



Re-Think Your Drink supports the *Alberta Learning Health And Life Skills Curriculum* by:

WELLNESS CHOICES	
Personal Health	
W – 4.5	analyze the need for variety and moderation in a balanced diet
RELATIONSHIP CHOICES	
Interactions	
R – 4.6	identify and describe ways to provide support to others
Group Roles and Processes	
R – 4.8	describe and accept roles and responsibilities within a group
R – 4.9	assess how to act as important role models for others
LIFE LEARNING CHOICES	
Learning Strategies	
L – 4.3	demonstrate effective decision making, focusing on careful information gathering
L – 4.4	distinguish among, and set, different kinds of goals
Volunteerism	
L – 4.8	Select, perform as a class and analyze volunteer accomplishments e.g. in-school recycling program