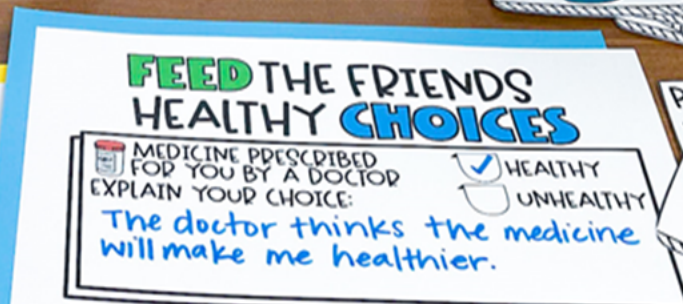


HEALTHY & SAFE CHOICES



BEST TEACHER

Heart & Mind Teaching



FEED THE FRIENDS HEALTHY & SAFE CHOICES

Session Objective:

*Students will sort choices that are safe/healthy and unsafe/unhealthy.

Materials:

- *Scissors, tape/glue, pencils.
- *People, trash can, and choices cut out (in advance).
- *Paper bags to glue person and trash can to (if you choose to sort that way).

Guiding Questions:

- *What are some choices that are unhealthy/unsafe?
- *What is the difference between unhealthy and unsafe choices?

Session Details (about 30 minutes)

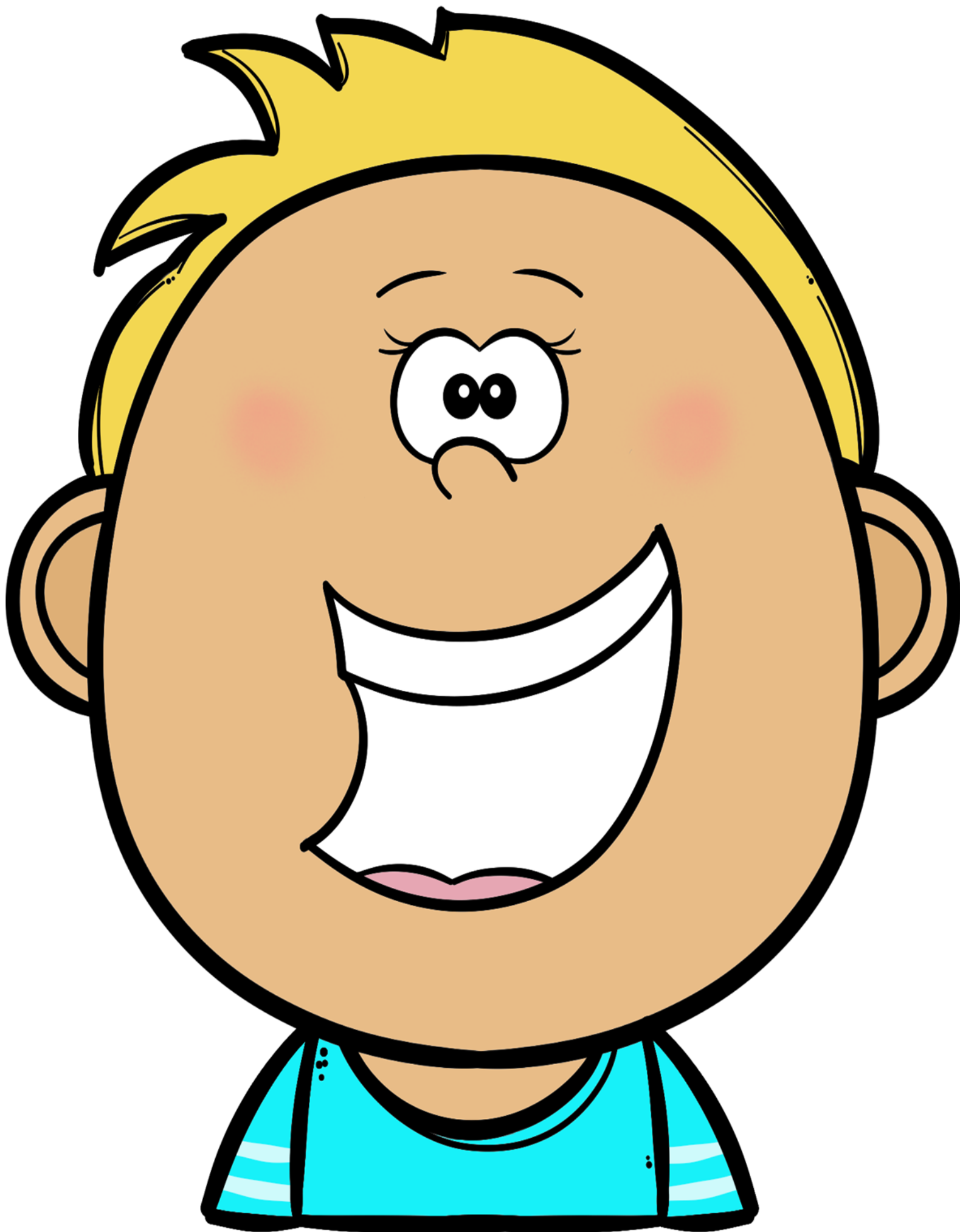
*Say "What we put in our bodies and how we treat our bodies is important to our overall well-being. The choices we make can make us healthier and have our bodies function better, or they can make our bodies sick or in danger of injury. That is why it is so important to make healthy and safe choices. We are going to do an activity to practice this by sorting between the healthy/safe choices and the unhealthy/unsafe choices." Choose between the 4 people options, and place one on the table with the trash can. "We are going to put the healthy and safe choices in the person's mouth. The unhealthy and unsafe choices we are going to put in the trash can. Let's do one together, water, is this a healthy or unhealthy choice? (wait for responses) Water is healthy, so we put the water card into the person's mouth." Continue with the rest of the sorting cards. Pass out the accompanying handouts and have students explain why they chose safe/unsafe for each item. Then pass out the Unhealthy and Unsafe choices handout. Say "Unhealthy choices are not good for your overall health and well-being. Unsafe choices are dangerous and can hurt you. Put a checkmark on the items determining if they are unhealthy or unsafe choices." Afterward, have students complete the pledge by writing in four ways they are going to make healthy and safe choices and signing.

