



Life fluent

MIDDLE SCHOOL CURRICULUM

S C O P E & S E Q U E N C E

welcome.

Welcome to LifeFluent's Middle School Curriculum!

If you've ever taught middle school health, you've seen it.

Students don't check out because topics are awkward. They check out when they don't see **why it matters to them**.

The moment it feels real to their life, everything shifts.

This comprehensive curriculum was created by health teachers who've tried it all and finally figured out how to reach Gen Alpha..students who don't need more information, they need help making sense of it.

This curriculum focuses on reflection, real connection, and helping students figure out what to trust and where to turn.

Lessons meet students where they are, using real-life scenarios, trends, and tools they already engage with, so learning feels relevant instead of forced.


Everything is fully aligned with **NHES standards**, with a focus on practicing skills like communication, decision-making, and critical thinking in ways that actually stick.

HAVE A LOOK!






Personal Identity & Habits

<p>National Health Education Standards</p> 	<p>Standard 1: 1.8.1, 1.8.2, 1.8.3, 1.8.7 Standard 2: 2.8.2, 2.8.3, 2.8.4, 2.8.8 Standard 4: 4.8.1, 4.8.2, 4.8.3 Standard 5: 5.8.1, 5.8.2, 5.8.4, 5.8.5, 5.8.7 Standard 6: 6.8.1, 6.8.2, 6.8.3 Standard 7: 7.8.1, 7.8.2, 7.8.3 Standard 8: 8.8.1, 8.8.2</p>
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Week 1	Personal Health Foundations	Prep
Day 1	Intro to Health Lesson	Printing + Art Supplies
Day 2	Start Healthy Living World Cafe Intro	Printing
Day 3	World Cafe - Healthy Living	Classroom Set-Up
Day 4	Belonging vs Fitting in Day 1	Printing
Day 5	Belonging vs Fitting in Day 2	Printing + Scissors

	Letter to Parents	Sub Plan: Healthy Decision Making
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Week 2	Identity & Habits	Prep
Day 1	Peer Pressure Homework: Peer Pressure Parent Interview	Printing + Art Supplies
Day 2	Values	Printing
Day 3	Healthy Habits & goal Setting Lesson day 1	
Day 4	Healthy Habits & Goal Setting Lesson	Printing
Day 5	Healthy Habits World Cafe Activity	Printing + Scissors



Friendships & Communication

<p>National Health Education Standards</p> 	<p>Standard 1: 1.8.3, 1.8.8, 1.8.9 Standard 2: 2.8.1, 2.8.2, 2.8.3, 2.8.5, 2.8.6, 2.8.8 Standard 3: 3.8.1 Standard 4: 4.8.1, 4.8.2, 4.8.3 Standard 5: 5.8.1, 5.8.2, 5.8.6 Standard 7: 7.8.2, 7.8.3</p>
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Week 1	Healthy Friendships	Prep
Day 1	Collaboration Game - Power of Teamwork	Printing
Day 2	Active Listening	Printing
Day 3	Empathy	Printing or Digital
Day 4	Conflict Resolution : Power of WHY Homework: Healthy Relationships Parent Interview	Printing or Digital
Day 5	Communication Stations	Printing & Set up



Mental & Emotional Wellness



National Health Education Standards

- Standard 1:** All
- Standard 2:** All
- Standard 3:** 3.8.1, 3.8.2, 3.8.3
- Standard 4:** 4.8.1, 4.8.2
- Standard 5:** 5.8.1, 5.8.4
- Standard 6:** 6.8.2
- Standard 7:** 7.8.1, 7.8.2
- Standard 8:** All

Week 1	Mental Health 101, Coping Skills	Prep
Day 1	Mental Health Bell Ringers (Use Daily) Mental Health 101 Lesson- SIMS	Printing + Cutting
Day 2	Facts, Feelings & Needs	Printing + Cutting (Lamination optional)
Day 3	Stress Lesson Homework: Parent Interview on Emotional Resilience	Printing + Cutting (High Prep)
Day 4	Happiness	Printing + Rubber Bands
Day 5	Self Harm & Suicide Prevention Lesson Homework: Suicide Prevention WebQuest	Printing

