1,2,3,4; SL.6.1; L.6.6

Lesson 4, Activity 2

My Abstinence Pledge W.6.1,2; SL.6.1,2,6; L.6.4,6

Got a Minute? Talking About Abstinence SL.6.1

Lesson 4, Activity 3

Resisting Sexual Pressure RL.6.1,2,3,4; W.6.1,2,3,4; SL.6.1,2,6; L.6.4,6

Lesson 5, Activity 1

The Risks and Responsibilities of Having Sex RI.6.1,2,3,4; SL.6.1,2,6; L.6.4,6

Lesson 5, Activity 2

Preventing Pregnancy, HIV and Other STD RI.6.1,2,3,4; SL.6.1,2,6; L.6.4,6

Lesson 5, Activity 3

What Is Sexual Orientation? RI.6.1,2,3,4; SL.6.1,2,6; L.6.4,6

Lesson 5, Activity 4

Sexual Abuse RI.6.1,2,3,4; SL.6.1,2,6; L.6.4,6

Lesson 6, Activity 1

Kids like You: Journals RL.6.1,2,3,4; SL.6.1

Seasonal Journal Pages W.6.1,2,3; SL.6.1; L.6.6

Key to Common Core Abbreviations

Language Forms:

RL = Reading Literature

RI = Reading Informational Text

W = Writing

SL = Speaking & Listening

L = Language

The grade level follows the language form.

The specific standards addressed follow the grade level, separated by commas.

For example: W.6.2,4 = Writing, Grade 6, Standards 2 and 4.

Safety & Injury Prevention

Lesson 1, Activity 1

Injury in the News RL.6.1,2,3,4; SL.6.1; L.6.6

Lesson 1, Activity 2

What's in a Word? W.6.1,2; SL.6.1,6; L.6.4,6

Lesson 1, Activity 3

The Handwriting Is on the Wall: "Accidents" W.6.1,2,6; SL.6.1,6; L.6.6

Table Talk: "Accident" or Preventable Injury? SL.6.1

Lesson 2, Activity 1

Just the Facts RI.6.1,2,3,4,7; SL.6.1; L.6.6

The World of "Roools" (activity sheet) W.6.2

Lesson 2, Activity 2

The World of "Roools" (magazine) RL.6.1,2,3,4; SL.6.1; L.6.6

Lesson 2, Activity 3

In the Grapevine: Important Safety Rules W.6.1,2,3,4,7; SL.6.1,3,6

Lesson 3, Activity 1

10 Seconds That Changed My Life Forever RL.6.1,2,3,4; SL.6.1,4; W.6.1; L.6.6

Table Talk: Taking Risks SL.6.1,3,6

Lesson 3, Activity 2

My Safe Actions W.6.1,2; SL.6.1,2,6; L.6.6

Lesson 3, Activity 3

2 Sides of the Coin RL.6.1,2,3,4; SL.6.1; L.6.6

My Safety Goal Plan W.6.1,2,7; SL.6.1,2,6; L.6.6

Lesson 4, Activity 1

All Call: Be Careful, Be Safe, Be Injury Free RI.1,2,3,4; W.6.1,2,4,5,6,8; SL.6.1,2,4,5,6;
L.6.1,2,3,4,5,6

Lesson 5, Activity 1

Keeping My Learning Alive Poster W.6.1

Nutrition & Physical Activity

Lesson 1, Activity 1

From Where I Stand: Foods and Me RI.6.1,4; W.6.2

Lesson 1, Activity 2

MyPlate L.6.6

Lesson 1, Activity 3

How to Read a Food Label RI.6.1,2,3,4,7; SL.6.1; L.6.6

Lesson 1, Activity 4

Why They Call It Junk Food RI.6.1,2,3,4; SL.6.1; L.6.6

Name That Junk Food RI.6.1,2,3,4,7; SL.6.1; L.6.4,6

Sweet Words for You RI.6.1,2,3,4,7; SL.6.1,2,4; L.6.4,6

Lesson 2, Activity 1

Flexibility, Endurance & Strength RI.6.1,2,3,4; SL.6.1; L.6.6

Lesson 2, Activity 2

My Exercise and Physical Activity RI.6.1,2,3,4; W.6.1; SL.6.1; L.6.4,6

Lesson 3, Activity 1

In The Grapevine: Body Image, Advertising and My Peers W.6.1,2,3,4,7; SL.6.1,3,6
Got a Minute? Talking About Body Image SL.6.1

Lesson 3, Activity 2

Eating Disorders RI.6.1,2,3,4; RI.6.1,2,3,4; SL.6.1; L.6.6
Got a Minute? Talking About Eating Disorders SL.6.1

Lesson 4, Activity 1

Healthy Eating and Exercise: My Goal Plan W.6.1,2; L.6.6

Lesson 4, Activity 2

Eating & Exercising: Tracking Your Progress RI.6.1,2,3,4; SL.6.1; L.6.6
Maria and Sean’s Goal Booklets RL.6.1,2,3,4; SL.6.1; L.6.6
Tracking My Progress W.6.1,2; L.6.6
What I Learned This Week W.6.1,2; L.6.6
My Eating and Exercise Booklet W.6.1

Lesson 5, Activity 1

Physical Activity & Exercise Tips RI.6.1,2,3,4; RI.6.1,2,3,4; SL.6.1; L.6.6
“Do-licious” Cookbook RI.6.1,2,3,4; SL.6.1,2; L.6.6

Tobacco, Alcohol & Other Drug Prevention

Lesson 1, Activity 1

Tobacco and the Body W.6.1,2; SL.6.1,2,3,6

Lesson 2, Activity 1

In the Grapevine: Tobacco and My Peers W.6.1,2,3,4,7; SL.6.1,3,6
Peers & Tobacco RI.6.1,2,3,4; SL.6.1; L.6.6

Lesson 3, Activity 1

Instant Bulletin Board: Up in Smoke W.6.1,2; SL.6.1,2,6

Lesson 3, Activity 2

I Have Something for You RI.6.1,2,3,4,7; SL.6.1; L.6.6
Instant Bulletin Board: The Real Message About Tobacco RI.1,2,3,4; W.6.1,2,4,5,6,8;
SL.6.1,2,4,5,6; L.6.1,2,3,4,5,6
Got a Minute? Talking About the Media and Being Drug Free SL.6.1

Lesson 4, Activity 1

Marijuana: Myth or Truth? W.6.2
The Truth About Marijuana RI.6.1,2,3,4; SL.6.1; L.6.6
Marijuana: Real Stories RL.6.1,2,3,4; SL.6.1; L.6.6
Table Talk: The Truth About Marijuana SL.6.1

Lesson 5, Activity 1

Drug Free Game Board RL.1,2,3,4; RI.1,2,3,4; SL.6.1,2,6; L.6.6
My Drug-Free Life Scorecard W.6.1,2; SL.6.1,2,6; L.6.6

Lesson 5, Activity 2

Drug-Free Road Map RI.1,2,3,4; W.6.1,2; SL.6.1,2,6; L.6.6

Lesson 6, Activity 1

7 Ways to Resist Pressure RI.6.1,2,3,4; SL.6.1; L.6.6

Peer Resistance in Action RL.6.1,2,3,4; SL.6.1; L.6.6

Group Plan for Resisting Drug Pressures RL.6.1,2,3,4; W.6.1,2; SL.6.1,2,3,4,5,6; L.6.6

Saying NO to Drug Pressure Scenarios RL.6.1,2,3,4

Lesson 7, Activity 1

Keeping My Learning Alive Poster W.6.1