



Lesson	Quaver Activities	TEKS
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Lesson	Quaver Activities	TEKS
2. Brushing and Flossing - Going Deeper		
3. What Exercise is Right for Me?		
4. What Does Sleep Do for Me? - Going Deeper		
3rd 9 Weeks January 9 - March 8		
UNIT 5: Mental Health and Wellness		
1. Healthy Coping Strategies		
2. Managing My Stress		
3. Overcoming My Weaknesses		
4. When I Feel Angry		

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