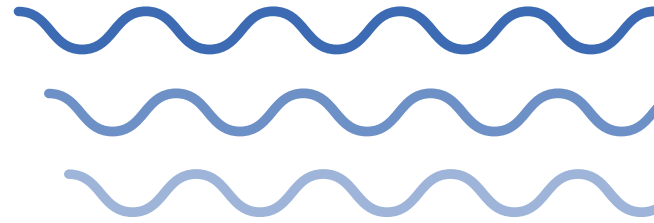




SyncUP



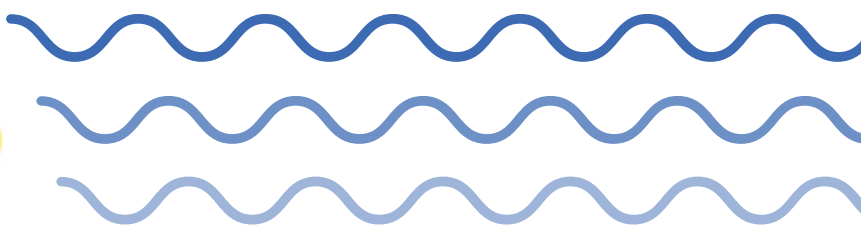
SyncUP ↑

is an exciting new program addressing health and wellbeing, with a special focus on providing support for students in critical thinking around their personal overall health, wellness and readiness for a healthy lifestyle.

SyncUP ↑ was designed with teachers in mind, to simplify implementation and maximize student engagement!

- Whole Group lessons
- Independent Exercises
- Seamlessly integrates with Google Classroom, Clever and Schoology.





SyncUP ↑ is based on the US National Health Education Standards for students grades 6-8.

- Health and wellbeing instructional units, organized into 5 target categories: Emotional Health, Mental Health, Physical Health, Social Awareness, Your Environment
- Lesson topics are aligned with the specific indicators for each of the 8 standards
- 3 levels / 5 topics / 27 total lesson topics per grade/skill level
- 324 total student activities

Engages Students!

- The student experience, whether independent or whole group, begins with watching a video addressing the topic of the lesson
- Students then use easy graphic organizers in **SyncUP ↑** to explore their new knowledge and feelings
- Finally, students share back with their teacher and/or peers

Read This First!
[Google Drive Instructions](#)

SyncUP: Level 1 Video Guide

Wellness Theme: Emotional Health

Topic: Demonstrate refusal and negotiation skills that avoid or reduce health risks.

Student Instructions for Video Activity

1. If you didn't already watch this video in class, watch it one time through, without pausing the video to take notes. If you did watch this video one-time through with the class, proceed to # 2.
2. Refer to the *Video Note Taking* guide as you watch the video a second time. Use this guide to take notes and reflect on what you highlight from the video.
3. To help in the note taking process, pause the video after each minute and write down what stands out for you in that section of the video.
4. Write a video highlight in each of the word web circles.

Video Link:
[Refusal Skills](#)

Video Note-Taking Guide:
[Refusal Skills](#)

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