



TEACHER'S GUIDE

Choices

SCHOLASTIC

YOUR HEALTH & LIFE SKILLS GUIDE

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Videos, Skill Sheets, and More

Dear Teachers,

Your amazing teaching resources are waiting for you online. Just use your onetime access code, found here in the print edition of this teacher's guide. At **choices.scholastic.com**, you'll find:

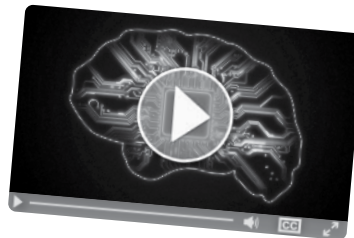
- Knowledge-building videos
- Words to Know slideshows
- Standards-aligned lesson plans
- Printable quizzes and activities
- So much more!

Turn to page 2 of this Teacher's Guide for a summary of this issue's standards and online resources. Welcome back!



Warmly,
Maggie Mead
Editor, *Choices*
mmead@scholastic.com

Choices Online Highlights

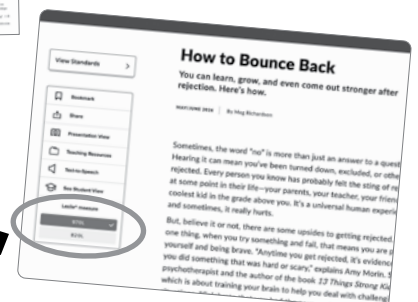


Watch our background-building video
"What You Need to Know About AI."



Let us help you prepare for class. Check out our **NEW** lesson plans, available for all articles.

Access **NEW** lower-Lexile® versions of our 4- and 6-page articles.



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Unlock your resources with the access code found in the print edition of this teacher's guide.

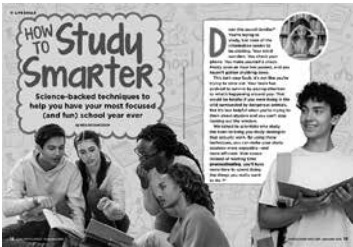
Turn the page for your online resources!

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Here’s everything available in your full teaching package!

Article	Objective	Standards and Skills	Activities	Digital Resources
 Pgs. 2-3 Debate Should You Be Allowed to Snack in Class? Lexile® measure: 920L	Students will evaluate both sides of an argument before supporting their opinions with text evidence.	NHES 8: Advocate to promote health and well-being of self and others. CASEL: Responsible Decision-Making ELA: Write arguments	• Lesson Plan • Analyze an Argument • Plan a Persuasive Essay	• Poll • Text-to-Speech
 Pgs. 4-9 Mental Health When AI Feels Like a Friend Lexile® measure: 1030L	Students will explain how using AI chatbots for friendship can affect health and well-being and describe strategies to use chatbots responsibly.	NHES 4: Use communication skills to support health and well-being of self and others. CASEL: Relationship Skills ELA: Text evidence, Write arguments	• Lesson Plan • Text-Dependent Questions • Quiz • Extension: Help a Friend	• Video: “What You Need to Know About AI” • Words to Know slideshow: validation, manipulative, dependent, intentional • Text-to-Speech • Lower-Lexile article • Google Quiz
 Pgs. 10-11 Hygiene What You Need to Know About Your Teeth Lexile® measure: 740L	Students will analyze how healthy dental habits affect overall health and well-being by identifying key details in the text.	NHES 3: Access valid and reliable resources to support health and well-being of self and others. CASEL: Self-Management ELA: Vocabulary, Text features	• Lesson Plan • Define and Draw Vocabulary • Quiz	• Words to Know slideshow: enamel, plaque, fluoride • Text-to-Speech • True/False Interactive Quiz • Google Quiz
 Pgs. 12-17 Life Skills How to Study Smarter Lexile® measure: 920L	Students will describe how different study strategies can improve focus, memory, and learning.	NHES 5: Use a decision-making process to support health and well-being of self and others. CASEL: Self-Management ELA: Evaluate claims	• Lesson Plan • CER Chart • Quiz • Extension: Make a Study Plan	• Words to Know slideshow: procrastinating, accountable, mindfulness, neurotransmitters • Text-to-Speech • Lower-Lexile article • Google Quiz
 Pgs. 18-21 Real Teen Seeds of Change Lexile® measure: 1040L	Students will determine ways individuals and communities can work together to improve food access.	NHES 2: Analyze influences that affect health and well-being of self and others. CASEL: Responsible Decision-Making ELA: Text evidence	• Lesson Plan • Text-Dependent Questions • Quiz • Extension: Plan a Project	• Video: “The Rotten Truth About Food Waste” • Words to Know slideshow: food desert, food insecurity, accessible • Text-to-Speech • Lower-Lexile article • Google Quiz
 Pgs. 22-23 Careers Up Close Becoming a Physical Therapist Lexile® measure: 950L	Students will summarize the main responsibilities of a physical therapist and describe what it takes to succeed in that job.	NHES 6: Use a goal-setting process to support health and well-being of self and others. CASEL: Responsible Decision-Making ELA: Key details	• Lesson Plan • Quiz • Hands-on: Career Skill in Action	• Text-to-Speech • Google Quiz