

Unit 1: Mental Health/Stress/Emotional Well Being

Content Area: **Template**
Course(s):
Time Period: **Full Year**
Length: **Full Year**
Status: **Published**

UNIT RATIONALE

The grade twelve health education program is designed to give students the opportunity to examine the impact that decisions and behaviors can have on personal wellness. Through skill-based activities, students will achieve the learning objectives set forth for each unit. Students will analyze factors that both support and hinder the achievement of personal health goals throughout the stages of life. In this course, students will utilize strategies that will enhance emotional health and personal well-being to restore individual balance and function. Students will also examine their personal efforts in preventing, controlling, and treating mental health conditions.

ESSENTIAL QUESTIONS

- What personal components of life impact the mental and emotional development of an individual?
- How do health and wellness differ?
- Why is emotional health and well-being important?
- How does happiness benefit health?
- How does mental health impact other dimensions of health?

STANDARDS

NEW JERSEY STUDENT LEARNING STANDARDS: CONTENT AREA

New Jersey (NJSL) - Grades 9-12 - Comprehensive Health and Physical Education (2020)

HE.9-12.2.1.12.EH.1	Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
HE.9-12.2.1.12.EH.2	Analyze factors that influence the emotional and social impact of mental health illness on the family.
HE.9-12.2.1.12.EH.3	Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).
HE.9-12.2.1.12.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).
HE.9-12.2.1.12.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.

NEW JERSEY STUDENT LEARNING STANDARDS: CAREER READINESS, LIFE LITERACIES AND KEY SKILLS

NEW JERSEY STUDENT LEARNING STANDARDS: COMPUTER SCIENCE AND DESIGN THINKING

PRE-ASSESSMENTS

The Teacher will open each lesson by asking students about the topic that will be covered that day. This may include certain vocab words or concepts. This will serve as a baseline to determine the student's prior knowledge of the subject. The teacher will attempt to correct any information provided by the students that may not be factually correct.

Some other examples that can be used are...

Power points

Group projects

Handouts

Video Critiques

Wellness project

Web quest

Peer teaching about stress, emotional health, and strategies.

Debate the effectiveness of emotional intelligence.

Research emotional health and its effects on everyday life.

Four corners wellness chat/gallery walk (stress management, emotions, values, internal/external influences).

INSTRUCTIONAL PLAN

Student Learning Intentions (SLI) WALT: (We are learning to...)	
Student Learning Strategies	

Success Criteria	
Formative Assessment (drives instructional decisions)	
Activities and Resources	
Suggested Modifications	

[12th Health Education CAR Model Mental Health Day 1.docx](#)

[12th Health Education CAR Model Mental Health Day 2.docx](#)

[12th Health Education CAR Model Mental Health Day 3.docx](#)

[12th Health Education CAR Model Mental Health Day 4.docx](#)

[12th Health Education CAR Model Mental Health Day 5.docx](#)

[12th Health Education CAR Model Mental Health Day 6.docx](#)

[12th Health Education CAR Model Mental Health Day 7.docx](#)

[12th Health Education CAR Model Mental Health Day 8.docx](#)

[12th Health Education CAR Model Mental Health Day 9.docx](#)

REFLECTIONS

INTERDISCIPLINARY CONNECTIONS: NEW JERSEY STUDENT LEARNING STANDARDS FOR ELA, SOCIAL STUDIES, SCIENCE AND/OR MATHEMATICS
