# Unit 2-3i L.E.A.D.-Emotion Management

Content Area: **P.E. & Health**
Course(s): **Health 5**
Time Period: **MP2-3**
Length: **Day 3**
Status: **Published**

## Essential Questions

- What are the four basic emotions and their variations?
- What are the physical signals associated with particular emotions?
- What is the relationship between feelings and behaviors?
- What are healthy and unhealthy ways to manage emotions?

## Big Ideas

- Children begin to experience more complex, personal and interpersonal events as they mature into pre-adolescence.
- Children equipped to identify and manage their emotions are better able to express their feelings with confidence.
- Emotional self-awareness fosters the recognition and appreciation of the emotions of others promoting a greater capacity to build empathy, diffuse conflict, and build stronger relationships.

## Enduring Understandings

**2.1 Wellness**

**E. Social and Emotional Health**

2.1.6.E.1 Examine how personal assets and protective factors support healthy social and emotional development.

2.1.6.E.3 Compare and contrast ways that individuals, families, and communities cope with change, crisis, rejection, loss, and separation

## Resources

- *Too Good for Drugs* Lesson 3: Emotion Management