

# Unit 2: Mental and Emotional Health I (6)

Content Area: **Health**  
Course(s): **Health and Physical Ed**  
Time Period: **1 marking period**  
Length: **3 Weeks**  
Status: **Published**

## Unit Overview

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In this unit, students will learn how to make good decisions, use refusal skills and set goals. The students will also identify useful relationship skills as well as identifying the importance of having a healthy self-esteem and ways to build a healthy self-esteem.

## Transfer

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Students will be able to independently use their learning to...

successfully assess their mental health by evaluating each of areas health that include their self-esteem and coping with conflict and stress . This will allow the students to identify their weaknesses and takes steps to improve their health.

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## Understandings

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Students will understand that...

-by identifying these areas of mental health and how they affect their well-being, they will be able to address their strengths and weaknesses to improve overall mental health

## **Essential Questions**

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Students will keep considering...

-how to make effective decision making strategies

-use of refusal, negotiation and assertiveness skills in different situations

-every health related decision has short and long-term consequences and affects the ability to reach health goals.

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know...

how self-esteem and coping with conflict and stress affect their overall health.

### **Students will be skilled at...**

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Students will be skilled at...

identifying self-esteem and coping with conflict and stress and how they will be able to address their strengths

and weaknesses to improve overall mental health

## **Academic Vocabulary**

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goal

identity

beliefs

self-esteem

self-image

interpersonal skills

verbal communication

nonverbal communication

active listening

traditions

rituals

## **Learning Goal 1**

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Students will learn how to make good decisions and to set goals.

- Students will learn how to make good decisions, learn to use refusal skills and to set goals.

CRP.K-12.CRP1                      Act as a responsible and contributing citizen and employee.

CRP.K-12.CRP3                      Attend to personal health and financial well-being.

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

CRP.K-12.CRP5                      Consider the environmental, social and economic impacts of decisions.

CRP.K-12.CRP6                      Demonstrate creativity and innovation.

CRP.K-12.CRP8                      Utilize critical thinking to make sense of problems and persevere in solving them.

CRP.K-12.CRP9                      Model integrity, ethical leadership and effective management.

|               |   |
|---------------|---|
| HPE.2.2.6.A.2 | Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.                    |
| HPE.2.2.6.B.1 | Use effective decision-making strategies.   |
| HPE.2.2.6.B.4 | Apply personal health data and information to support achievement of one's short- and long-term health goals. |

## Target 1

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Students will learn to identify and use steps to make good decisions.

## Learning Goal 2

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Students will identify useful relationship skills and how to apply them.

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|               |   |
|---------------|---|
| CRP.K-12.CRP1 | Act as a responsible and contributing citizen and employee.   |
| CRP.K-12.CRP3 | Attend to personal health and financial well-being.   |
| CRP.K-12.CRP4 | Communicate clearly and effectively and with reason.  |
| CRP.K-12.CRP5 | Consider the environmental, social and economic impacts of decisions.   |
| CRP.K-12.CRP6 | Demonstrate creativity and innovation.  |
| CRP.K-12.CRP8 | Utilize critical thinking to make sense of problems and persevere in solving them.  |
| CRP.K-12.CRP9 | Model integrity, ethical leadership and effective management.   |
| HPE.2.1.6.E.2 | Make recommendations to resolve incidences of school and community conflict, violence, harassment, gang violence, discrimination, and bullying. |
| HPE.2.1.6.E.3 | Compare and contrast ways that individuals, families, and communities cope with change, crisis, rejection, loss, and separation.                |
| HPE.2.2.6.B.1 | Use effective decision-making strategies.   |

## Target 1

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Students will identify useful relationship skills and ways to apply them.

## Learning Goal 3

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Students will identify the importance of healthy self-esteem and ways to build healthy self-esteem.

- Students will identify the importance of healthy self-esteem and ways to build healthy self-esteem.

|               |  |
|---------------|--|
| CRP.K-12.CRP1 | Act as a responsible and contributing citizen and employee.  |
| CRP.K-12.CRP3 | Attend to personal health and financial well-being.  |
| CRP.K-12.CRP4 | Communicate clearly and effectively and with reason.   |
| CRP.K-12.CRP5 | Consider the environmental, social and economic impacts of decisions.  |
| CRP.K-12.CRP6 | Demonstrate creativity and innovation.   |
| CRP.K-12.CRP8 | Utilize critical thinking to make sense of problems and persevere in solving them.   |
| CRP.K-12.CRP9 | Model integrity, ethical leadership and effective management.  |
| HPE.2.1.6.C.3 | Compare and contrast common mental illnesses (such as depression, anxiety and panic disorders, and phobias) and ways to detect and treat them. |

## Target 1

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Students will identify the characteristics of high self-esteem and low self-esteem as well as factors that influence self-esteem

## Summative Assessment

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- Essay
- Projects
- Quiz
- Test

## Formative Assessment and Performance Opportunities

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- observation
- think/pair/share
- worksheets

## Differentiation/Enrichment

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how healthy are you

building your skills

graphic organizers

case studies

## Unit Resources

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textbook

laptops

topic related videos

topic related worksheets