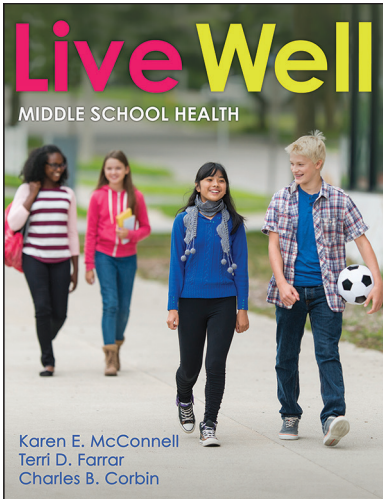


LIVE WELL MIDDLE SCHOOL HEALTH FROM HUMAN KINETICS



Live Well: Middle School Health With Interactive Web Text

Karen McConnell, Terri Farrar, Charles Corbin

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Developing the knowledge and skills for healthy living

Through *Live Well: Middle School Health*, students will discover fundamentals of health and wellness and learn how to apply these throughout their life span. It covers personal and consumer health skills; nutrition; physical, emotional, and mental health; healthy relationships; and more.

Engage students to think about and apply health skills with attractive visuals and presentations, that make the content relatable to today's students. Focused lessons featuring:

- 1 **Terms to Learn:** Available in English and Spanish to meet the needs of ELL and ESL students
- 2 **The Big Picture and Learning Targets:** Comprehensive, standards-based health instruction written in accessible language
- 3 **SEL Connection:** Questions and case studies to grow self-awareness, empathy, and interpersonal communication skill development
- 4 **Writing Prompts:** Behavior change goals, healthy living plans, ideas to advocate for healthy living at home and in communities
- 5 **Note Taking Guide:** Organizes students' thinking and checks for understanding
- 6-12 Check out even more skill-based learning applications on the back side

1 Terms to Learn

2 The Big Picture

3 Learning Targets

4 SEL Connection

5 Note-Taking Guide

CASE STUDY

Peyton's Struggle

Your friend Peyton has always been a popular girl at school. She wears cool clothes and you love her long, dark hair. It is hard not to be jealous of her. She is a good student and she is involved in a lot of activities at school and outside of school. Her parents are both successful doctors and her oldest brother just got accepted into a good college. Lately you've noticed that Peyton is putting a lot of pressure on herself and that she is always critical of how she looks. She is starting to grow and go through puberty. She calls herself fat and ugly multiple times every day and makes a lot of comments about how much she hates herself in her clothes or how her favorite clothes don't fit. It is hard for you to understand, because you think she is really pretty. At lunch she comments on all of the food options and seems to obsess over every choice she makes. Yesterday she seemed especially sad and withdrawn; she didn't even want to talk or hang out.

Think About It

- 1 How could you show support for Peyton? What could you say to her that would express caring and affection?
- 2 Are you concerned about Peyton? Why or why not? Do you think you should talk to an adult about your concerns?

Interactive Web Text

A powerful tool offered by *Live Well: Middle School Health* is its interactive web text, which students can access from a computer, tablet, or mobile device.

The interactive web text reimagines the content from the print book by integrating audio pronunciations for vocabulary terms in English and Spanish, pop-up definitions throughout the text, lesson-specific quizzes to check students' understanding, and chapter-opening animations. Teachers can assign each chapter via *HKPropel*, and track students' progress to see at a glance whether the chapter is not started, in progress, or completed.

Learn more at [US.HumanKinetics.com](https://www.us.humankinetics.com)

HEALTH IS NOT SOMETHING TO JUST READ ABOUT

Recurring elements supply skill-based learning applications to reinforce the health concepts and help students develop health literacy.

The collage features several pages from a health literacy curriculum. Callout 6 points to a 'Skill-Building Challenge' table with columns for 'Scenario', 'Strategy', and 'Possible Outcome'. Callout 7 points to a 'Healthy Living Skills' section with a 'HEALTHY COMMUNICATION' box. Callout 8 points to a 'Personal and Consumer Health' page about 'Garnett' and 'Your Eyes and How You See'. Callout 9 points to a 'Protecting Your Vision' section. Callout 10 points to a 'Career Connection' box about 'MARRIAGE AND FAMILY THERAPIST'. Callout 11 points to a 'Using I Messages and Active Listening Skills' section. Callout 12 points to a 'Diversity Matters' box about 'Religion and Food'.

- 6 **Skill-building challenges:** Opportunities to apply health concepts
- 7 **Healthy living skills:** Allows students to evaluate choices
- 8 **Stories:** Each lesson begins with a story to help students connect personally and grow in empathy
- 9 **Figures:** Attractive visuals make the content relatable and reinforce concepts to develop health literacy
- 10 **Career connections:** Gives ideas to analyze future options
- 11 **Healthy living tips:** Practical ideas to establish healthy living for students and their families
- 12 **Special features: Diversity Matters and STEM in Health:** Allows students to engage with issues of inclusion and across content areas

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April Schum
 AprilS@hkusa.com
 AK, HI, ID, MT, ND,
 NV, SD, WA, WY,
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 (*denotes American Territories)



Holly Whitaker
 HollyW@hkusa.com
 AL, AR, AZ, CO, CT,
 DC, DE, FL, GA, IA, IL,
 LA, MA, MD, ME, MO,
 MS, NC, NH, NM, OR,
 RI, TN, UT, VT



John Klein
 JohnK@hkusa.com
 CA, IN, KS, KY, MI,
 MN, NE, NJ, NY,
 OH, OK, PA, SC,
 SD, TX, VA, WI, WV