5th grade
Student Notes
www.aliveandwellteens.com

PLEASE THANK THESE SPONSORS
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.
5TH GRADE ALIVE AND WELL NOTES

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.)

<table>
<thead>
<tr>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td>✔</td>
</tr>
<tr>
<td>☑</td>
<td>☑</td>
</tr>
<tr>
<td>☑</td>
<td>☑</td>
</tr>
<tr>
<td>☑</td>
<td>☑</td>
</tr>
<tr>
<td>☑</td>
<td>☑</td>
</tr>
<tr>
<td>☑</td>
<td>☑</td>
</tr>
<tr>
<td>☑</td>
<td>☑</td>
</tr>
<tr>
<td>☑</td>
<td>☑</td>
</tr>
</tbody>
</table>

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.
5TH GRADE ALIVE AND WELL NOTES  
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.
   2. Talk to a trusted ________________.
   3. Act ________________.
   4. Make ________________.
   5. Avoid ________________ situations.
   6. Rebuild your ________________.
   7. Do not resort to ________________.

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.
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?________________________________________
This page intentionally left blank.
Wanted: A Good Friend
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 ____________________________.
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!
This page intentionally left blank.
A DAY IN THE LIFE OF

List all the decisions you make in a day.
This page intentionally left blank.