



Grow Strong!

A Book About Healthy Habits

ASCA Alignment

Alignment by Dr. Danielle Schultz

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Book Title: *Grow Strong!: A Book About Healthy Habits* by Cheri J. Meiners

The ASCA Mindsets & Behaviors for Student Success: K-12 College- and Career-Readiness Standards for Every Student

Each of the following standards can be applied to the academic, career and social/emotional domains.

Category 1: Mindset Standards

1.	Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
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Category 2: Behavior Standards

Learning Standards

10.	Participate in enrichment and extracurricular activities
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Self-Management Skills

2.	Demonstrate self-discipline and self-control
7.	Demonstrate effective coping skills when faced with a problem

Social Skills

2.	Create positive and supportive relationships with other students
3.	Create relationships with adults that support success

ASCA MINDSET AND BEHAVIOR STANDARDS: MS.1, BS.LS.10, BS.SMS.2, BS.SMS.7, BS.SS.2, BS.SS.3,