Wellness

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 3**
Time Period: **Semester 2**
Length: **2 weeks**
Status: **Published**

Standards

2.1.12.EH.2	Analyze factors that influence the emotional and social impact of mental health illness on the family.
2.1.12.EH.3	Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).
2.1.12.EH.4	Analyze and adapt mental and emotional health messages and communication techniques to peers and other specific target audience (e.g., dimensions of health).
2.1.12.CHSS.7	Describe how individuals and local, state, and global advocacy organizations can collaborate to address common local and global health and social issues (e.g., hunger, clean water, organ/tissue donation).
2.1.12.CHSS.8	Investigate how local, state, and global agencies are addressing health issues caused by climate change and share this information in an appropriate setting.
2.1.12.CHSS.9	Develop an action plan to assist individuals who have feelings of sadness, anxiety, stress, trauma, or depression and share this information with individuals who will benefit.
2.2.12.LF.4	Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.
2.2.12.LF.5	Describe the social benefits gained from participating in physical activity (e.g., meeting someone, making friends, team work, building trust, experiencing something new).
2.2.12.LF.6	Implement a financial plan for participation in physical activity in the community for self and family members.

Enduring Understanding

1. Empower students to focus on all seven dimensions of overall wellness - Physical, Social, Emotional, Environmental, Financial, Occupational, and Spiritual. ***HE.9-12.2.1.12.EH*** *- Emotional Health - [Core Idea] - Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual.*

2. Assist students in understanding lifestyle choices and behaviors have a direct impact on their overall wellness. ***HE.9-12.2.1.12.PGD*** *- Personal Growth and Development - [Core Idea] - The decisions one makes can influence an individual's growth and development in all dimensions of wellness.*

3. Formulate daily action plans and positive coping skills to allow students to make noticeable changes in their daily life to maintain healthy balance of overall wellness. ***HE.9-12.2.1.12.PGD*** *- Personal Growth and Development - [Core Idea] - The decisions one makes can influence an individual's growth and development in all dimensions of wellness.*

4. Investigate the ways in which the current climate affect an individuals overall wellness? ***HE.9-12.2.1.12.CHSS*** *- Community Health Services and Support - [Core Idea] - Local, state, and global advocacy organizations provide accurate and reliable resources and strategies designed to address common health and*

social issues.

Essential Questions

1. What is wellness?

2. How do the different Dimensions of Wellness impact each other?

3. What is the correlation between personal behaviors and wellness?

4. How has the impact of the current climate affect an individuals overall wellness?

Knowledge and Skills

The performance expectations are:

- Gain knowledge in the seven Dimensions of Wellness. ***HE.9-12.2.1.12.EH.2***
- Identify personal examples of how the seven Dimensions of Wellness impact their lives. ***HE.9-12.2.1.12.EH.1***
- Identify positive and negative coping skills. ***HE.9-12.2.1.12.EH.3***
- Reflect on how personal beliefs, morals, habits, attitudes, family, and the environment impact their wellness. ***HE.9-12.2.1.12.PGD.1***
- Determine ways in which the current climate (environmental, social, safety) affects an individuals overall health and wellbeing. ***HE.9-12.2.1.12.CHSS.8***

Transfer Goals

1. Students will be able to independently recognize personal behaviors that impact overall wellness.

2. Students will be able to independently improve overall wellness by utilizing WH and community resources.

3. Students will be able to independently devise a wellness plan for themselves, along with the ability to help others.

Resources

UMatter Wellness Self Assessment

May include speakers from the following organizations:

- Minding Your Mind Guest Speaker - https://mindingyourmind.org/
- Rutgers L.I.G.H.T. Counseling - https://www.whrhs.org/guidance/new-page
- Substance Abuse and Mental Health Support https://www.samhsa.gov/find-help/national-helpline
- Mosaic Counseling
- WHRHS SAC
- Chris Herren - Motivational Guest Speaker - https://herrentalks.com/
- Strive to Revive

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit