Unit 3- Community Health Services and Support

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

Essential Questions

- What are ways that you can cope with stress/anxiety/anger/sadness?

Big Ideas

- Individuals will benefit from an awareness of coping strategies that can be used when facing difficult situations.

Enduring Understandings

2.1.5.CHSS.3: Describe strategies that are useful for individuals who are feeling sadness, anger, anxiety, or stress.

Climate Change

2.1.5.CHSS.2: Describe how business, non-profit organizations and individuals can work cooperatively to address health problems that are affected by global issues, including climate change.

- Activity: Students will produce educational materials (brochures, videos, social media campaigns) collaboratively to raise awareness about the health impacts of climate change and promote actionable steps.

Resources

- **Brain Pop Stress: https://www.brainpop.com/english/studyandreadingskills/stress**

- What is mindfulness CosmicYoga: https://www.youtube.com/watch?v=8rp5bpFIUpg
- Responsive Classroom: Interactive Modeling Behaviors/First Six Weeks of School