

# Self-Management Grades PreK-2

## Language of Health Literacy:

I will need to learn to take care of \_\_\_\_.  
\_\_\_\_ helps me take care of \_\_\_\_.

I am feeling \_\_\_\_ about my physical health.

I am feeling \_\_\_\_ about my mental health.

I am feeling \_\_\_\_ about my social health.

### Step 1

I am going to \_\_\_\_ to be \_\_\_\_ (healthy/safe).

I am going to \_\_\_\_ to stay \_\_\_\_ (healthy/safe).

### Step 2

I got better at \_\_\_\_\_. I did this by \_\_\_\_\_.

I practiced \_\_\_\_\_ to get better.

I \_\_\_\_\_ everyday.

I remember to \_\_\_\_\_ every time I \_\_\_\_\_.

\_\_\_\_\_ helps me remember to \_\_\_\_\_.

I \_\_\_\_\_ when I am at (home/school/).

### Step 3



## Step 1: Know What Helps You Be Health

### Sub Skills:

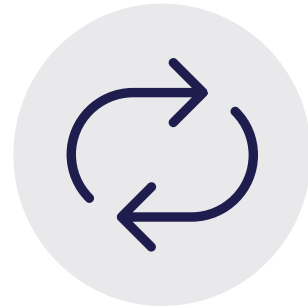
- Name areas of my health
- Pick an area of health to pay attention to



## Step 2: Do Something Healthy

### Sub Skills:

- Do a health practice to be healthy and safe
- Do a health practice to stay healthy and safe



## Step 3: Make It a Habit

### Sub Skills:

- Get better at the health practice
- Use the health practice when needed



## Step 4: Look Back & Learn

### Reflection Questions:

- Did the health practice help me?
- How did the health practice help me be healthy and safe?
- How did the health practice help me stay healthy and safe?
- What other health practices do I need to learn to help me be healthy and safe?