

Chapter 2 • Lesson 1 Building Health Skills

Reteaching Activity

Directions Read each situation below. Use the list below to choose a health skill that could be used in each situation. Write a sentence that tells what health skill you would use and how it would help you solve the problem or make a decision.

conflict resolution
analyzing influences
advocacy
practicing healthful behaviors
decision making

stress management
refusal skills
accessing information
communication skills
goal setting

1. You notice that your little sister sometimes skips brushing her teeth before she goes to bed.

2. Your schedule next year will be very busy; you will need to choose between being on the basketball team and being in the band.

3. You are nervous about midterm exams because those grades will be sent to the college scholarship committee.

4. You are very interested in a new type of protein supplement, which advertisements claim is safe and builds muscle mass quickly.

5. Your friends offer to bring alcohol to the party you are having on Friday night.

Reteaching Activity Answers Chapter 2

H Kauffman



Reteaching Activity Answers Chapter 2:

Eventually, you will definitely discover a new experience and achievement by spending more cash. nevertheless when? pull off you take that you require to get those every needs considering having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to understand even more re the globe, experience, some places, once history, amusement, and a lot more?

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