

# Unit 1- Emotional Health

Content Area: **P.E. & Health**  
Course(s): **Health 1**  
Time Period: **MP1-4**  
Length: **Thursdays**  
Status: **Published**

## Essential Questions

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- How can I use self control in different places at school?
- What can I do if I am upset?
- How can I be responsible?
- What is character?

## Big Ideas

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- Many factors influence how we think about ourselves and others.
- There are different ways that individuals handle stress, and some are healthier than others.

## Enduring Understandings

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2.1.2.EH.1: Explain the meaning of character and how it is reflected in the thoughts, feelings and actions of oneself and others.

2.1.2.EH.2: Identify what it means to be responsible and list personal responsibilities.

2.1.2.EH.3: Demonstrate self-control in a variety of settings (e.g., classrooms, playgrounds, special programs).

2.1.2.EH.4: Demonstrate strategies for managing one's own emotions, thoughts and behaviors.

2.1.2.EH.5: Explain healthy ways of coping with stressful situations.

## Resources

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- Bringing down Stress: [https://www.youtube.com/watch?v=bRkILioT\\_NA](https://www.youtube.com/watch?v=bRkILioT_NA)
- Simon the Self Control Seal: [https://www.youtube.com/watch?v=3fDXiCi\\_-GI](https://www.youtube.com/watch?v=3fDXiCi_-GI)
- I am Stronger than Anger: <https://www.youtube.com/watch?v=XeJqxL86vfQ>
- I'll Do it: <https://www.youtube.com/watch?v=YpJKWcl6CL8>
- A Little Spot of Feelings: <https://www.youtube.com/watch?v=YC3SQnoggjM>
- Great Body Shop: Magazine titled Happy Sad and Inbetween