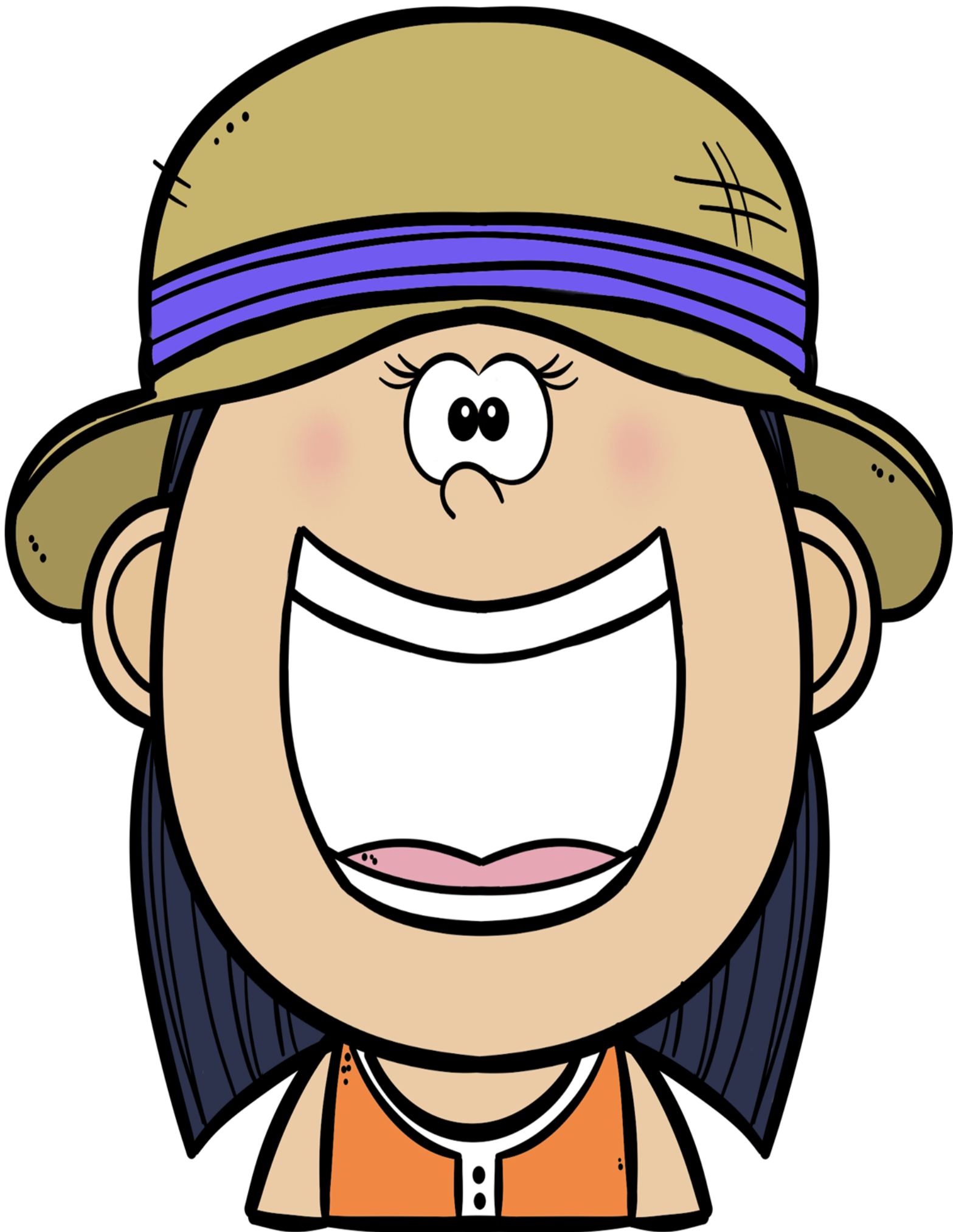
ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Self-Management: Demonstrate personal safety skills. (B-SM 9)

SEL Competencies:

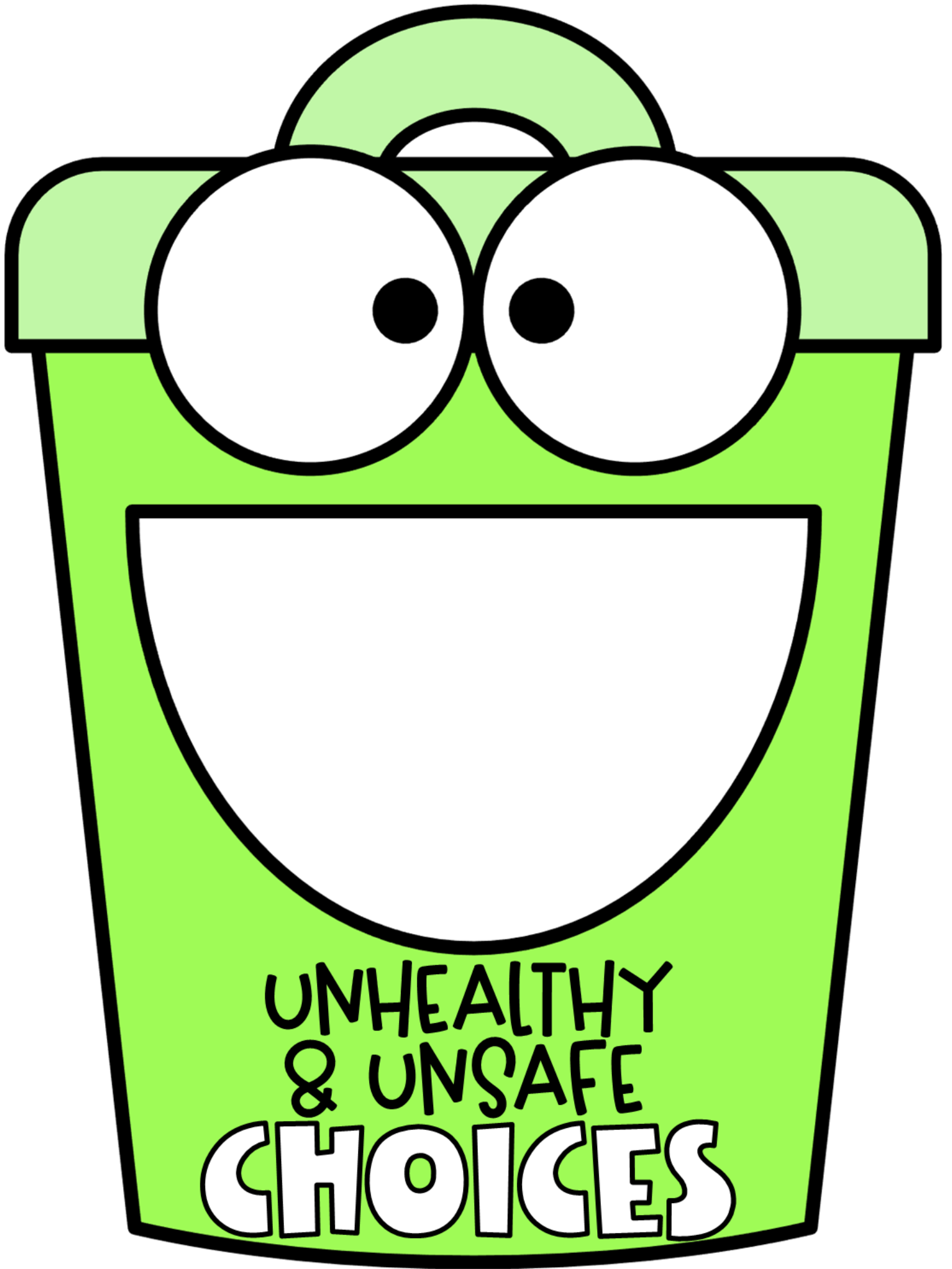
- *Responsible decision-making: analyzing situations.
- *Self-management: self-discipline.











