

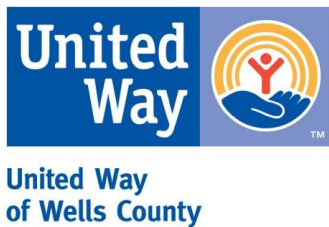
Name _____
Teacher _____



5th grade Student Notes

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5TH GRADE ALIVE AND WELL NOTES- SESSION 1

Quote: Be the best _____ you can be!

1. Setting _____ helps keep me on the _____ path.

2. GOALS are something I want to _____.

3. Two of my goals are 1. _____
2. _____.

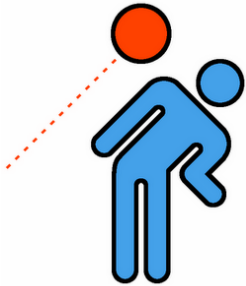


4. Self-Control means _____ before you _____!

5. Once you get into a _____ it is very _____
to get _____ of it.



6. Things that I should DODGE.



1. _____

2. _____

3. _____

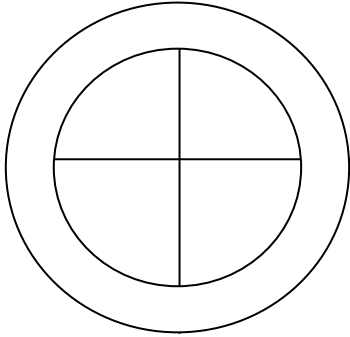
4. _____

7. To dodge bad things, I must _____, think about the _____ and use
_____.

Take home *A Day in the Life* worksheet. With your parents, discuss the things that influence your decision-making. Bring it back for session 2.

Quote: "You have to do your own _____ no matter how tall your grandfather was." Abraham Lincoln

1. Whole Person Maturity



2. Changes that happen during puberty:



3. How to take care of MY changing body and mind.

Good Hygiene

Healthy Eating

Exercise

Healthy Whole Person Habits (emotional, mental, social, spiritual)

4. A big sign of maturity is _____: Being accountable for my _____, _____ and _____ and doing the _____ thing at the right time so others can _____ and _____ on me.

Homework: Take home *Puberty: Family Member Interview* and interview an older family member. Ask them questions about growing up. Write down their answers and bring your worksheet back for session 3.

Quote: "Respect is _____, _____, and _____."

Are You a Respectful Person?

(Take this evaluation and decide for yourself.)

True

False

I treat people the way I want to be treated.

I treat people like they are valuable.

I am sensitive to other people's feelings.

I never insult people or make fun of them.

I never embarrass people on purpose.

I am courteous and polite.

I listen to what other people have to say.

I don't judge people before I get to know them.

1. If you expect respect, be the _____ to _____ it.

2. You can't take _____ back after you've _____ them.



3. Friends _____ Off !

FRIENDS

Homework

Interview family members to determine what "friendship qualities" are important to each family member. Bring back the worksheet for session 4.

Quote: Those who _____ the crowd usually get _____ in it!

Why fit in when you were born to stand out?" Dr. Seuss



1. Self- Esteem is my opinion of _____.
2. Ideas of things I can fill my life with:



3. Peer pressure can _____ you or _____ you.



4. Seven Steps to Stop a Bully:

- | | |
|-----------------------------|----------------------------|
| 1. Don't _____ yourself. | 5. Avoid _____ situations. |
| 2. Talk to a trusted _____. | 6. Rebuild your _____. |
| 3. Act _____. | 7. Do not resort to _____. |
| 4. Make _____. | |

5. The Underwear Zone: No one has the _____ to touch you in the _____ zone without your _____.

6. Showing Affection: List some ways to show someone you care without ever touching him/her.

7. Modesty means keeping the _____ parts of your body _____.

Homework

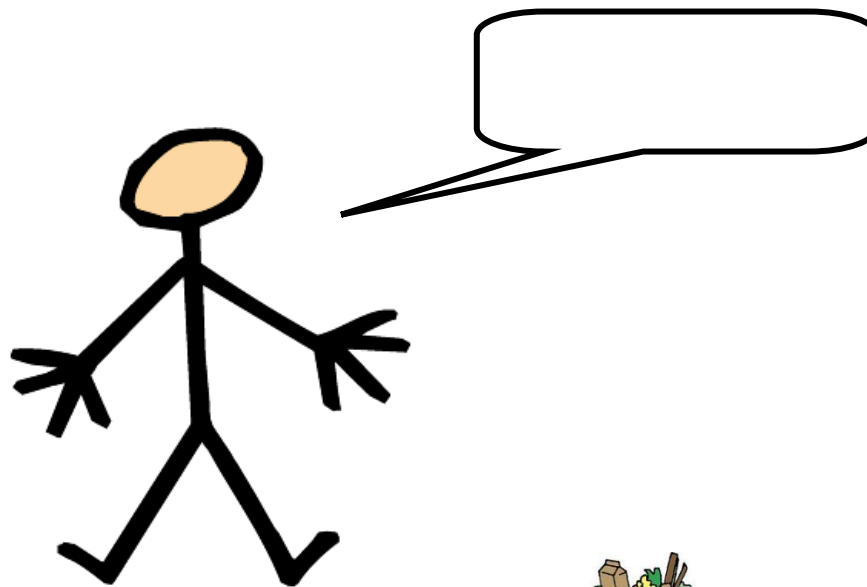
Talk with your family members about a time when they were bullied or teased, how it made them feel and what they did about it. Bring back the worksheet for session 5.

Quote: "Be _____, everyone else is taken."



1. Technology & Media- List some forms of technology and some forms of media:

2. Media Kid



3. Garbage _____ Garbage _____!



4. A mature person uses discernment: The ability to choose what is _____ and avoid what is _____.



Technology & Media Guidelines

1. _____
2. _____
3. _____
4. _____

Bullying & Teasing Interview

Family Member's Name _____

Tell about a time when you were bullied or teased.

How did it make you feel? _____

What did you do about it?

Did the bullying and teasing stop? _____



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Wanted: A Good Friend

FRIENDS

Friendship Qualities that are important to me are.....

Family Member #1 _____

Friendship Qualities that are important to me are.....

Family Member #2 _____

Friendship Qualities that are important to me are.....

Family Member #3 _____

Friendship Qualities that are important to me are.....

The most important friendship quality to our family is _____.

Puberty

Family Member Interview

What age did you start puberty? _____

When you started puberty were you scared? Why or why not?

Did you understand the changes you were going through? Why or why not?

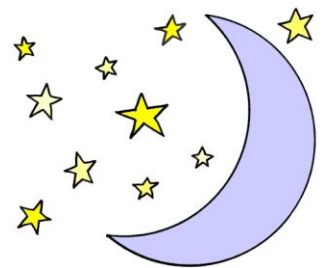
Parents: Please ask your son or daughter if they have any questions about puberty. This is your chance to discuss these topics!

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A DAY IN THE LIFE OF

List all the decisions you make in a day.



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