Lions Way 8 Unit 2: Skill-building for Mental Health and Well-being

Content Area: **Social Studies**
Course(s):
Time Period: **October**
Length: **10**
Status: **Published**

Targeted Standards

2.1.8.EH.1: Compare and contrast stress management strategies that are used to address various types of 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.

Rationale & Transfer Goals

This unit will help students understand mental health as well as strategies for stress management, anxiety, and depression.

Enduring Understandings - What are the most essential conclusions that students should be guided towards throughout this unit?

1. Understanding emotions helps regulate our mental health.

2. We can adjust our thoughts, emotions, and actions.

3. Stress management strategies can improve our mental health and well-being.

4. Connection to others improves our mental health and well being.

5. Mental health providers can help improve mental health issues.

Essential Questions - What are the questions that will guide critical thinking about the content in this unit? Essential Questions should be thought

starters toward the enduring understandings.

1. How can increasing emotional awareness be healthy and helpful?

2. How can changing negative thoughts around lead to more positive outcomes?

3. How do we differentiate betwen functional and dysfunctional stress and anxiety?

4. What is mental health maintenance and how do we incorporate it into our lives?

5. What are the options and benefits of seeking mental health support?

6. How do my actions and habits affect my mental health and well-being?

Content/Objectives

Content - What students will know

Module 8 - Skill-building for Mental Health & Well-being

8.1 - Using Your Emotional Radar

8.2 - Appreciating the Power of Thought

8.3 - De-escalating Stress/Anxiety

8.4 - Understanding Sadness/Depression

8.5 - Breaking Through Loneliness

8.6 - Recognizing When You/Others Need Help

8.7 - Practicing Self-Care

8.8 - Cultivating Hope and Happiness

8.9 - Raising Awareness for Mental Health (PBL)

8.10 - Mod 8 Reflection & Assessment

Skills - What students will be able to do

Students will be able to

1. identify emotions in themselves and in others
2. describe strategies for regulating negative thoughts and emotions
3. create a self-care plan
4. identify the signs of a mental health issue

Instructional Activites

Evidence (Assessments) - How we know students have learned

1. One on Ones
2. Teacher Check ins (conferencing)
3. Grade checks
4. Journaling
5. PBL on Mental Health Awareness

Activities/Strategies - How we teach content and skills

Activities/Strategies - How we teach Content

1. Think/Pair share (partners & small group discussions)
2. application/reflection graphic organizer
3. Group activities
4. Journaling
5. PBL

Spiraling for Mastery - Where does this unit spiral back to other units or previous years?

Content or Skill for this Unit

Honing your "emotional radar"

Spiral Focus from Previous Unit

Monitoring and Managing emotions

Instructional Activity

Emotion identification activity.

21st Century Skills - What are the 21st Century Skills that are a part of this unit?

9.4.5.CI.3: Participate in a brainstorming session with individuals with diverse perspectives to expand one’s thinking about a topic of curiosity

9.4.5.CT.2: Identify a problem and list the types of individuals and resources (e.g., school, community

agencies, governmental, online) that can aid in solving the problem

9.4.5.CT.4: Apply critical thinking and problem-solving strategies to different types of problems such as personal, academic, community and global

Key Resources

School - Connect Module 8

NewsELA - Paid district subscription

Northpass SEL- Facing Challenges and Building Resilience 5-8
Northpass SEL- Healthy Relationships and Communication 5-8
Northpass SEL- Empathy and Compassion 5-8
Northpass SEL- Connecting with the World Around You 5-8

Interdisciplinary Connections

NJSLSA.R1. Read closely to determine what the text says explicitly and to make logical inferences and relevant connections from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.

NJSLSA.R2. Determine central ideas or themes of a text and analyze their development; summarize the key supporting details and ideas.

NJSLSA.R3. Analyze how and why individuals, events, and ideas develop and interact over the course of a text.

NJSLSA.W4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.