

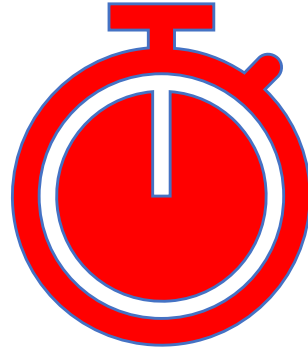
# Benefits of Physical Activity

## PHYSICAL

Increase Stamina + Energy

Strengthen Immune System

Sleep Better



**1 hour a day**

## SOCIAL

Meet New People with  
Similar Interests

Strengthen Communication Skills

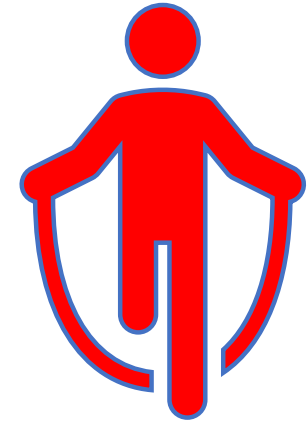


## MENTAL and EMOTIONAL

Reduce Stress

Increase Self-Confidence

Improve Concentration



Source: *Fitness and Wellness Skills*

# Drug Profile: Fentanyl

## Knowledge Is Power

Doctors typically prescribe fentanyl for post-surgical or cancer-related pain, including pain other opioids cannot control. Because it is so powerful, it is extremely dangerous. In fact, more than 50 percent of opioid-related deaths in 2017 involved fentanyl abuse.



**50 to 100 times**  
more potent than morphine

### Forms of Legal Fentanyl

Abstral® – tablets that dissolve under tongue  
Actiq® – oral lozenges, dissolve in mouth  
Duragesic® – skin patch  
Fentora® – tablets, dissolve in cheek  
Innovar®, Sublimaze® – injections  
Lazanda® – nasal spray  
Subsys® – under tongue spray

### Street Names

Apache  
China Girl  
China Town  
China White  
Dance Fever  
Goodfellas  
Great Bear  
He-Man  
M30s  
Mexican Oxy  
Poison  
Tango & Cash

### Forms of Illegal Fentanyl

#### White powder

- Often mixed with other drugs, such as heroin or cocaine

#### Counterfeit pills

- Resemble prescription opioids like oxycodone

Fentanyl: Sonis Photography/Shutterstock.com; Prescription medications: Zagoruilko Inka/Shutterstock.com

# CHANGING A FIXED MINDSET

Fixed Mind-Set Thought

Growth Mind-Set Thought

I've never been good at writing essays.

I can get better at writing with time and effort.

If I try and fail, I'm a failure.

Most successful people fail along the way.

If I don't try, I won't embarrass myself when I fail.

If I don't try, I will not have the chance to succeed.

People who are smart find this really easy.

Even smart people put in lots of effort in order to succeed.

# GOAL SETTING

**S**pecific

Identify exactly what it is that you want to accomplish.

I want to be able to jog, without stopping, for 30 minutes.

**M**easurable

Identify an objective outcome based on facts or data.

I want to be able to jog, without stopping, for 30 minutes.

**A**chievable

How will you achieve your goal?  
Start small to build confidence and stay motivated.

Start 30-minute interval jogging: jog 10 minutes, walk 2 minutes, repeat to build stamina.

**R**elevant

Don't make it too easy or too difficult.

I can run 10 minutes now, without stopping. With a growth mindset, I can complete this goal.

**T**imely

How long will it take to complete?

By the end of the semester, I will be able to jog, without stopping, for 30 minutes.

Source: *Fitness and Wellness Skills*



# GOOD TO GROW!



## **Growth Mind-Set**

- Failure is a chance to grow.
- I can learn to do new things.
- I like trying new things.
- Challenges help me grow.
- When I'm frustrated, I persist.

## **Fixed Mind-Set**

- Failure means I can't do something.
- I'm either good at something or bad at it.
- I stick to what I'm good at.
- I don't like to be challenged.
- When I'm frustrated, I give up.

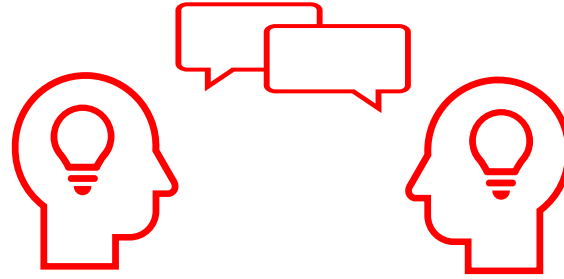


Source: *Essential Health Skills for Middle School* and *Comprehensive Health Skills for Middle School*

# Self-Management Skills in Phys Ed

## Problem Solving

Modify exercises  
Modify workouts  
Develop more challenging workouts



## Communication

Advocate for self  
Be an active listener  
Clarify understanding  
Use appropriate tone of voice

## Growth Mindset

Try new things  
See challenges as opportunities to grow  
Persevere—don't give up  
Ask for help if needed



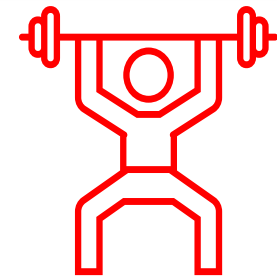
## Responsibility

Bring dress out clothes  
Bring water bottle  
Pick up equipment  
Turn in assignments on time



## Safety

Use correct technique when  
performing exercises  
Use a spotter when lifting heavy weights  
Stay hydrated



Source: *Fitness and Wellness Skills*