

Back to Index		Personal/Social/Service Level 2			Skills	Analytical	Contextual
<b>Health:</b>							
SL.HL.02.01.01	Practices safety procedures and first aid skills for various recreational activities and natural disasters.						
SL.HL.02.02.01	Participates in a purposeful, consistent exercise regimen.						
SL.HL.02.03.01	Models proper nutrition choices, practices good personal hygiene, understands characteristics of human sexual development, and investigates ramifications of substance abuse.						
<b>Personal:</b>							
SL.PR.02.01.01	Identifies personal strengths and weaknesses.						
SL.PR.02.02.01	Shows sincere gratitude by saying "thank-you" and/or returning favors.						
SL.PR.02.03.01	Sets short and long-term goals, honors deadlines, makes appropriate adjustments, and reflects on progress.						
SL.PR.02.04.01	Builds relationships with those of one's culture and explores ways to honor that heritage.						
<b>Personal Expression:</b>							
SL.PE.02.01.01	Develops an artistic style and accepts constructive criticism.						
SL.PE.02.02.01	Recognizes design elements of multiple art forms and explores what qualities have made pieces of art famous.						
<b>Service:</b>							
SL.SV.02.01.01	Performs a service project inside the school.						
SL.SV.02.02.01	Volunteers for an organization of choice (boy scouts, health fair, food bank, nursing home).						
<b>Social:</b>							
SL.SC.02.01.01	Works effectively with a group (coming to consensus, accepting ideas, communicating positively and constructively) and participates in a specific role.						
SL.SC.02.02.01	Identifies strategies to deal effectively with peer pressure ("Just Say No", dealing with bullies, knowing when to confront, sexual pressure).						
SL.SC.02.03.01	Describes the concepts and relevance of equality, empathy, diversity, and compassion in areas such as gender, race, religion, economic status, culture, and special needs.						

Health Resources:  
[www.mypyramid.gov](http://www.mypyramid.gov)  
[www.healthfuturesak.org](http://www.healthfuturesak.org)