

# Unit 2: Mental/ Emotional Health II (7)

Content Area: **Health**  
Course(s): **Health and Physical Ed**  
Time Period: **1 marking period**  
Length: **4 Weeks**  
Status: **Published**

## Unit Overview

---

In this unit, students will learn about mental illness and about who and what a mental health professional does. The students will compare and contrast stress management strategies that are used to address various types of stress induced situations.

## Transfer

---

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

- Identify different mental illnesses and the work done by different mental health professionals.
- identify stress management strategies to use in various stress induced situations.

---

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

---

## **Understandings**

---

Students will understand...

- identify stress management strategies to use in various stress induced situations.
- identify different mental illnesses and the work done by different mental health professionals.

## **Essential Questions**

---

Students will keep considering...

- identify stress management strategies to use in various stress induced situations.
- identify different mental illnesses and the work done by different mental health professionals.

## **Application of Knowledge and Skill**

---

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

---

Students will know...

- how to identify stress management strategies to use in various stress induced situations.
- how to identify different mental illnesses and the work done by different mental health professionals.

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

---

Students will be skilled at...

- Identifying various mental illnesses.
- Identifying the work done by mental health professionals.
- identify stress management strategies to use in various stress induced situations.

## **Academic Vocabulary**

---

Identity

Beliefs

Self-esteem

Emotional Awareness

Empathy

Mental Health

Emotional Health

Stress

Meditation

Mindfulness

Mental illness

Depression

Therapists

Psychiatrists

## **Learning Goal 2**

---

Students will identify the different mental health conditions and its impact on one's mental health.

HPE.2.1.8.C.3

Analyze the impact of mental illness (e.g., depression, impulse disorders such as gambling or shopping, eating disorders, and bipolar disorders) on physical, social, and emotional well-being.

HPE.2.1.8.E.CS2

Respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture provide a foundation for the prevention and resolution of conflict.

## **Target 1**

---

Students will learn about mental illness and about the work by mental health professional.

## **Summative Assessment**

---

-Quizzes

-Tests

-Projects

## **Formative Assessment and Performance Opportunities**

---

-Worksheets

-Observations

-Think/Pair/Share

## **Differentiation/Enrichment**

---

- building your skills
- case studies
- graphic organizers

- how healthy are you

## **Unit Resources**

---

textbook

laptops

topic related videos

topic related worksheets