Unit 1- Emotional Health

Content Area: **P.E. & Health**
Course(s): **Health 4**
Time Period: **Marking Period 1**
Length: **3 Days**
Status: **Published**

Essential Questions

- What are difficult situations that a 4th grader deals with? Who can you go to for help?
- Explain the different types of emotions humans can feel and experience. How might someone express these emotions?
- What are ways to deal with difficult situations?

Big Ideas

- Self-management skills impact an individual's ability to recognize, cope, and express emotions about difficult events.
- Resiliency and coping practices influence an individual's ability to respond positively to everyday challenges and difficult situations.

Career Education Integration

9.1.5.EG.1 Explain and give examples of what is meant by the term "tax"

Activity/Connection

Athletic Careers Explore lesser known careers associated with Physical Education.

Enduring Understandings

2.1.5.EH.1: Discuss the impact of one's feelings and thoughts that lead to healthy and unhealthy behaviors.

2.1.5.EH.2: Explain how to cope with rejection, loss, difficult learning situations and/or separation from family or others.

2.1.5.EH.3: Identify different feelings and emotions that people may experience and how they might express these emotions (e.g., anger, fear, happiness, sadness, hopelessness, anxiety).

2.1.5.EH.4: Identify behaviors that help to deal with difficult situations that can occur at home, in school, and/or in the community and where to go for assistance.

Resources

- **Epic books: https://www.getepic.com/book/60037331/dealing-with-defeat?utm_source=t2t&utm_medium=link&utm_campaign=content&share=9904165042**
- https://www.getepic.com/book/76465688/bounce-back-a-book-about-resilience?utm_source=t2t&utm_medium=link&utm_campaign=content&share=9904165042
- BrainPop Emotions: https://jr.brainpop.com/health/feelingsandsel/emotions/
- Responsive Classroom: Cool Down Corner