UNHEALTHY
& UNSAFE
CHOICES

HEALTHY CHOICES

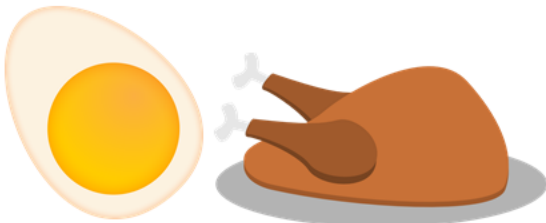
WATER



VEGGIES



PROTEIN



FRUIT



VITAMINS



MEDICINE
PRESCRIBED FOR
YOU BY A DOCTOR



HEALTHY CHOICES

EXERCISE



KIND ACTS



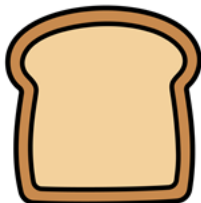
MILK



SELF
CONFIDENCE



WHOLE
GRAINS

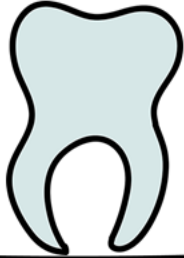


POSITIVE
THOUGHTS



HEALTHY CHOICES

BRUSHING
TEETH



GETTING
REST



BATHING



WASHING
HANDS



TAKING A
BREAK



EATING A
GOOD BREAKFAST

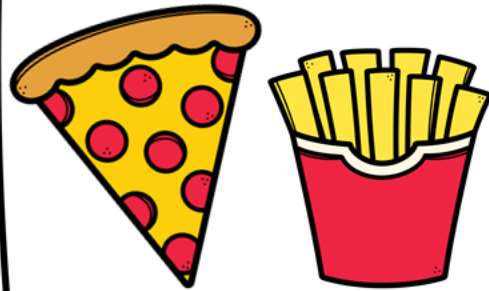


UNHEALTHY CHOICES

SWEETS



JUNK FOOD



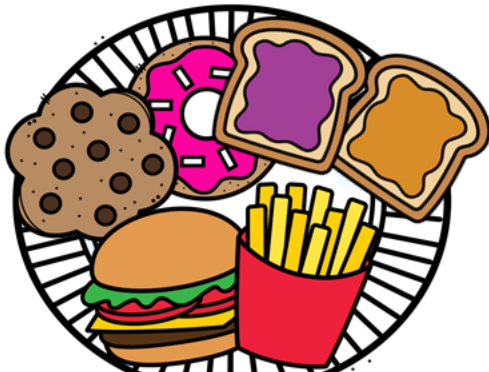
CANDY



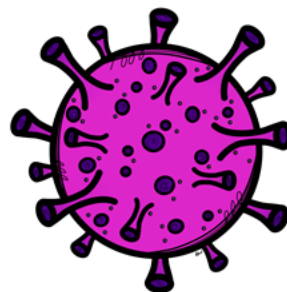
SODA



OVEREATING

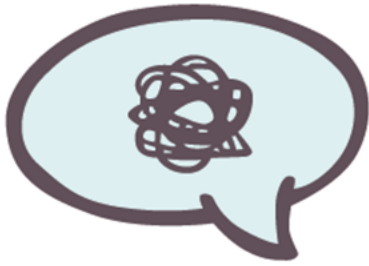


GERMS



UNHEALTHY CHOICES

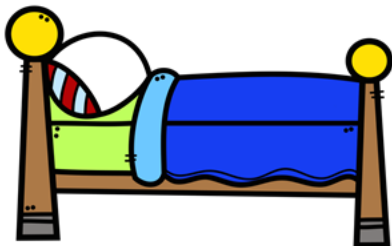
STRESS



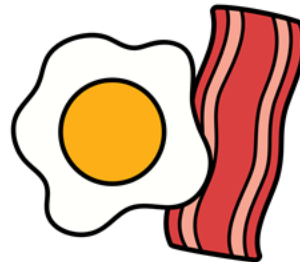
TOO MUCH
SCREEN TIME



GOING TO
BED LATE



SKIPPING
BREAKFAST



NOT USING
COPING SKILLS



NEGATIVE
THOUGHTS



SAFE CHOICES

ASKING ABOUT
SOMETHING THAT
IS UNKNOWN TO
YOU



TELLING AN ADULT
IF YOU SEE
SOMETHING UNSAFE



WEARING A
HELMET



WEARING A
SEATBELT



WEARING
SUNSCREEN



TRUSTING YOUR
GUT FEELING



UNSAFE CHOICES

BEING AROUND
SMOKERS



POISON



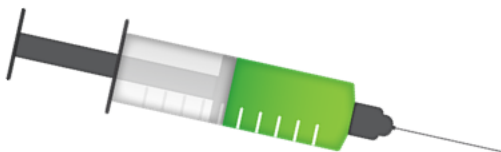
CHEMICALS



WILD
MUSHROOMS



DRUGS



STEROIDS



UNSAFE CHOICES

PILLS FOUND
IN A CABINET



ALCOHOL



CIGARETTE



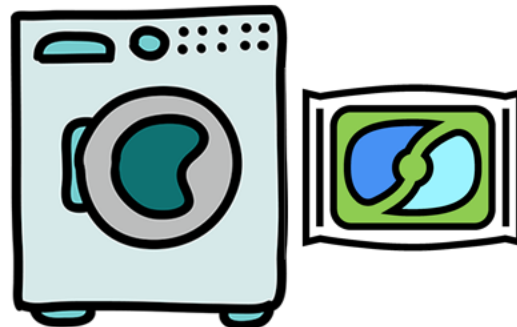
VAPING



TOUCHING
SOMEONE'S
BLOOD

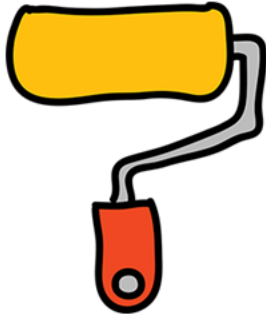


TIDE PODS

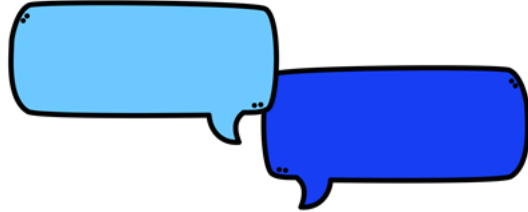


UNSAFE CHOICES

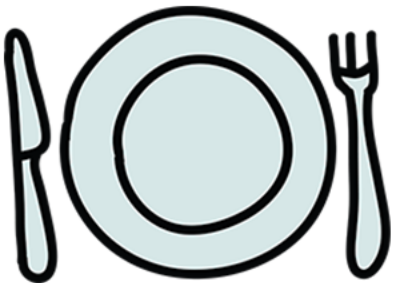
PAINT FUMES



TALKING TO
STRANGERS



NOT EATING



NOT LOOKING
WHEN CROSSING
THE STREET



KEEPING
SECRETS



CHATTING WITH
A STRANGER
ONLINE

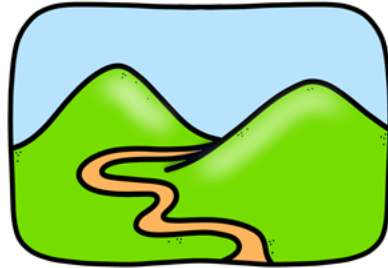


UNSAFE CHOICES

UNSAFE
TOUCH



TAKING AN
UNKNOWN ROUTE



PLAYING
WITH
FIRE



SNIFFING
GLUE



SWIMMING
ALONE



MEETING WITH
AN ONLINE
STRANGER



FEED THE FRIENDS HEALTHY CHOICES



JUNK FOOD

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



CANDY

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



VEGGIES

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



WATER

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



SODA

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



PROTEIN

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



MEDICINE PRESCRIBED
FOR YOU BY A DOCTOR
EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



VITAMINS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



STRESS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



TOO MUCH SCREEN TIME
EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



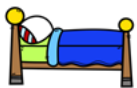
EXERCISE
EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



GOING TO BED LATE
EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



SKIPPING BREAKFAST

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



EATING A GOOD BREAKFAST

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



GETTING REST

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



WASHING HANDS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



BRUSHING TEETH

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



GERMS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



NEGATIVE THOUGHTS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



POSITIVE THOUGHTS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



SELF-CONFIDENCE

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



TAKING A BREAK

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



KIND ACTS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



MILK

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



SWEETS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



WHOLE GRAINS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



FRUIT

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



OVEREATING

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



BATHING

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



NOT USING COPING SKILLS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS SAFE CHOICES



WEARING A SEATBELT

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



TALKING TO STRANGERS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



NOT EATING

EXPLAIN YOUR CHOICE:



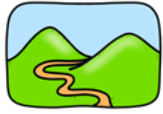
SAFE



UNSAFE

FEED THE FRIENDS

SAFE CHOICES



TAKING AN UNKNOWN
ROUTE
EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



