

## Teen Health Course 2

### Chapter 2 Taking Charge of Your Health

#### VIDEO SUMMARY

In the video, Anita has trouble setting priorities and meeting all of her responsibilities. After forgetting to pick up her little brother, Anita decides to ask for help with her organizational skills. Anita's older sister suggests some strategies that will help Anita remember her goals and reduce her stress.

[Click here to watch video; 00:06:16](#)



#### Discussion Questions

1. How is Anita's inability to get organized affecting her relationships?  
*Anita's family gets angry with her when she fails to meet her responsibilities.*
2. What strategies do you use to ensure your responsibilities are met?  
*Answers will vary.*
3. Responsibility is a trait of good character. What are some other traits of good character?  
*Trustworthiness, respect, caring, citizenship, and fairness.*

## Activity

### OBJECTIVE

Students will develop personal calendars to record and track their prioritized list of responsibilities. After a month of implementation, students will analyze how being aware of due dates, expectations, and requirements affects their stress levels.

*Skill Summary:* Stress Management; Goal Setting

### MATERIALS

- Calendar form sheets, tables or charts for each month
- Art materials to personalize calendar pages
- School calendar marked with essential dates and times

### PROCEDURES

1. Have students create monthly calendars using calendar form sheets or chart paper. Work with students to fill in assignment due dates, school holidays, and other important dates.
2. Encourage students to personalize their calendars with family birthdays or other personal dates.
3. Implement calendar use for one month, then have students discuss whether or not the calendars helped them to stay organized and minimize negative stress.

### EXTENSION

Have students work in groups to develop "stress-buster kits" to share with peers or younger students. Kits can include pre-made calendars, helpful time-management hints, and supplies.

### WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

- Visit [pbskids.org](http://pbskids.org) for tips on time-management, goal-setting, budgeting, and priority-setting.
- Create a [pie graph](#) of a typical day for a visual representation of how you spend your time.



Go to [Fitness Zone Online](#) for additional [fitness activities](#), [videos](#), and [podcasts](#).

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After you have watched the video, write your responses to these questions.

1. How is Anita's inability to get organized affecting her relationships?

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2. What strategies do you use to ensure your responsibilities are met?

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3. Responsibility is a trait of good character. What are some other traits of good character?

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