



Self-Management Grades 6-8

Language of Health Literacy:

To be responsible means ____.

I am responsible for ____ because ____.

I need to be more responsible for ____ because ____.

I want to be more responsible for ____ because ____.

I used to be responsible for ____, but now I've added ____.

An important responsibility for maintaining my health is ____ because ____.

Step 1

To improve my health, I am going to learn to ____ because ____.

To be more responsible for ____, I am going to make sure I ____ because ____.

Step 2

A potential barrier I may face is _____. To overcome this barrier, I will _____.

It may be hard to _____ in order to stay healthy. Therefore, I will _____.

To continue practicing this health action in my daily life, I need to _____.

In my daily life, I can _____ to maintain/improve my health.

Step 3



Step 1: Identify Personal Responsibilities

Sub Skills:

- Define responsibility
- Identify responsibilities
- Connect responsibility to different areas of health



Step 2: Choose a Skill or Strategy

Sub Skills:

- Define health practice
- Choose a health practice or strategy
- Research a health practice, skill, or strategy



Step 3: Make It a Habit

Sub Skills:

- Identify potential barriers
- Demonstrate the health practice, skill, or strategy
- Use the health practice, skill, or strategy regularly



Step 4: Reflect

Reflection Questions:

- How did the health practice or strategy improve my health?
- Do I use this health practice or strategy consistently? Why or why not?
- Are there other health practices or strategies that I could add?
- What barriers did I experience trying to use this health practices or strategy regularly? How did I overcome these barriers?
- Do I need any additional support to take on this responsibility? If so, what support do I need?