**Self Management Daily objectives and Bell ringers:**

**Lesson 1 Objective:** I can describe the similarities and differences that I have with my fellow classmates.

**Bell Ringer:** 5 adjectives to describe a healthy person are…

**Lesson 2 Objective:** I can identify the 3 parts of the Health Triangle.

**Bell Ringer:** Teens need more sleep than adults because…

**Lesson 3 Objective:** I can explain how risk factors and attitude can affect a persons’ Health Triangle.

**Bell Ringer:** A person with “Total Health” looks like…

**Lesson 4 Objective:** I can describe how to keep my Health Triangle balanced.

**Bell Ringer:** It is important to keep my Health Triangle balanced because…

**Lesson 5 Objective:** I can identify basic skills that you need for overall health.

**Bell Ringer:** I access information about health by…

**Lesson 6 Objective:** I can explain how heredity, my environment and my cultural background can affect my health.

**Bell Ringer:** Some physical health traits that I share with my parents are…

**Lesson 7 Objective:** I can describe how risks and risk behaviors can affect my health.

**Bell Ringer:** 5 examples of risky behavior are…

**Lesson 8 Objective:** I can create a poster describing my physical, emotional and social health.

**Bell Ringer:** 5 characteristics to describe my physical health are…