Unit 1- Emotional Health

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

Essential Questions

- 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

- 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

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

- Bringing down Stress: https://www.youtube.com/watch?v=bRkILioT_NA
- Simon the Self Control Seal: 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=YpJKWcI6CL8
- A Little Spot of Feelings: https://www.youtube.com/watch?v=YC3SQnoggjM
- Great Body Shop: Magazine titled Happy Sad and Inbetween