Week 2	TECH and Mental Health	Prep
Day 6	Social Media's Impact on Mental Health - World Cafe Discussion - Part I	Printing (Optional)
Day 7	Social Media's Impact on Mental Health - World Cafe Discussion - Part 2	Room Setup
Day 8	Mental Health and AI	NONE
Day 9	Mental Health and AI 2	NONE
Day 10	Hero's Journey Project Day 1	Printing or Digital



Mental & Emotional Wellness

Week 3	Application + Assessment	Prep
Day 11	Talking to Friends about Mental Health	NONE
Day 12	Hero's Journey Project Day 2	NONE
Day 13	Hero's Journey Project Day 3	NONE (Popcorn Optional)



Body Systems



National Health Education Standards

- Standard 1:** All
- Standard 2:** 2.8.2, 2.8.3, 2.8.5, 2.8.7, 2.8.10
- Standard 3:** 3.8.1
- Standard 4:** 4.8.1, 4.8.2
- Standard 5:** 5.8.1, 5.8.4, 5.8.5, 5.8.6, 5.8.7
- Standard 6:** 6.8.2
- Standard 7:** 7.8.1, 7.8.2, 7.8.3
- Standard 8:** All

Week 1	Intro To Body Systems	Prep
Day 1	Bell Ringers - Body Systems Intro to Body Systems	Printing
Day 2	Muscles Day 1	Printing, Art Supplies
Day 3	Muscles Day 2	None
Day 4	Nervous System Stations Activity	Printing + Classroom Set-Up
Day 5	Body Systems Webquest	Printing or None

Week 2	Diseases & Prevention	Prep
Day 6	Sleep Lesson	Printing
Day 7	Carbs Journey - Digestive System	Classroom Set-Up
Day 8	Skin - Integumentary system	Printing
Day 9	Body Systems Jeopardy	None
Day 10	Diseases- Immune System Parent Interview - Family Health (Homework)	Printing + Cutting

Sub Plan: Vaccine Webquest



Human Growth & Development



National Health Education Standards

- Standard 1:** 1.8.1, 1.8.2, 1.8.5, 1.8.6, 1.8.7, 1.8.8, 1.8.9
- Standard 2:** 2.8.2, 2.8.3, 2.8.5, 2.8.6, 2.8.7, 2.8.8
- Standard 3:** 3.8.1, 3.8.2, 3.8.4, 3.8.5
- Standard 4:** 4.8.1, 4.8.2, 4.8.4
- Standard 5:** 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7
- Standard 7:** 7.8.1, 7.8.2, 7.8.3
- Standard 8:** 8.8.1, 8.8.2, 8.8.3

Week 1	Puberty & Body Autonomy	Prep
Day 1	Bell Ringers (optional) Intro to the Sexual Health Unit & Setting Rules	Printing + Cutting for Anonymous Questions box
Day 2	Puberty & body changes	Printing
Day 3	Body Neutrality - Confidence	Printing & Cutting
Day 4	Consent & Body Autonomy	Printing & Room Setup
Day 5	Menstruation Board Game	Printing & Cutting (Higher prep activity)

Week 2	Reproductive Health	Prep
Day 6	Anatomy	Printing
Day 7	Human Reproduction	Printing or Digital
Day 8	STIS Guess Who Game	Printing or Digital
Day 9	“Where can I learn about my body?” WebQuest	Printing or Digital



Safety Unit



**National
Health
Education
Standards**

- Standard 1:** 1.8.1, 1.8.2, 1.8.6, 1.8.7
- Standard 2:** 2.8.2, 2.8.3, 2.8.5, 2.8.7
- Standard 3:** 3.8.1, 3.8.2, 3.8.3
- Standard 4:** 4.8.1, 4.8.2, 4.8.4
- Standard 5:** 5.8.1, 5.8.2, 5.8.4, 5.8.5, 5.8.6, 5.8.7
- Standard 6:** 6.8.1, 6.8.2, 6.8.3
- Standard 7:** 7.8.1, 7.8.2, 7.8.3
- Standard 8:** 8.8.1, 8.8.2, 8.8.3

Week 1	CPR & First Aid	Prep
Day 1	Emergency Response Basics	Printing & Room Setup
Day 2	CPR & AED	Room Setup
Day 3	First Aid Simulation Activity	Printing
Day 4	First Aid Peer Teaching (Bites, Cuts, Burns) Homework: Family Safety Plan	Printing
Day 5	First Aid Exam	Printing or None

