



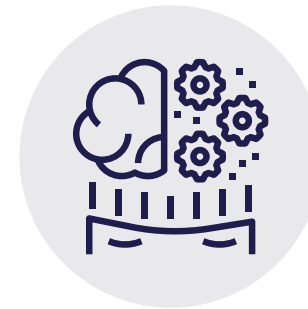
# Analyze Influences

## Grades 3-5

### Language of Health Literacy:

\_\_\_ is an important part of who I am.  
I \_\_\_ everyday.  
I am proud of \_\_\_\_.  
I would describe myself as \_\_\_\_.  
\_\_\_ is an important part of who I am because \_\_\_\_.

#### Step 1



### Step 1: Who Am I?

#### Sub Skills:

- Describe my personality
- Explain important parts of my personality

An influence is \_\_\_\_.  
Understanding influences in my life is important because \_\_\_\_.  
I like \_\_\_ because \_\_\_\_.  
I connect with \_\_\_ because \_\_\_\_.  
\_\_\_ is important to me because \_\_\_\_.  
\_\_\_ (person) influence(s) \_\_\_\_.  
I \_\_\_ because \_\_\_ influences me.  
My (culture/family) influences me because \_\_\_\_.  
My (school/community) supports my health by \_\_\_\_.  
My (school/community) could start \_\_\_ to support my health better.

#### Step 2



### Step 2: What Made Me Who I Am?

#### Sub Skills:

- Define influence
- Explain influence of people
- Explain influence of media and technology
- Explain influence of school and community

\_\_\_ make(s) it easier for me to \_\_\_\_.  
\_\_\_ make(s) it harder for me to \_\_\_\_.  
\_\_\_ is a healthy influence.  
\_\_\_ is not a healthy influence.

#### Step 3



### Step 3: How Does Who I Am Connect to My Future?