school Reentry Considerations

**In-School Instruction With Physical Distancing**

A [skills-based approach](https://www.shapeamerica.org/publications/products/appropriatepractice_schoolhealth.aspx) is a best practice for delivering high-quality health education. The seven key health skills are:

* Analyzing influences
* Accessing valid and reliable information, products, and services
* Interpersonal communication
* Decision-making
* Goal setting
* Self-management
* Advocacy for self and others

All seven key health education skills are important, but teachers should consider focusing on certain skills and content that are more relevant during the COVID-19 pandemic. The table below includes examples of key health education skills along with example lessons, activities, and content that can be used to teach that particular health skill.

The health skills are not in order of importance, and health educators can choose any content to teach a particular skill. Additionally, educators can combine skills. For example, students can analyze the influences (NHES Standard 2) of a person’s decision and use interpersonal communication (NHES Standard 4) to write a response. Students can use interpersonal communication to advocate after analyzing influences of a decision. It is important to note that when combining skills, the teacher should conduct assessments only on the current skill being taught.

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| **Key Health Education Skill** | **Example Lessons/Activities by Skill** | **Content Suggestions Specific to COVID-19** |
| Analyzing influences (NHES Standard 2) | * [Influences on Health Decisions](https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Health/Analyzing_Influences_6-8.aspx) * [Power Through Empowerment Unit](https://www.shapeamerica.org/uploads/healthmovesminds/resources/education-materials/6-8/lessons/6-8_HE-Lessons.pdf) | • Mental/emotional health, suicide prevention, social justice |
| Accessing valid and reliable information, products, and services (NHES Standard 3) | * [Choosing Wisely: Product/Services Evaluation](https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Health/Accessing_Information_9-12.aspx) * [Trash or Trust](https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Health/Accessing_Information_9-12-2.aspx) * [Grades 6-8 Evaluating Information](http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/Grade-MS-Accessing-Information.pdf) * [High School Locating and Evaluating Health Information](https://guides.hshsl.umaryland.edu/c.php?g=76220&p=530364) | • Disease prevention, finding accurate and valid information |
| Interpersonal communication NHES Standard 4) | * [Put It to Practice](https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Health/Interpersonal_Communication_9-12-2.aspx) * [Providing Help](https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Health/Interpersonal_Communication_9-12.aspx) * [Healthy and Unhealthy relationships from Advocates for Youth](https://advocatesforyouth.org/wp-content/uploads/3rscurric/documents/8-Lesson-3-3Rs-HealthyOrUnhealthyRelationships.pdf) | • Substance abuse, self-care, conflict resolution |
| Self-management (NHES Standard 7) | * [A Lesson in Prevention](https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Health/Self-Management_9-12.aspx) * [The Daily Big 3](https://www.shapeamerica.org/uploads/pdfs/2020/resources/The-Daily-Big-3.pdf) * [The Daily Big 3 version 2](https://www.shapeamerica.org/uploads/pdfs/2020/resources/The-Daily-Big-3_v2.pdf) | • Nutrition, self-care, health-promoting habits, stress management |

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The recommendations and strategies provided herein are obtained based on guidance for schools provided by the Centers for Disease Control and Prevention (CDC) and national recommendations for physical education, health education, recess, and classroom-based physical activity. The COVID-19 outbreak is an ongoing, rapidly developing situation. Educators are encouraged to monitor publicly available information and to always follow federal, state and local health organization guidance and government mandates. This information may vary and will be updated as necessary.