Week 2	Cyber Safety	Prep
Day 1	Screen Time Activity Mapping Online Life	Printing
Day 2	Social Media Scavenger Hunt Cyber Safety Sorting Activity	Room Setup
Day 3	Cyber Bullying Day 1	Printing
Day 4	Cyber Bullying Day 2 (Optional*)	
Day 5	Cyber Safety Escape Room	High Prep Activity



Safety Unit

Week 3	Personal Safety	Prep
Day 11	Sexting Mock Trial: Prep Day	Printing
Day 12	Sexting Mock Trial: Trial Day	NONE
Day 13	Personal Safety Simulation	Printing



Nutrition Unit



**National
Health
Education
Standards**

- Standard 1:** 1.8.1, 1.8.2, 1.8.4, 1.8.5, 1.8.6
- Standard 2:** 2.8.2, 2.8.3, 2.8.5
- Standard 3:** 3.8.1, 3.8.2, 3.8.3
- Standard 4:** 4.8.1, 4.8.2
- Standard 5:** 5.8.1, 5.8.2, 5.8.4, 5.8.5
- Standard 6:** 6.8.1, 6.8.2, 6.8.3
- Standard 7:** 7.8.1, 7.8.2
- Standard 8:** 8.8.1, 8.8.2, 8.8.3

Week 1	Nutrients	Prep
Day 1	Bell Ringers Nutrition 101 Slides 1-15	Printing
Day 2	Ice Breaker: Food Themed Nutrition 101: Carb Slides	Printing
Day 3	Nutrition 101 (Protein & Fats)	NONE
Day 4	Nutrition 101 (Vitamins & Minerals) Nutrition Uno Cards Hand Out Study List Quiz	Printing + Cutting
Day 5	Ice Breaker Nutrition Quiz	Printing + Cutting

Week 2	Balanced Diet	Prep
Day 6	Nutritional Guidelines: Inverted Pyramid	Printing
Day 7	Nutrition Challenge: Meal Planning At Sea	Printing
Day 8	Decoding Nutrition Labels	Printing
Day 9	Sugar	Printing + Cutting
Day 10	The Truth About Fad Diets	NONE



Nutrition Unit

Week 3	Blue Zones	Prep
Day 11	LIVE TO 100: Blue Zone Movie Guide	Printing
Day 12	Blue Zone Research Project Introduction Blue Zones Field Trip	Printing
Day 13	Blue Zone Prep Day	NONE
Day 14	Blue Zone Presentation Day	NONE

Sub plans: FED UP: Movie guide Fast Food Sub Activity



Substance Use & Risk Prevention



National Health Education Standards

- Standard 1:** All
- Standard 2:** 2.8.2, 2.8.3, 2.8.5
- Standard 3:** 3.8.1, 3.8.2
- Standard 4:** 4.8.1, 4.8.2
- Standard 5:** 5.8.1, 5.8.2, 5.8.4, 5.8.5
- Standard 6:** 6.8.1, 6.8.2, 6.8.3
- Standard 7:** 7.8.1, 7.8.2
- Standard 8:** 8.8.1, 8.8.2, 8.8.3


Week 1	Substance Use + Drinks	Prep
Day 1	ATOD Bell Ringers (Use Daily) Substances Use	Printing
Day 2	Energy Drinks	Printing
Day 3	Feel Free (The New Dangerous Drink)	Printing
Day 4	Alcohol Lesson	Printing
Day 5	Alcohol in the Media	Printing


Week 2	Smoking & Drugs	Prep
Day 6	Cannabis Self-Guided or As a Class	Printing or NONE
Day 7	Vaping Escape Room	Printing + Cutting + Set up
Day 8	Fentanyl	Printing + Cutting
Day 9	Drugs and Alcohol Simulation Game	Printing + Cutting
Day 10	Alcohol in the Media Presentations	NONE

Sub Plan: Movie Guide Vaping Movie Guide



End of The Year PROJECT

<p>National Health Education Standards</p> 	<p>8.8.3 – Work cooperatively to advocate for healthy individuals, families, and schools.</p> <p>8.8.4 – Identify ways in which health messages and communication techniques can be altered for different audiences.</p> <p>8.8.2 – Encourage others to make positive health choices.</p> <p>2.8.10 – Explain how school and public health policies can influence health promotion and disease prevention.</p>
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Mission Better School PROJECT

Learning Outcomes


NHES 8.8.3 – Work cooperatively to advocate for healthy individuals, families, and schools. Students collaborate in groups to design and promote a campaign addressing a school health issue. They identify roles, work together, and use their collective voice to raise awareness or encourage change.