NOT LOOKING WHEN
CROSSING THE STREET
EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



WEARING A HELMET
EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS

SAFE CHOICES



CIGARETTES

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



BEING AROUND SMOKERS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



VAPING

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS

SAFE CHOICES



POISON

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



CHEMICALS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



WILD MUSHROOMS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS

SAFE CHOICES



SMIFFING GLUE

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



WEARING SUNSCREEN

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



DRUGS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS SAFE CHOICES



KEEPING SECRETS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



TRUSTING YOUR GUT FEELING

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



UNSAFE TOUCH

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS

SAFE CHOICES



TELLING AN ADULT IF YOU
SEE SOMETHING UNSAFE
EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



CHATTING WITH A
STRANGER ONLINE
EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



MEETING WITH AN
ONLINE STRANGER
EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS

SAFE CHOICES



TOUCHING SOMEONE'S
BLOOD

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



SWIMMING ALONE

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



PLAYING WITH FIRE

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS

SAFE CHOICES



ALCOHOL



SAFE



UNSAFE

EXPLAIN YOUR CHOICE:



ASKING ABOUT SOMETHING
THAT IS UNKNOWN TO YOU



SAFE



UNSAFE

EXPLAIN YOUR CHOICE:



PILLS FOUND IN A CABINET



SAFE



UNSAFE

EXPLAIN YOUR CHOICE:

FEED THE FRIENDS

SAFE CHOICES



TIDE PODS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



SMIFFING PAINT FUMES

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



STEROIDS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

UNHEALTHY OR UNSAFE CHOICES

Unhealthy choices are not good for your overall health and well-being. Unsafe choices are dangerous and can hurt you. Put a checkmark on the items determining if they are unhealthy or unsafe choices.

UNHEALTHY UNSAFE

 JUNK FOOD		
 CHEMICALS		
 SNIFFING GLUE		
 CANDY		
 TALKING TO A STRANGER ONLINE		
 TOO MUCH SCREEN TIME		
 SWEETS		
 PILLS FOUND IN A CABINET		
 OVEREATING		
 STEROIDS		
 VAPING		
 BEING AROUND SMOKERS		
 SKIPPING BREAKFAST		
 SODA		
 CIGARETTES		
 STRESS		
 GERMS		
 DRUGS		
 ALCOHOL		

I PLEDGE TO MAKE
HEALTHY & SAFE
CHOICES BY:









SIGN NAME:

FEED THE FRIENDS HEALTHY & SAFE CHOICES

Session Objective:

*Students will sort choices that are safe/healthy and unsafe/unhealthy.

Materials:

*Scissors, tape/glue, pencils.

*People, trash can, and choices cut out (in advance).

*Paper bags to glue person and trash can to (if you choose to sort that way).

Guiding Questions:

*What are some choices that are unhealthy/unsafe?

*What is the difference between unhealthy and unsafe choices?

Session Details (about 30 minutes)

*Say "What we put in our bodies and how we treat our bodies is important to our overall well-being. The choices we make can make us healthier and have our bodies function better, or they can make our bodies sick or in danger of injury. That is why it is so important to make healthy and safe choices. We are going to do an activity to practice this by sorting between the healthy/safe choices and the unhealthy/unsafe choices." Choose between the 4 people options, and place one on the table with the trash can. "We are going to put the healthy and safe choices in the person's mouth. The unhealthy and unsafe choices we are going to put in the trash can. Let's do one together, water, is this a healthy or unhealthy choice? (wait for responses) Water is healthy, so we put the water card into the person's mouth." Continue with the rest of the sorting cards. Pass out the accompanying handouts and have students explain why they chose safe/unsafe for each item. Then pass out the Unhealthy and Unsafe choices handout. Say "Unhealthy choices are not good for your overall health and well-being. Unsafe choices are dangerous and can hurt you. Put a checkmark on the items determining if they are unhealthy or unsafe choices." Afterward, have students complete the pledge by writing in four ways they are going to make healthy and safe choices and signing.

ASCA Standards Alignment:

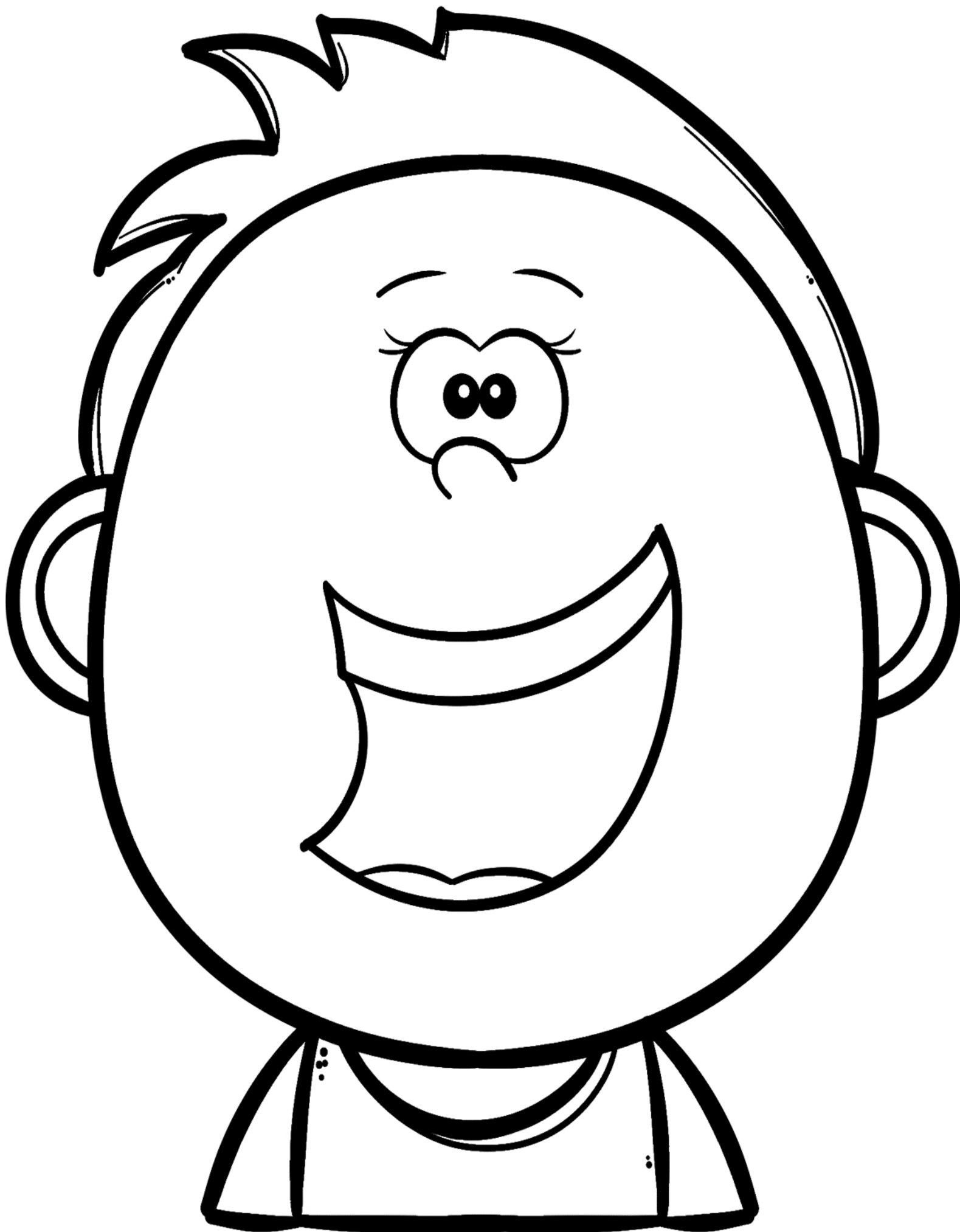
*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

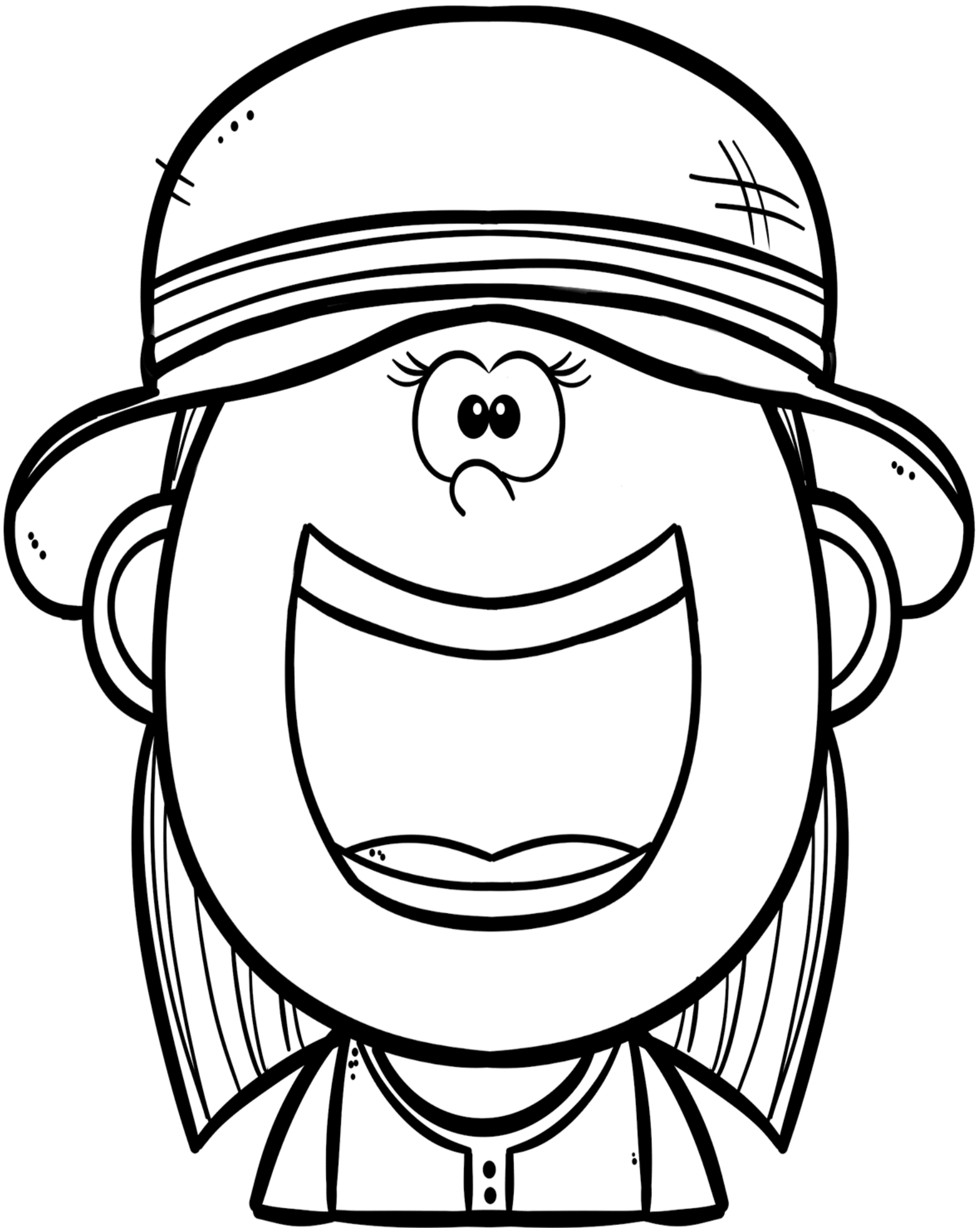
*Behavior: Self-Management: Demonstrate personal safety skills. (B-SM 9)

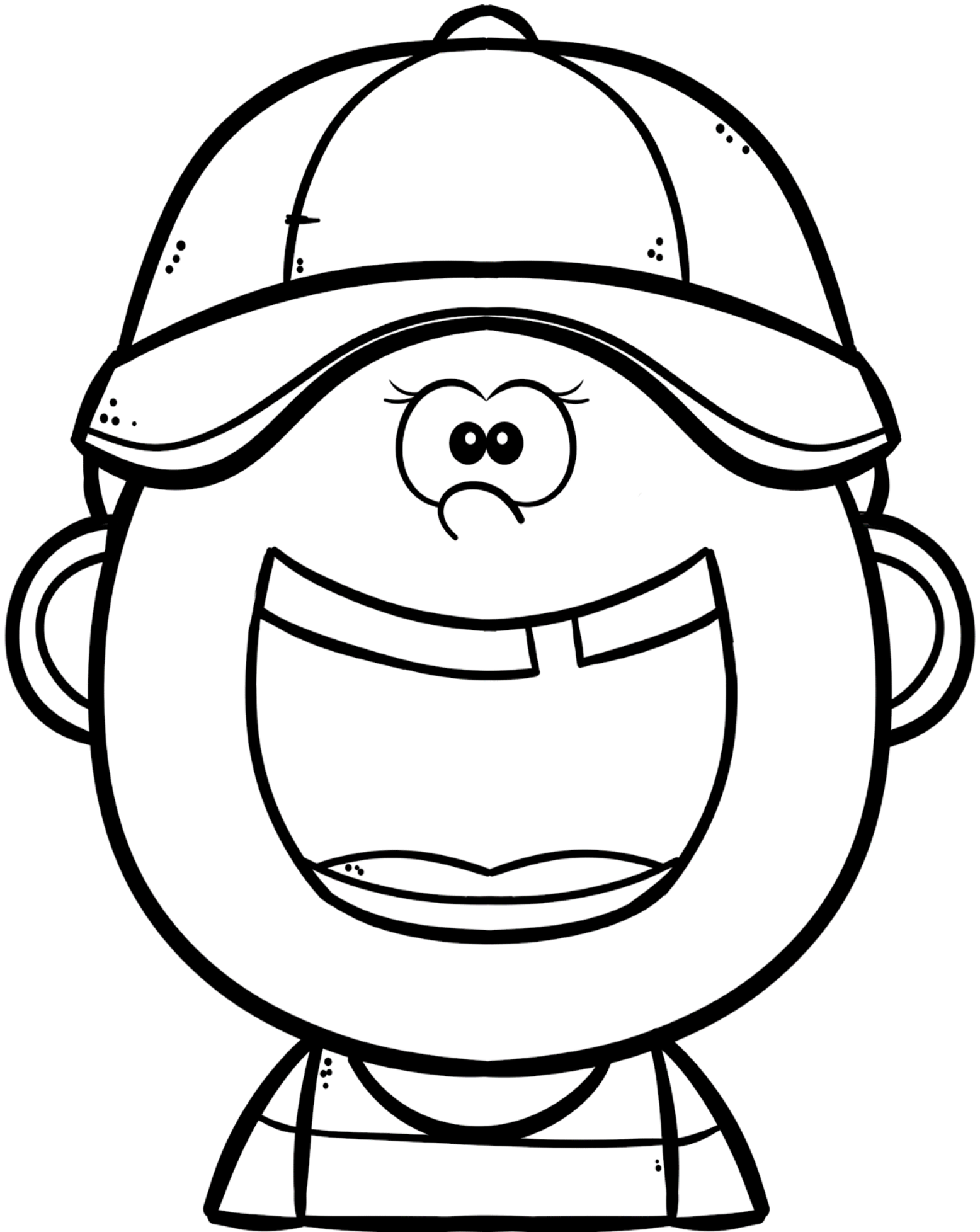
SEL Competencies:

*Responsible decision-making: analyzing situations.

*Self-management: self-discipline.











