



Choices

YOUR HEALTH & LIFE SKILLS GUIDE

Digital Resource Guide

SEPTEMBER 2023

WELCOME BACK

Dear Teachers,

Welcome to another great year of *Choices*! We hope you had a restful summer and are as excited about the school year as we are. I imagine you and your students have big plans for the semester ahead, so I think you'll really love our cover story on goal setting. This fun and useful piece helps students identify what might be preventing them from reaching their goals (we're looking at you,

procrastination!). It also offers useful

tips for banishing procrastination

and getting to work. I can't

wait to hear what you think!

Warmly,

Jennie Yabroff

Executive Editor, *Choices*

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Harness the power of other *Choices* teachers by joining our Facebook group at

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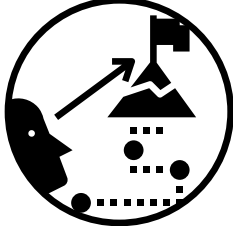

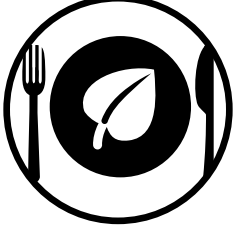



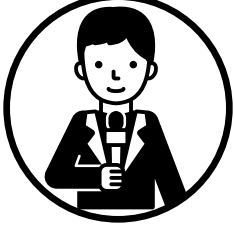


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CHOICES SEPTEMBER

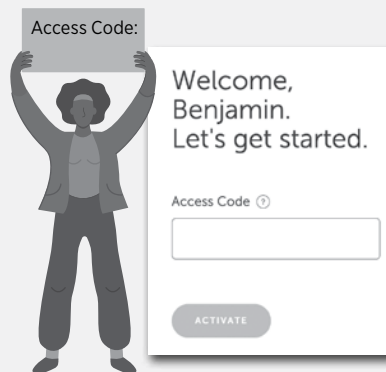
HERE'S EVERYTHING AVAILABLE IN YOUR FULL TEACHING PACKAGE!

Article	Standards	Description	Essential Question	Teaching Objectives	Online Resources
<p>DEBATE: ARE SPIRIT DAYS OUT OF CONTROL? pgs. 2-3</p> 	<p>CASEL Competency: Social awareness NHES 2: Analyze the influence of school and community on personal behaviors.</p>	<p>Some schools have themed spirit days at least once a week. Has this trend gotten too big for its own good?</p>	 <p>What are the pros and cons of having spirit days at school?</p>	<p>Read opposing viewpoints and take a side; evaluate potential reasons for and against spirit days.</p>	<ul style="list-style-type: none"> ● Poll ● Comprehension quiz ● Extension activity
<p>YOUR BODY: YOUR BODY ON CREATIVITY pgs. 4-5</p> 	<p>CASEL Competency: Self-awareness NHES 7: Practice health-enhancing behaviors.</p>	<p>Tapping into your inner artist can benefit your mental and physical health.</p>	<p>How does being creative affect your mind, body, and mood?</p> 	<p>Identify health benefits associated with creativity; brainstorm ways to spark creativity.</p>	<ul style="list-style-type: none"> ● Poll ● Comprehension quiz ● Extension activity
<p>YOUR LIFE: BE A GOAL GETTER pgs. 6-11</p> 	<p>CASEL Competency: Self-management NHES 6: Use goal-setting skills to enhance health.</p>	<p>Follow these tips to bust procrastination and accomplish your goals.</p>	 <p>Why do people procrastinate, and how can procrastination be avoided?</p>	<p>Read about common reasons for procrastination; identify ways to reach important goals despite these obstacles.</p>	<ul style="list-style-type: none"> ● Video ● Poll ● Interactive quiz ● Comprehension quiz ● Extension activity
<p>REAL TEENS: HELPING SAVE ANIMALS pgs. 12-15</p> 	<p>CASEL Competency: Social awareness NHES 8: Advocate for personal, family, and community health.</p>	<p>Genesis Butler, 16, thinks the best way to change the world is to start with your fork. Here's what she wants you to know.</p>	<p>How can eating a plant-based diet positively affect the planet?</p> 	<p>Identify a range of issues associated with raising animals for food; identify ways for teens to make a difference through activism.</p>	<ul style="list-style-type: none"> ● Poll ● Comprehension quiz ● Extension activity
<p>YOUR RELATIONSHIPS: A SURVIVAL GUIDE TO DATING pgs. 16-19</p> 	<p>CASEL Competency: Relationship skills NHES 4: Use interpersonal communication skills to enhance health.</p>	<p>Romance can be tricky. We're here to help.</p>	 <p>How can teens safely navigate romantic relationships?</p>	<p>Identify ways to communicate your needs to a romantic partner; recognize the signs of a healthy relationship.</p>	<ul style="list-style-type: none"> ● Comprehension quiz ● Extension activity
<p>ON THE JOB: I'M A SPORTSCASTER pgs. 20-21</p> 	<p>CASEL Competency: Self-management NHES 6: Use goal-setting skills to enhance health.</p>	<p>Alex Faust is a sportscaster for the National Hockey League. Think you might want to be a sportscaster too? Read his story.</p>	<p>What does a sportscaster do, and what skills are required to become one?</p> 	<p>Identify skills necessary to pursue a career in sports broadcasting; read about the benefits and challenges of being a sportscaster.</p>	<ul style="list-style-type: none"> ● Comprehension quiz ● Extension activity
<p>EVERYTHING YOU NEED TO KNOW ABOUT: PERSONAL HYGIENE pgs. 22-23</p> 	<p>CASEL Competency: Self-management NHES 7: Practice health-enhancing behaviors to reduce health risks.</p>	<p>Read our head-to-toe guide for looking, feeling, and smelling your best.</p>	 <p>How can practicing good personal hygiene help you look and feel your best?</p>	<p>Identify a range of potential issues as well as health benefits associated with personal hygiene habits.</p>	<ul style="list-style-type: none"> ● Comprehension quiz ● Extension activity

Join Us Online!

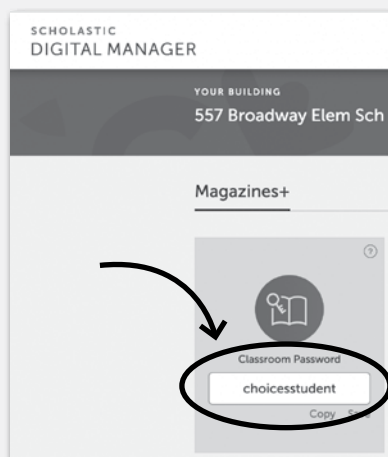
The print edition of *Choices* is just the beginning.
Register your digital subscription to access our videos, skill sheets, lesson plans, archives, and more.

Step 1: To log in for the first time, click “Log in” at the top right corner of the *Choices* homepage, then choose “Create an account” and follow the onscreen prompts.

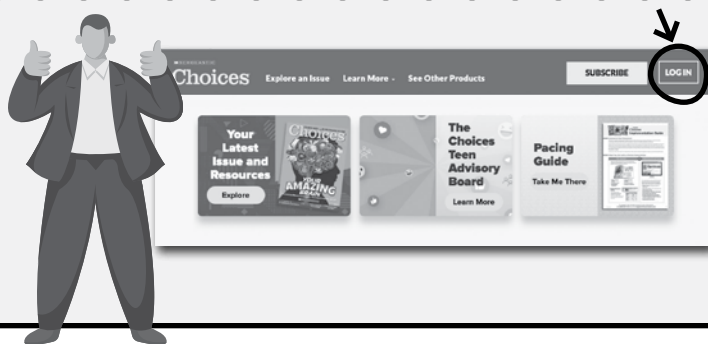


Step 2: Use the classroom password to share access to the *Choices* website with your students. You can view or change your classroom password at any time by clicking your account preferences at the top right of your logged-in screen and selecting “My Dashboard.”

Note: Student view does not include lesson plans, answer keys, and other teacher-only resources.



Step 3: After your onetime registration, you and your students can sign in to the *Choices* website simply by clicking “Log in” and following on-screen prompts.



NEED MORE HELP? Go to <https://choices.scholastic.com/pages/help-and-how-tos/registration.html>; email magazines@scholastic.com; or call 1-800-SCHOLASTIC.

LOOKING FOR YOUR LESSON PLANS AND ANSWER KEY? FIND THEM AT SCHOLASTIC.COM/CHOICES.