Unit 1-4A Emotional Health

Content Area: **P.E. & Health**
Course(s): **Health 6**
Time Period: **Marking Period 1**
Length: **3 Days**
Status: **Published**

Essential Questions

- What are ways that I can cope with stress?
- What are ways that you can bounce back from depression?
- How can I support my mental health?

Big Ideas

- Self-management skills impact an individual's ability to cope with different types of mental, psychological, and emotional situations.

Enduring Understandings

2.1.8.EH.1: Compare and contrast stress management strategies that are used to address various types of stress-induced situations (e.g., academics, family, personal relationships, finances, celebrations, violence).

2.1.8.EH.2: Analyze how personal attributes, resiliency, and protective factors support mental and emotional health.

Resources

- Totally Awesome Health, Macmillian/McGraw-Hill, Grade 6, Unit 1
- https://teenshealth.org/en/teens/depression.html?WT.ac=ctg
- https://teenshealth.org/en/teens/depression-tips.html?WT.ac=ctg
- https://www.stress.org/the-good-stress-how-eustress-helps-you-grow

- https://teenshealth.org/en/kids/5-steps.html?WT.ac=ctg#catemotion

https://teenshealth.org/en/kids/stress.html#catmental-health