UNHEALTHY
& UNSAFE
CHOICES

HEALTHY CHOICES

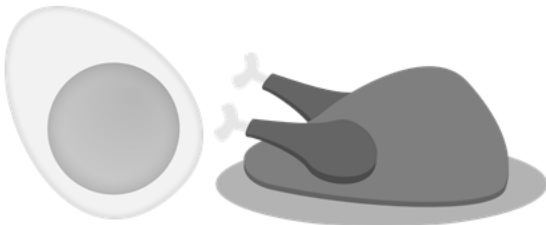
WATER



VEGGIES



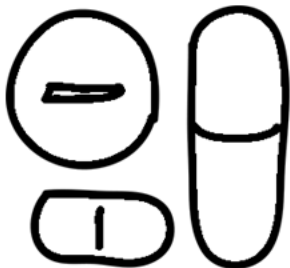
PROTEIN



FRUIT



VITAMINS

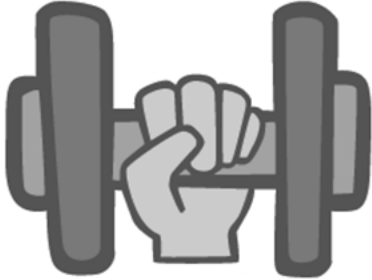


MEDICINE
PRESCRIBED FOR
YOU BY A DOCTOR



HEALTHY CHOICES

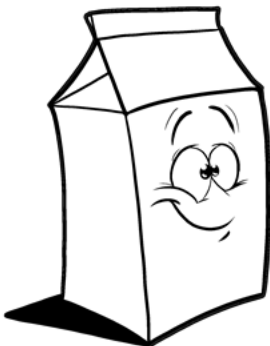
EXERCISE



KIND ACTS



MILK



SELF
CONFIDENCE



WHOLE
GRAINS



POSITIVE
THOUGHTS



HEALTHY CHOICES

BRUSHING
TEETH



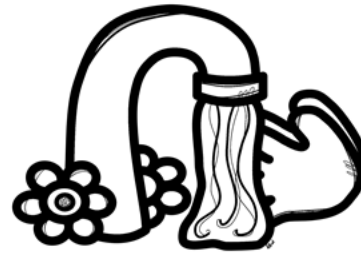
GETTING
REST



BATHING



WASHING
HANDS



TAKING A
BREAK

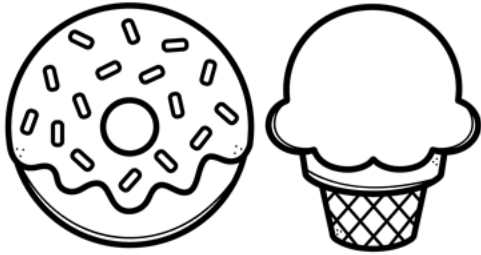


EATING A
GOOD BREAKFAST

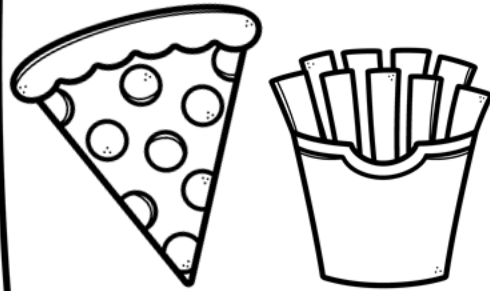


UNHEALTHY CHOICES

SWEETS



JUNK FOOD



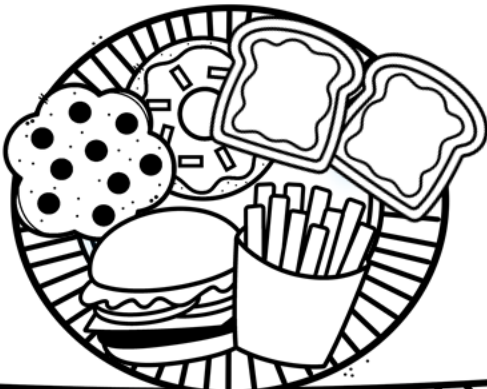
CANDY



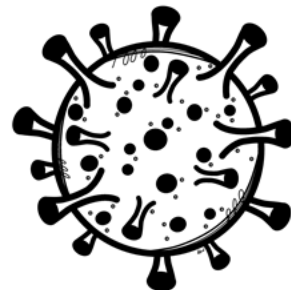
SODA



OVEREATING

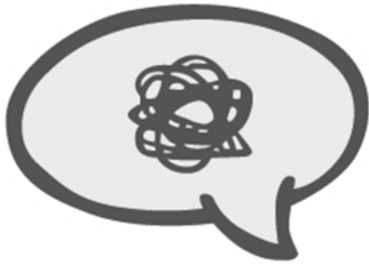


GERMS



UNHEALTHY CHOICES

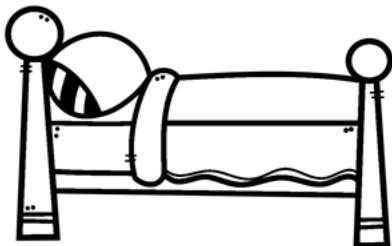
STRESS



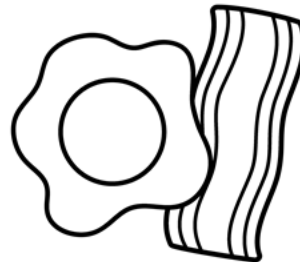
TOO MUCH
SCREEN TIME



GOING TO
BED LATE



SKIPPING
BREAKFAST



NOT USING
COPING SKILLS



NEGATIVE
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SAFE CHOICES

ASKING ABOUT
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TELLING AN ADULT
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WEARING A
HELMET



