

Health and Life Skills

W-4.7 describe and demonstrate passive, aggressive and assertive behaviours; e.g., assertive strategies for use in dealing with bullies

W-5.8 promote safety practices in the school and community

W-5.9 determine appropriate safety behaviours for community recreational situations; e.g., using snowmobiles, all-terrain vehicles, trampolines

W-6.8 analyze how laws, regulations and rules contribute to health and safety practices

W-6.9 evaluate the impact of personal behaviour on the safety of self and others

W-7.11 identify characteristics of resiliency; e.g., problem solving skills, positive self-esteem, social bonding

R-4.1 recognize that individuals can have a positive and negative influence on the feelings of others

R-4.4 demonstrate respectful communication skills; e.g., describe behaviours that show respect for the feelings of others

R-5.4 practise effective communication skills; e.g., active listening, perception checks

R-6.4 identify, analyze and develop strategies to overcome barriers to communication

R-7.3 identify sources of stress in relationships, and describe positive methods of dealing with such stressors; e.g., change, loss, discrimination, rejection

L-4.7 describe the impact of service contributions on self; e.g., increase in self-worth, confidence and understanding of others

L-4.8 select, perform as a class and analyze volunteer accomplishments; e.g., participate in spring cleanup, collect used eyeglasses

L-6.8 analyze and assess the impact of volunteerism in the school and community

L-7.8 apply effective group skills to design and implement a school-community health enhancement plan; e.g., plant trees in playgrounds to provide future shade