

Essential Health Skills for Middle School ©2019

by Catherine Sanderson, Mark Zelman, Lindsay Armbruster, and Mary McCarty

Essential Health Skills for Middle School explores strategies to be mentally and emotionally healthy, build healthy relationships, avoid hazardous substances, and promote physical health and safety. Content and skills align with the National Health Education Standards and West Virginia Department of Education Standards.

- A student-friendly writing style and visuals engage students. The design, color, and illustrations draw students into the book.
- An abundance of classroom-tested activities developed by health teachers—Warm-Up Activities, Graphic Organizers, Reading Activities, Case Studies, and more—enhance the learning experience.
- Robust teacher-support materials include a Teacher's Edition, daily lesson plans, and handouts that save on planning time.

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Taking Charge of Your Health and Wellness

1. Understanding Your Health and Wellness
2. Developing Good Personal Hygiene
3. Getting the Sleep You Need

Promoting Mental and Emotional Well-Being

4. Being Mentally and Emotionally Healthy
5. Getting Help for Mental Health Conditions

Nutrition and Physical Fitness

6. Nutrition
7. Physical Fitness

Understanding and Avoiding Hazardous Substances

8. Tobacco
9. Alcohol
10. Medications and Drugs

Protecting Your Physical Health and Safety

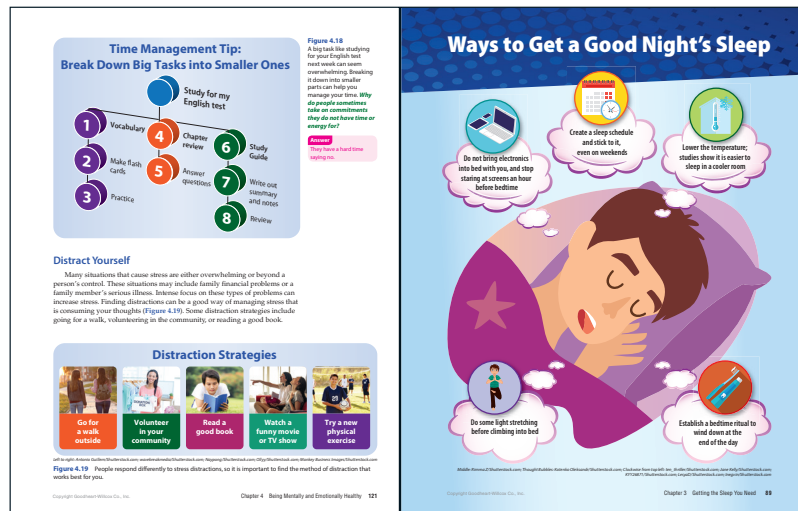
11. Understanding and Preventing Diseases
12. Preventing and Responding to Accidents and Injuries
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Social Health and Wellness

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The Body and How It Develops

16. Human Development
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Student Materials	ISBN	List	School
Print: Textbook, 648 pp., hardcover	978-1-63563-295-8	\$93.28	\$69.96
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Instructor Materials	ISBN	List	School
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Digital: Online Instructor Resources with Presentations for PowerPoint®, ExamView® Assessment Suite, Lesson Plans, and Answer Keys. 6 yr. Individual Subscription. See www.g-w.com for details.	978-1-63563-304-7	\$528.00	\$396.00

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