

## Healthy Families in the Future

**NHES Standard 1** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**NHES Standard 5** Students will demonstrate the ability to use decision-making skills to enhance health.

### Teaching Objectives

- Understand how the family affects physical, social, and mental/emotional health.
- Develop and rank a list of preferred family characteristics.

### Teaching Strategies

- Give each student one sheet of paper.
- Instruct students to complete steps 1 through 3.
- Give students an opportunity to reflect on their lists and identify lifestyle choices and behaviors they can do now to achieve their healthy family in the future.

### Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score.

- ✓ Demonstrate healthful behaviors, habits, and/or techniques
- ✓ Identify protective behaviors (e.g., first-aid techniques, safety steps, strategies) to avoid/manage unhealthy or dangerous situations
- ✓ List steps in correct order

# Hands-On **HEALTH**



## Healthy Families in the Future

Congratulations! You are going to create your future healthy family! During this activity, you will identify characteristics that you believe are necessary for a healthy family. Consider the characteristics of a strong family, including traits that promote physical, social, and mental/emotional health.

### What You'll Need

- 1 sheet of paper
- pen or pencil

### What You'll Do

#### Step 1

Review Chapter 7 and identify ten characteristics that you believe are necessary for a physically, socially, and mentally/emotionally healthy family. Write each characteristic on your sheet of paper.

#### Step 2

Rank the characteristics from 1 to 10 with number 1 being the most important.

#### Step 3

Compare and contrast your list to another classmate's list, giving evidence to support your top five characteristics.

### Apply and Conclude

Identify lifestyle choices and behaviors you can do now to help you achieve your healthy family in the future.

### Checklist: Self-Management Skills

- ✓ Demonstrate healthful behaviors, habits, and techniques
- ✓ Identify protective behaviors (such as first-aid techniques, safety steps, or strategies) to help you avoid and manage unhealthy or dangerous situations
- ✓ List steps in correct order



## Cooperative Learning

**Television Script** Ask students to describe some families they are familiar with from television. Have them describe the structures and some challenges faced by these families. Then have students form

small groups to write a script for a 5- to 10-minute-long television segment about a blended family. After the scripts have been written, have each group present its work to the class, either as a skit or in video format.