

The student will:

Present Tense/ Action Verb	Adjective	Object (limit to one object)	Method of Evaluation/Assessment	Common Core State Standard	National Standard
1.0 Explore Factors That Affect Personal Development				1.0, 13.0	
Examine	self-esteem and self-concept	factors	View a video about self esteem and make a list of high and low characteristics	RST.6-8.2 WHST.6-8.2	
Explore	self-esteem and self-concept	improvement	Plan a project around "random acts of kindness"	WHST.6-8.2 WHST.6-8.4	WHST.6-8.5
Examine	personal	values	Complete a values inventory (#5)	WHST.6-8.2	
Discuss	values change	causes	Brainstorm list.	SL.6.1	
Differentiate	goal-setting	types	Make a "mobile of goals"	WHST.6-8.2 WHST.6-8.4	WHST.6-8.5
Demonstrate	goal-setting	skills	Complete activity #8 "Aim High"	WHST.6-8.2	SL.6.1
Examine	negative and positive	peer pressure	List examples of each	WHST.6-8.2	
Explore	attitude on personal behavior	role	Respond to scenarios	SL.6.1	
Recognize	personal safety	hazards	Do activity #9 Cruel Schools - make posters about school violence	WHST.6-8.2 WHST.6-8.4	WHST.6-8.5 WHST.6-8.6
2.0 Explore Relationships In The Family And Community				6.0, 12.0, 13.0	
Identify	family roles on teen lives	impact	Participate in class discussion and brainstorm roles	SL.6.1	
Explore	family	heritage	Research and create a family poster	RST.6-8.1 RST.6-8.2 WHST.6-8.2 WHST.6-8.4	WHST.6-8.5 WHST.6-8.6 WHST.6-8.7
Explore	how cultures value families	differently	Invite people from different cultures for a panel discussion	SL.6.1	
Explain	communication in family	roles	Participate in communication activities	SL.6.1	
Describe	strong family	characteristics	Create a collage representing traits	WHST.6-8.2	

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Identify	family	traditions	Interview family members and share information with the class	SL.6.1 WHST.6-8.2	WHST.6-8.5
Explore	possible family	activities	Combine class ideas and create a "recipe" book of activities	SL.6.1 WHST.6-8.2	
Identify	good friend	characteristics	Role play responsible friendships (#34)	SL.6.1	
Explain	friendship	importance	Write a letter to a friend following guidelines	WHST.6-8.2 WHST.6-8.4	WHST.6-8.5
Define	child	development	Do activity #14 "Confused Cathy"	RST.6-8.2 RST.6-8.3	WHST.6-8.2
List	physical	changes	Brainstorm list.	WHST.6-8.2	
Examine	social	changes	Summarize changes in a chart	WHST.6-8.2	
Identify	children's safety	guidelines	Develop a "child care" check list	WHST.6-8.2 WHST.6-8.4	WHST.6-8.5
Practice	age appropriate play	activities	Plan activities for children and visit a pre-school to practice	RST.6-8.1 RST.6-8.2 RST.6-8.3	WHST.6-8.2 WHST.6-8.4 WHST.6-8.5
Participate	service learning	activity	Plan a project "My Community, My Home"	WHST.6-8.2 WHST.6-8.4	WHST.6-8.5
3.0 Examine Ways To Manage Personal Resources					2.0
List	decision making	steps	Do "Consumer Testing" Activity #19	WHST.6-8.2	
Identify	teen	resources	Create a communication resource list (local and online)	RST.6-8.1 WHST.6-8.2	WHST.6-8.6
Apply	decision making steps regarding	resources	Do "Consumer Rights" Activity #20	WHST.6-8.2	
Examine	money management	skills	Do "Why we buy what we buy" Activity #18	WHST.6-8.2 6.NS.2	6.NS.3
Identify	teen consumer	responsibilities	Do "Consumer Choices" Activity #17	WHST.6-8.2	
Demonstrate	wise consumer	purchase	Do cost comparisons of a variety of teen products	WHST.6-8.2	WHST.6-8.4
Explore	wants vs. needs	differences	In small groups, brainstorm examples and share with the class	WHST.6-8.2 WHST.6-8.5	

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4.0 Develop Skills To Enhance Personal Living Space				11.0	
Identify	ways to manage personal living	space	Do "My bedroom is..." Activity #21	WHST.6-8.2	
Explore	ways to respect other's	space	Do "personal space roommate" Activity #23	WHST.6-8.2	
Examine	personal space	enhancement	Design a room "Trading Spaces" for someone else in the class	WHST.6-8.2 SL.6.1	
Explore	home and personal	safety	Do "Home Safety" worksheet #24	WHST.6-8.2	WHST.6-8.5
5.0 Explore Nutrition And Food Preparation Skills				14.0	
Examine	healthy food choice	reasons	Track and evaluate food intake for 1 week - "Why we eat" Activity #25	WHST.6-8.2 WHST.6-8.4	WHST.6-8.5
Demonstrate	kitchen	sanitation and safety			
Demonstrate	proper kitchen equipment	use			
Prepare	healthy	snacks	Complete healthy snack labs	WHST.6-8.2 6.NS.1	6.NS.2 6.NS.3
6.0 Practice Skills To Enhance Personal Appearance				13.0, 16.0	
Identify	good grooming	habits	Do "Effect on Relationships" scenerios Activity #35	WHST.6-8.2 SL.6.1	
Examine	personal	safety	Create a commercial about personal safety	WHST.6-8.2 WHST.6-8.4	WHST.6-8.5 WHST.6-8.6
Demonstrate	clothing	care	Complete various tasks	RST.6-8.2	
Demonstrate	project	construction	Complete a simple sewing project	RST.6-8.2	
Explore	FCCLA leadership	opportunities	Choose and complete a STAR Event project	WHST.6-8.2 WHST.6-8.4	WHST.6-8.6 SL.6.4