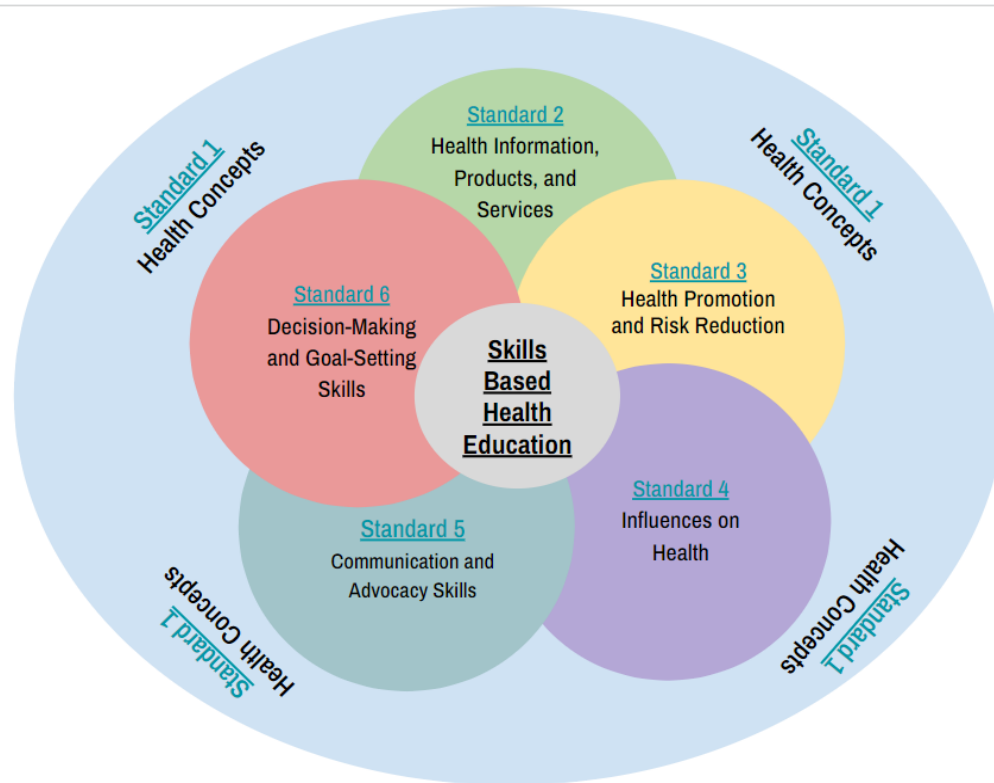


Standard 6 Resource Document by Grade Span



The Maine Department of Education emphasizes a skills-based approach to health education instruction. A [skills-based approach](#) braids together the skills, and content knowledge. This approach aims to develop health literacy, and empower students to maintain and enhance their health and wellness.

Health education content knowledge is most impactful when used to apply a skill in a meaningful way. It is important to select topics that are relevant to your students and provide them with the functional knowledge they need to know in order to develop and apply the health skills. Thus, health content is taught through skills development.

Grade K-2

Standard 6	
Decision-Making and Goal-Setting Skills: Health literate students demonstrate the ability to make decisions and set goals to enhance health.	Suggestions & Resources Below are resources that can help you with planning your lessons and curriculum.

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<p>6.1 Decision-Making Skills</p>	<p style="text-align: center;">K</p> <p>Students name health situations where a decision is needed.</p>	<p style="text-align: center;">Grade 1</p> <p>Students identify health situations where a decision is needed.</p>	<p style="text-align: center;">Grade 2</p> <p>Students identify health situations where decisions can appropriately be made by the individual and when assistance is needed.</p>	<p>Decision Making https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/decision-making/</p> <p>Decision-Making/SEL https://mainepublic.pbslearningmedia.org/subjects/preschool/social-and-emotional-development/responsible-decision-making/</p>
<p>6.2 Goal-Setting Skills</p>	<p style="text-align: center;">K</p> <p>Students identify what health goals are.</p>	<p style="text-align: center;">Grade 1</p> <p>Students explore when health goals are useful.</p>	<p style="text-align: center;">Grade 2</p> <p>Students identify resources to help achieve a personal health goal.</p>	<p>Goal Setting https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/goal-setting/</p>
<p>Samples of Curriculum Lessons & Materials</p> <p>Problem Solving https://learnwithmoose.maine.gov/module/2974/i-have-problem-how-can-i-solve-problems-my-world/overview</p> <p>Decision Making and Goal Setting Lessons - Landing Page from SEL4ME https://sel4me.maine.gov/</p> <p>Decision Making</p>				

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<http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/Grade-PK-2-Decision-Making.pdf>

May Include:

-Situations when health-related decisions can appropriately be made by the individual and when assistance is needed.