WEARING A
SEATBELT



WEARING
SUNSCREEN



TRUSTING YOUR
GUT FEELING



UNSAFE CHOICES

BEING AROUND
SMOKERS



POISON



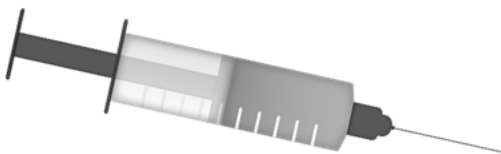
CHEMICALS



WILD
MUSHROOMS



DRUGS



STEROIDS



UNSAFE CHOICES

PILLS FOUND
IN A CABINET



ALCOHOL



CIGARETTE



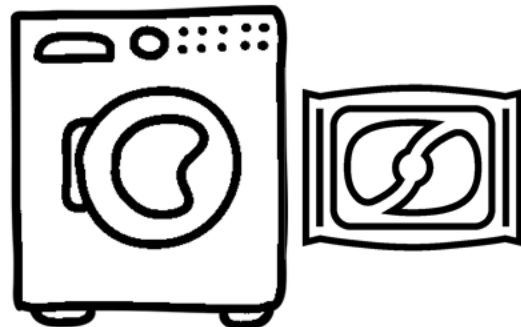
VAPING



TOUCHING
SOMEONE'S
BLOOD

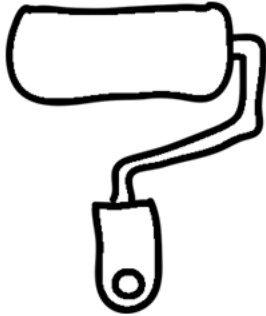


TIDE PODS

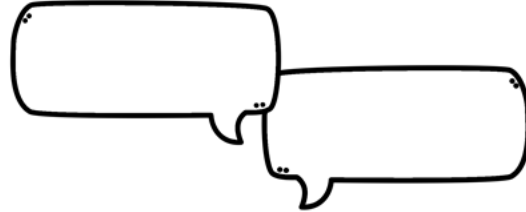


UNSAFE CHOICES

PAINT FUMES



TALKING TO
STRANGERS



NOT EATING



NOT LOOKING
WHEN CROSSING
THE STREET



KEEPING
SECRETS



CHATTING WITH
A STRANGER
ONLINE

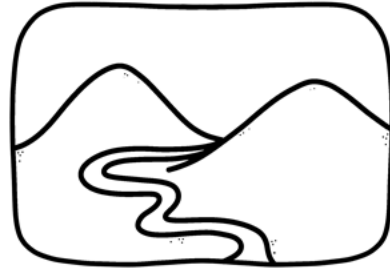


UNSAFE CHOICES

UNSAFE
TOUCH



TAKING AN
UNKNOWN ROUTE



PLAYING
WITH
FIRE



SNIFFING
GLUE



SWIMMING
ALONE



MEETING WITH
AN ONLINE
STRANGER



FEED THE FRIENDS HEALTHY CHOICES



JUNK FOOD

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



CANDY

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



VEGGIES

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



WATER

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



SODA

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



PROTEIN

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



MEDICINE PRESCRIBED
FOR YOU BY A DOCTOR
EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



VITAMINS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



STRESS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



TOO MUCH SCREEN TIME

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



EXERCISE

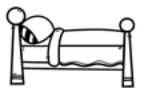
EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



GOING TO BED LATE

EXPLAIN YOUR CHOICE:

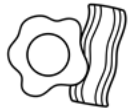


HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



SKIPPING BREAKFAST

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



EATING A GOOD BREAKFAST

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



GETTING REST

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



WASHING HANDS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



BRUSHING TEETH

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



GERMS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



NEGATIVE THOUGHTS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



POSITIVE THOUGHTS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



SELF-CONFIDENCE

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



TAKING A BREAK

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



KIND ACTS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



MILK

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



SWEETS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



WHOLE GRAINS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



FRUIT

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS HEALTHY CHOICES



OVEREATING

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



BATHING

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY



NOT USING COPING SKILLS

EXPLAIN YOUR CHOICE:



HEALTHY



UNHEALTHY

FEED THE FRIENDS

SAFE CHOICES



WEARING A SEATBELT

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



TALKING TO STRANGERS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



NOT EATING

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS

SAFE CHOICES



TAKING AN UNKNOWN
ROUTE

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



NOT LOOKING WHEN
CROSSING THE STREET

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



WEARING A HELMET

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS SAFE CHOICES



CIGARETTES

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



BEING AROUND SMOKERS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



VAPING

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS

SAFE CHOICES



POISON

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



CHEMICALS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



WILD MUSHROOMS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS SAFE CHOICES



SMIFFING GLUE

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



WEARING SUNSCREEN

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



DRUGS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS SAFE CHOICES



KEEPING SECRETS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



TRUSTING YOUR GUT FEELING

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



UNSAFE TOUCH

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS

SAFE CHOICES



TELLING AN ADULT IF YOU
SEE SOMETHING UNSAFE
EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



CHATTING WITH A
STRANGER ONLINE
EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



MEETING WITH AN
ONLINE STRANGER
EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS

SAFE CHOICES



TOUCHING SOMEONE'S
BLOOD

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

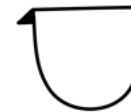


SWIMMING ALONE

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



PLAYING WITH FIRE

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

FEED THE FRIENDS SAFE CHOICES



ALCOHOL



SAFE



UNSAFE

EXPLAIN YOUR CHOICE:



ASKING ABOUT SOMETHING
THAT IS UNKNOWN TO YOU



SAFE



UNSAFE

EXPLAIN YOUR CHOICE:



PILLS FOUND IN A CABINET



SAFE



UNSAFE

EXPLAIN YOUR CHOICE:

FEED THE FRIENDS SAFE CHOICES



TIDE PODS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



SMIFFING PAINT FUMES

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE



STEROIDS

EXPLAIN YOUR CHOICE:



SAFE



UNSAFE

UNHEALTHY OR UNSAFE CHOICES

Unhealthy choices are not good for your overall health and well-being. Unsafe choices are dangerous and can hurt you. Put a checkmark on the items determining if they are unhealthy or unsafe choices.

UNHEALTHY UNSAFE

 JUNK FOOD		
 CHEMICALS		
 SNIFFING GLUE		
 CANDY		
 TALKING TO A STRANGER ONLINE		
 TOO MUCH SCREEN TIME		
 SWEETS		
 PILLS FOUND IN A CABINET		
 OVEREATING		
 STEROIDS		
 VAPING		
 BEING AROUND SMOKERS		
 SKIPPING BREAKFAST		
 SODA		
 CIGARETTES		
 STRESS		
 GERMS		
 DRUGS		
 ALCOHOL		

I PLEDGE TO MAKE HEALTHY & SAFE CHOICES BY:









SIGN NAME:

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Feed the Friends](#)

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3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

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5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

[Helpful links for using Google Classroom:](#)

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



Thank you for supporting my little shop!

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

Access my Freebie Library

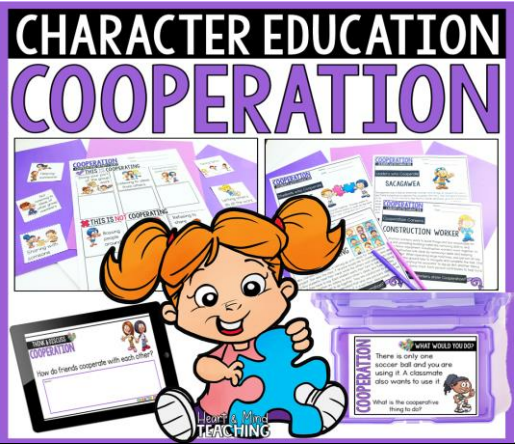
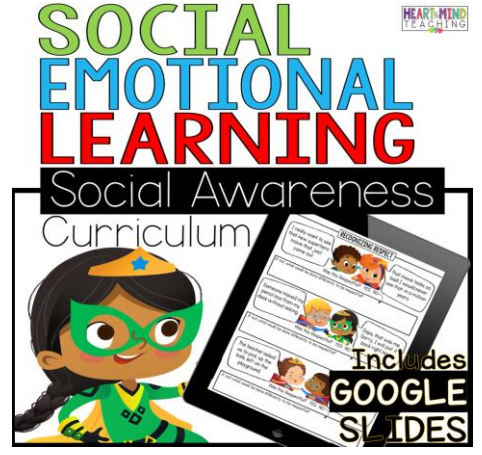


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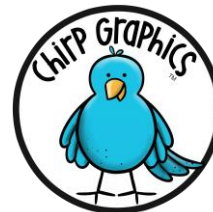
Ashley

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