

MONTLY INTRODUCTION

December: Core Values, Peer Assimilation & Peer Pressure

December is designated to helping students develop integrated skills. These skills help support a healthy, active lifestyle. This month we guide student in developing and implementing an effective personal wellness plan that contributes to healthy decision-making over one's lifetime. This is done using tool that includes our Self-Actualizing Scales.

- Personal Wellness
- Peer Pressure
- Low Self-Esteem
- Genetics, Culture and Assimilation
- Good Role Models
- Poor Role Models
- Family Wellness
- Goal Setting
- Identifying Barriers
- Overcoming Barriers
- Goal Attainment
- Effective Decision Making
- Consequences in Decision Making (Long/Short)
- Creating, supporting, and maintaining welcoming environments

Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

Emotional Health

Character Development

Family Field Trips to Plan for December

Go to the Movie Theater



Visit a Local 4H
& Consider Joining

Visit a Pet Store

Visit a Local Bank
Learn about Accounts

Visit an Arcade/Gaming
Spot

Go to the Newspaper to
Post a Classified and Learn
about Printing

Go to an Airport
Watch Planes Take Off

Tour a Vocational School
& Explore their programs