Grade 3-5

Standard 6				
Decision-Making and Goal-Setting Skills: Health literate students demonstrate the ability to make decisions and set goals to enhance health.				Suggestions & Resources Below are resources that can help you with planning your lessons and curriculum.
6.1 Decision-Making Skills	Grade 3	Grade 4	Grade 5	Decision Making https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/decision-making/
	Students identify a decision-making process to enhance health.	Students describe when to use a decision-making process to enhance health.	Students apply a decision-making process to enhance health.	
6.2 Goal-Setting Skills	Grade 3	Grade 4	Grade 5	Goal Setting https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/goal-setting/
	Students identify the goal-setting	Students describe when to use a goal-setting	Students practice the goal-setting process to achieve	

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	process to enhance health.	process to enhance health.	a personal health goal.
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Samples of Curriculum Lessons & Materials

Decision Making and Goal Setting Lessons - Landing Page from SEL4ME

<https://sel4me.maine.gov/>

Decision Making

<http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/Grade-3-5-Decision-Making.pdf>

May Include:

- Health-related situations that might require a thoughtful decision.
- Healthy options to health-related issues or problems and predict the potential outcomes of each option when making a health-related decision.
- Healthy option when making a decision.
- Outcomes of a health-related decision.
- Short-term personal health goal.
- Resources to assist in achieving the health goal.
- Progress toward achieving the goal.

Grade 6-8

Standard 6

Decision-Making and Goal-Setting Skills: [Health literate](#) students demonstrate the ability to make decisions and set goals to enhance health.

Suggestions & Resources

Below are resources that can help you with planning your lessons and curriculum.

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6.1 Decision-Making Skills	Students apply decision-making skills to enhance health as an individual and through collaboration .	<p>Decision Making</p> <p>https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/decision-making/</p>
6.2 Goal-Setting Skills	Students apply goal-setting skills to achieve a personal short-term health goal .	<p>https://positivechoices.org.au/teachers/decisionmaking-and-problemsolving-class-activity</p> <p>https://www.aeseducation.com/blog/best-decision-making-activities-middle-school</p> <p>Goal Setting</p> <p>https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-schools/health-education/goal-setting/</p> <p>https://www.free-training-tutorial.com/lifeskills/goalsetting-shortvslongterm.html</p>

Samples of Curriculum Lessons & Materials

Decision Making

<http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/Grade-MS-Decision-Making.pdf>

<https://www.fldoe.org/core/fileparse.php/7531/urlt/informed-decision-making.pdf>

<https://docs.google.com/document/d/1PZNOvtJX6cbTpn1z1HCz6oFdDaxRk-P9bSDyCRNX9Kk/copy>

<https://sel4me.maine.gov/>

Goal Setting

<https://www.doe.virginia.gov/instruction/health/healthsmartva/gr8/gr8-hp-5-smart-goal-setting.docx>

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<https://sel4me.maine.gov/>

May Include:

- When health-related situations require the application of a thoughtful decision-making process.
- When individual or collaborative decision-making is appropriate.
- Healthy and unhealthy alternatives to health-related issues or problems and predict the potential short-term impact of alternative decisions for themselves and others.
- Healthy alternatives over unhealthy alternatives when making a decision.
- Outcomes of a health-related decision.
- Personal health practices.
- A short-term goal to adopt, maintain, or improve a personal health practice.
- Strategies and monitor progress toward a personal health goal.
- How personal health goals can vary with changing abilities, priorities, and responsibilities.

Grade 9-Diploma

Standard 6		
<p>Decision-Making and Goal-Setting Skills: Health literate students demonstrate the ability to make decisions and set goals to enhance health.</p>		<p>Suggestions & Resources Below are resources that can help you with planning your lessons and curriculum.</p>
6. 1 Decision-Making Skills	Students analyze decision making skills to enhance health outcomes.	<p>https://www.rmc.org/wp-content/uploads/2020/09/Goal-Setting_9-12.pdf</p> <p>https://www.aeseducation.com/blog/best-decision-making-ac</p> <p>https://actforyouth.net/youth_development/professionals/sel/decision_makin</p>
6.2 Goal-Setting Skills	Students analyze goal-setting skills to achieve short and/or long-term personal health goals.	

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[g.cfm](#)

Samples of Curriculum Lessons & Materials

[Grade-HS-Decision-MakingHealthy Environment Lesson Plan](#) [Long-Term Health Plan](#)

May Include:

- The value of thoughtful decision-making to quick decision-making in a health-related situation.
- When individual or collaborative decision-making is appropriate.
- Alternative approaches to situations involving health-related decisions and predict the potential short-term and long-term impact for themselves and others for each alternative.
- Healthy choices when making a decision.
- The effectiveness of a health-related decision.
- Personal health practices and overall health status.
- Plans to attain a short-term personal health goal that addresses strengths, needs, and risks.
- Strategies and analyze progress in achieving a personal health goal.