Unit 02: Mental and Emotional Health

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 1**
Length: **1 Week**
Status: **Published**

Brief Summary of Unit

The ability to understand and incorporate wellness practices into one's daily living is vital to the well-being of our students and directly correlates to their optimal overall health. Effective health practices provide students with the potential for success when choosing a career and allow for the pursuit of any career interest. When taking this course, students develop their understanding of the interrelationship between wellness, overall well-being and success.

Students will learn and understand skills necessary for improving physical, mental/emotional, and social health in order to achieve overall wellness. Students will learn about health risks, decision making, setting goals, and building good character. Students will learn ways to apply knowledge gained to their own personal life.

Revision Date: July 2020

Standards

By the end of Grade 8:

2.1 Mental Health: Emotional and Social Wellness

Emotional Health

Self-management skills impact an individual's ability to cope with different types of mental, psychological, and emotional situations.

- 2.1.8.EH.1: Compare and contrast stress management strategies that are used to address various types o stress-induced situations (e.g., academics, family, personal relationships, finances, celebrations, violence).
- 2.1.8.EH.2: Analyze how personal attributes, resiliency, and protective factors support mental and emotional health.

2.3 Safety

Personal Safety

Technology can impact the capacity of individuals to develop and maintain healthy behaviors and interpersonal relationships.

- 2.3.8.PS.6: Demonstrate strategies to use social media safely, legally, and respectfully (e.g., sexting, sextortion).
- 2.3.8.PS.7: Evaluate the impact of technology and social media on relationships (e.g., consent, communication, respect).

Interdisciplinary connections across content areas

- LA.WHST.6-8.2.D - Use precise language and domain-specific vocabulary to inform about or explain the topic.
- LA.WHST.6-8.4 - Produce clear and coherent writing in which the development, organization, voice, a style are appropriate to task, purpose, and audience.
- LA.WHST.11-12.6 - Use technology, including the Internet, to produce, share, and update writing products in response to ongoing feedback, including new arguments or information.

Inclusion of the Career Ready Practice Standards

- CRP.K-12.CRP4: Communicate clearly and effectively and with reason.

Integration of 21st Century Skills through NJSLS 9

- CAEP.9.2.8.B.3: Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

Integration of Technology Standards through the NJSLS

- TECH.8.1.8.A.3: Use and/or develop a simulation that provides an environment to solve a real world problem or theory.

Transfer

Essential Questions

- How does knowing the components of mental and emotional health help to create wellness?
- Who or what influences mental and emotional health?

Essential Understandings

- it is normal to experience a range of emotions on any given day.
- there are techniques that can be used to express emotions and manage stress in a healthy way.
- there are ways to identify the warning signs of mental and emotional problems.
- there are mental and emotional problems that require medical attention.
- there are treatment options available to help with mental and emotional problems.
- outside factors can contribute to overall mental and emotional health.

Students Will Know

- how to develop and improve self concept and self esteem.
- how to successfully manage their emotions and stress.
- the warning signs of serious mental and emotional problems.
- how to access resources to help with mental and emotional problems.

Students Will Be Skilled At

- key terms and concepts, including: mental health, emotional health, self concept, self esteem, personality, resilience, stress, optimistic, pessimistic, confidence, mood swings, emotions, positive stress, stressors, fight or flight response, adrenaline, fatigue, anxiety disorders, mood disorders, suicide, resources, referral.
- the different components of mental and emotional health.
- how outside factors can influence mental and emotional health.

Evidence/Performance Tasks

When taking a Physical Education or Health course, students demonstrate differentiated abilities to answer the essential questions and meet course objectives through formative and summative assessments. Evidence of progression in answering the essential questions and meeting course objectives demonstrates the development of proficiency over time. The performance tasks below are implemented as benchmark assessments and, based on individual student readiness and performance, can be implemented as formative and/or summative assessments. Student proficiency allows for additional or alternative assessment based on demonstration or absence of skill.

- participate in class activities that improve knowledge of: building self-concept, self-esteem, strategies for managing and expressing emotions, building and becoming positive influences, the body's reaction to stress, mental and emotional disorders and treatment.
- act respectfully and follow all class and school rules.
- complete group work which allows students to interact and discuss ways to improve mental and

emotional health.
- create posters to display healthy strategies to manage and express emotions and stress.
- complete a written assessment on mental and emotional health, including: warning signs of mental and emotional disorders, the different anxiety and mood disorders, and resources and treatments available.
- apply knowledge of stress management, strategies to build a healthy self concept, and self image to one's own personal life.
- develop personal health goals to continue to build and support positive mental and emotional health and wellness.
- answer the essential questions.

Learning Plan

- Preview the essential questions and connect to learning throughout the unit.
- Provide an introduction and overview to understanding health and wellness including topics such as the decision making process, the consequences of risky behaviors, character traits, goal setting.
- Discuss key terms and concepts including: healthy, wellness, physical health, social health, mental/emotional health, stress management, communication, risk, character, conflict, conflict resolution, consequences, abstinence, ethical values, short term goals, long term goals, trustworthiness, respect, responsibility, fairness, caring, citizenship.
- Apply knowledge of the importance of health and wellness to one's personal life including decision making, avoiding risky behaviors, and goal setting
- Preview the essential questions and connect to learning throughout the unit.
- Introduce mental and emotional health highlighting topics such as: mood swings, self-esteem, personality, emotions, confidence, resilience, empathy, and optimism/pessimism.
- Discuss key terms and concepts including: mental health, emotional health, self concept, self esteem, personality, resilience, stress, optimistic, pessimistic, confidence, mood swings, emotions, positive stress, stressors, fight or flight response, adrenaline, fatigue, anxiety disorders, mood disorders, suicide, resources, referral.
- Apply knowledge of self-concept, building positive self-esteem, stress management, personality, resource to help with mental and emotional problems in one's personal life.
- Review all material covered including: mental health, emotional health, self concept, self esteem, personality, resilience, stress, optimistic, pessimistic, confidence, mood swings, emotions, positive stress, stressors, fight or flight response, adrenaline, fatigue, anxiety disorders, mood disorders, suicide, resources, referral.
- Complete group work which allows students to interact and discuss ways to improve mental and emotional health.
- Create posters to display healthy strategies to manage and express emotions and stress.
- Complete a unit test on mental and emotional health, including: warning signs of mental and emotional disorders, the different anxiety and mood disorders, and resources and treatments available.
- Apply knowledge of stress management, strategies to build a healthy self concept, and self image to one's own personal life.
- Develop personal health goals to continue to build and support positive mental and emotional health and wellness.

Materials

Laptops

Projector

Construction paper

Markers

Course videos

Handouts

Associated web content and media sources are infused into the unit as applicable and available

In addition the materials above, the link connects to district approved textbooks and resources utilized in this course

CORE BOOK LIST

The materials used in this course allow for integration of a variety of instructional, supplemental, and intervention materials that support student learners at all levels in the school and home environments

Suggested Strategies for Modifications

https://docs.google.com/spreadsheets/d/1JN3XzsuRVs09JoqKayEQYWUZt4rJdwqQ3rQI5jqs5C4/edit?usp=sharing