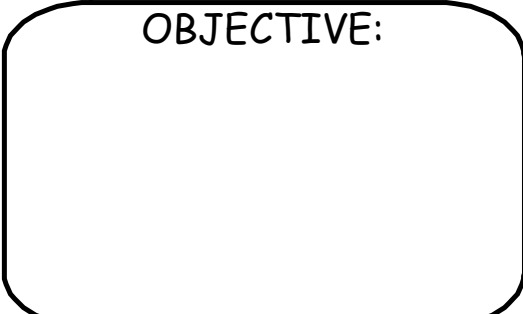


HOW TO SET UP YOUR BELLRINGER PAGE

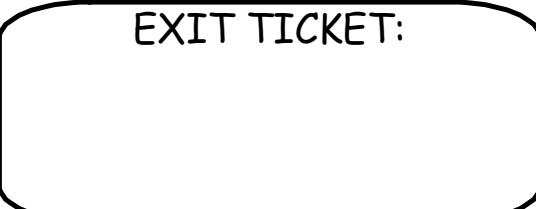
OBJECTIVE:



BELLRINGER:



EXIT TICKET:



G.R.E.A.T. Project
Due 4th 9 Weeks
200 Points

Objective:

The learner will demonstrate understanding of rules and procedures by completing an outline in their notebook.

Bellringer:



Exit Ticket:

What is your username for Coach Clark's Wiki?

Name:

Date:

Period:

Notes:

Health Definitions

Life skills: *healthful actions a person learns and practices the rest of his or her life.*

Mental health: *the condition of a person's mind and the way that (s) he expresses feelings.*

Healthful Behavior: *an action that increases the level of health.*

Lifestyle: *the way in which a person lives*

Peer Pressure: *pressure people of similar age place on a person to behave in certain ways.*

Resistance Skills: *skills that help a person say NO to an action or leave a situation*

Self-esteem: *what a person thinks about himself or herself*

Positive attitude: *the ability to see the best in most situations.*

Value: *the worth or importance of something.*

Communication: *the sharing of feelings, thoughts, and information with another person.*

Feelings: *emotions such as excitement, sadness, and anger*

Active listening: *a way of responding that shows a person hears and understands.*

G.R.E.A.T. Project Options

Project Idea Due:

Project Options: (make sure to CITE all sources)

- A booklet, pamphlet, or brochure
- A bulletin board (on a large poster board)
- A poster
- A slide show or photo essay 3 mins (www.animoto.com <<http://www.animoto.com>> or Powerpoint)
- A survey (10 question maximum and a 5 question minimum)