

# 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

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- 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

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- 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

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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

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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

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- 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/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](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