Personal Wellness and Development Standards Pacing Guide Updated May 2019

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| 1st Nine Weeks  **Social Wellness**  Personal Wellness Standard.  Strand 1 Outcome 1.1  Personal and Professional Skills: Develop personal and professional skills to transition through life.  Strand 1 Outcome 1.3  Develop leadership, team building and communication skills to promote collaboration.  **Emotional Wellness**  Personal Wellness and Development Standards  Strand 5 Outcome 5.4  Mental Health: Analyze strategies to maintain positive mental health.  **Intellectual Wellness**  Strand 1 Outcome 1.1.5  Apply problem-solving and critical-thinking skills to issues when making decisions and formulating solutions.  **Spiritual Wellness (Values)**  Personal Wellness Standard  Strand 1 Outcome 1.1.4  Explain the importance of work ethic, accountability and responsibility.  **Occupational Wellness**  Personal Wellness and Development Standard  Strand 4 Outcome 4.1  Financial goals: Achieve financial goals to establish financial stability.  Personal Wellness Standard  Strand 1 Outcome 1.1.1, 1.1.3, 1.1.8  Develop personal and professional skills to transition through life. | 2nd Nine Weeks  **Physical Wellness**  Personal Wellness Standard  Strand 5 Outcome 5.2  Physical Activity: Promote a healthy lifestyles through physical activity, relaxation and sleep.  Strand 5 Outcome 5.6  Personal Safety: Implement personal safety procedures.  Strand 5 Outcome 5.3  Emergency Preparedness: Analyze emergency preparedness procedures.  Strand 3 Outcome 5.1  Nutritional Information: Analyze nutritional information to guide food choices.  Strand 3 Outcome 3.2  Weight management: Manage weight throughout the lifecycle.  Strand 3 Outcome 3.3  Food Selection: Analyze safe and affordable foods that promote a healthy lifestyle  Food Science Standard  Strand 3 Outcome 3.4  Food Safety and Sanitation: Promote food safety and sanitation using proper food handling and storage.  **Environmental Wellness**  Personal Wellness Standard  Strand 7 Outcome 7.1  Clean Environment: Maintain a clean living environment. |

Overall Competencies:

Extract relevant, valid information from materials, media sources.

Use verbal, nonverbal and active listening skills to communicate effectively.

Identify the correlation between emotions, behavior and appearance and manage those to establish and maintain wellness across the lifespan.