|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Topic | Themes | Activities/LES | Evaluations | Resources |
| Health and well-being | * 1. Physical activity   2. Hierarchy of Needs   3. Nutrition   4. Eating   5. Sleeping   6. Drugs and Alcohol   7. Stress/mental health (begin conversation)   8. Leisure (time management)   9. Services and resources |  |  |  |
| Society | * 1. Social skills      + Sharing      + Respect      + Acceptable behavior      + Moral code      + Cooperation      + Bullying   2. Communication Skills   3. What would you do vs What SHOULD you do      + Decision making/conflict resolution        - Socially   4. Community Project      + Examples: clean ups, food drives/banks…      + Planning |  |  |  |
| Consumption | * 1. Responsible consumption      + Environmental impact        - Human footprint      + Shopping habits        - Online, wants and needs          * Impulse buying        - Influences and emotions      + Techniques used to make us consumers        - Product placement          * This movie was brought to you by…          * Transformers sponsored by Chevy      + Media      + Prevention   2. Fair trade   3. Child labour   4. Buying local   5. Goods vs service |  |  |  |
| Budget | * 1. Needs and Wants   2. Examples of a budget – different models      + PCI   3. Why would you make a budget |  |  |  |
|  |  |  |  |  |