NHES 8.8.4 – Identify ways in which health messages and communication techniques can be altered for different audiences. Students consider how to tailor their campaign message depending on the audience (students, teachers, admin). They choose appropriate formats and styles (e.g., posters, videos, announcements) to maximize impact.

NHES 2.8.10 – Explain how school and public health policies can influence health promotion and disease prevention. Students explore how existing school rules or lack of policies contribute to the issue (e.g., no phone break policies affecting mental health) and propose policy changes or initiatives through their campaign.

NHES 8.8.2 – Encourage others to make positive health choices. Students build their campaign around one simple, clear action their peers can take (e.g., drinking more water, taking screen breaks), using persuasive messaging to promote healthier behaviors.

Duration



1 Week project

Materials Needed


No materials needed unless requested by students

Topics

- Activism & Student Voice
- Identifying Health Challenges
- Root Cause Thinking
- Creating Impactful Messages

Lesson Plan

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Life fluent


End of The School Year WORLD CAFE

National Health Education Standards

4.5.1 – Demonstrate effective verbal and nonverbal communication skills to enhance health. Students engage in thoughtful discussions, practice active listening, and respectfully express their ideas in small group settings—building key communication skills.


6.5.1 – Set a personal health goal and track progress toward its achievement. As part of the end-of-year reflection, students set personal goals for summer or the next school year, promoting self-awareness and future planning.

Duration




Day 1: 30 Min
Day 2: 50 Min

Style



Student-Led

Group Size



Groups Of 5

Topics

- Goal setting for the Summer
- Reviewing Health Units
- How healthy habits impact

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free example lesson



Intro to Health

HEALTH TRIANGLE

Learning Outcomes

NHES 1.8.1 – Analyze the relationship between healthy behaviors and personal health.
Students reflect on daily habits (sleep, stress, social media, coping) and evaluate how these behaviors impact their mental and physical health.

NHES 2.8.3 – Analyze how peers influence healthy and unhealthy behaviors.
Students examine how social media, influencers, and peer norms shape their perceptions of health and decision-making.

NHES 4.8.1 – Apply effective verbal and nonverbal communication skills to enhance health.
Students practice respectful discussion, active listening, and appropriate participation during class activities and conversations.

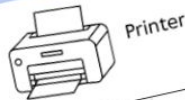
NHES 7.8.2 – Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
Students identify personal habits and classroom behaviors (respect, confidentiality, maturity) that support a safe and healthy learning environment.

Duration



55 Mins

Materials Needed



Printer

Topics



- Health Literacy & Media Influence
- Daily Habits
- Health Triangle
- Respect & Boundaries

Prep

Print off the worksheet for each student or assign digitally.

Lesson Plan

Activity 1: It's the first day of the term and we all know how the first day goes. Students are trickling in, many a late, and just about everyone is silent and slightly self-conscious. To combat these first-day nerves, have slide on the board and their worksheet ready on their desks. Students can use the time until the bell to start comparing the life of an everyday teen with a health/fitness/wellness influencer. Have them consider things like sleep habits, foods, phone use, etc.

Narrator Activity: Once everyone has their answers and shares a bit with the class, put students in groups and have them pick either the IRL teen or influencer, and they need to create an imaginary voiceover for a "the life" video. This means they create the script for the day in the life, and when everyone comes back a class, have a few groups share their voiceovers. Try and keep it animated, and it's a really fun way to get students to lean into the silliness.

Big Question: If you only got your health information from TikTok and these wellness influencers, how would that impact your health both mentally and physically? Have students talk about the pros and cons of getting health info online and some of the pressures they may feel seeing idealized versions of health and fitness. Have students share their perspective on the conversation. The following slide shows a convo between two influencers and have students share their perspective on the conversation.

Get to know you 4 corners game:
Go through slides 6-14 with your students standing. After reading each question, have students go to the corner of the room that matches the question. Emphasize there are no "bad answers," just honest answers. Each student gets into the group, have them introduce themselves as a good get-to-know-you moment.

The Health Triangle:
Slides 15-17 introduce the health triangle and the various elements of health. Have the students write out examples for each and reflect on what it means to live a healthy life.