

Weeks

Massachusetts Performance Standards

The students will:

- 5.11 Analyze healthy ways to express emotions and to cope with feelings, including the common causes of stress, its effects on the body, and managing stress.
- 5.12 Identify the factors that help people deal with grief.
- 5.13 Analyze research on health behaviors and brain chemistry and emotional functioning.

UNIT

Emotional Health

Objectives (Students will be able to...)

- describe the connection between certain emotions and changes in mental and physical health
- describe the difference between clinical and non-clinical depression
- identify anger triggers, anger management techniques
- Identify connections between stress and emotions

Essential Question

What causes the emotions we experience, and how can we manage our emotions so that we can express them in healthy ways?

Mission and Expectations

Health & Wellness

- Understands the fundamental wellness and fitness concepts and the skills which foster healthy habits and behaviors
- Make healthy –enhancing decisions by assessing risks and considering potential consequences.

Autonomous Learning Skills

- Takes responsibility for his/her learning
- Is a lifelong learner
- Can set priorities and identify

Personal and Social Responsibility

- Takes responsibility for his/her learning
- Respects himself/herself and others

Teacher Resources

1. Handouts on Emotional Health issues
2. Flip charts, markers, white board and markers

Media and Technology Resources

- 1 Health and Wellness textbook
2. DVD and Videotapes on depression, stress, anger: identifying problems and treatment options

Evaluation/Activities

Lecture/Demonstration: Each concept/topic will be introduced by the teacher using any resources that are available.
Class work: To be done on each topic/concept as needed for understanding.
Homework: To be given daily on each introduced topic as determined by the teacher.
Review: All weekly concepts will be reviewed and connections to concepts should be made by the students.
Quiz: Formal assessments will be given as warranted by the curriculum.

Lesson Completion Date:

Technology Used/ Date Used:

Completed By:

Comments:

