



Monthly Sheet for Grade HS1 and HS2 Stewardship

Mr. Crook

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Weeks 11 - 16 Dates: 11/08/11 - 12/13/11

Topics/Content/Skills:

Healthy Eating, Godly Attitude vs. Anger, Healthy Attitude vs. Negative Attitude, Developing habits

Vocabulary words/Resources:

Attitude, facial expression, body language, tolerance, patience, thoughtfulness, communication, anger, Righteous anger, haters, habits

Focus On The Family / *The 7 Habits of Highly Effective Teens*

<u>Wednesday</u> <u>Nov 09</u>	Healthy Eating /MyPlate.gov takes over the Food Pyramid / Food Groups Homework: Eat 'em Up worksheets
<u>Wednesday</u> <u>Nov 16</u>	Review 1st term then short TEST Godly Attitudes / Healthy Attitudes Homework: Worksheet on Attitudes
<u>Wednesday Nov</u> <u>23</u>	Godly Attitudes / Healthy Attitudes Fruit of The Spirit (<i>Review last week then quiz</i>) Homework: List the Fruit of The Spirit and describe how each one either reflects a part of you or how you could apply it to your life now.
<u>Wednesday Nov</u> <u>30</u>	Anger vs. Righteous Anger: Read "When Your Anger Gets the Best of You" - Focus on The Family Homework: Write down a list of things/people that make you angry: we will hand them over to God
<u>Wednesday Dec</u> <u>07</u>	Read "Changing an Angry Spirit" - Focus on The Family Homework: List positive ways to deal with anger: You have to work at it
<u>Wednesday Dec</u> <u>14</u>	<i>7 Habits of Highly Effective Teens</i> by Sean Covey Homework: Make 2 lists: Positive & Negative and how each one effects your daily life