Grade 5 Health: Coping Skills

Unit Focus

Through engaging activities, students will identify feelings and emotions, learn about healthy and unhealthy ways to cope, explore a variety of coping strategies, learn about the connection between feelings, empathy, and kindness, and create a public service announcement with tips for dealing with stress and/or stressful situations.

Stage 1: Desired Results - Key Understandings

Standard(s)

Healthy and Balanced Living Curriculum Framework

Health Education 3-5

- Explain what it means to be mentally or emotionally healthy. (MEH 1.2.5)
- Describe the relationship between feelings and behavior and describe appropriate ways to express a variety of feelings (i.e., anger, happiness, sadness, frustration, excitement, etc.). (MEH 1.3.5)
- Describe the importance of being aware of one's own feelings and of being sensitive to the feelings of others (MEH 1.7.5)
- Demonstrate how to effectively ask for help to improve personal health. (IC 4.5.5)
- Choose a healthy option when making a decision (DM 5.5.5)
- Describe practices and behaviors that reduce or prevent health risks. (SM 7.1.5)
- Demonstrate healthy practices and behaviors. (SM 7.2.5)
- Make a commitment to practice healthy behaviors. (SM 7.3.5)
- Demonstrate how to support self and others to make positive health choices. (AV 8.3.5)

Madison Public Schools Profile of a Graduate

- Citizenship: Identify, analyze and contribute to critical issues in society in an ethical and responsible manner. (POG.5.1)

Transfer

Students will be able to independently use their learning to...

T1 Apply techniques to regulate one's thoughts, emotions and behaviors to deal with internal and external stressors in a variety of situations and settings.

Meaning

Understanding(s)

Students will understand that...

U1 Humans analyze the impact of emotions on their behavior.

U2 Individuals select from a variety of strategies to use in order to reduce stress in applicable situations.

U3 Individuals engage in stress reducing activities in order to maintain a balanced lifestyle.

U4 Communicating feelings can help others to understand and/or help.

U5 Students demonstrate various strategies when making decisions to enhance health.

Essential Question(s)

Students will keep considering...

Q1 How does my body alert me that I am feeling stressed (internal)? What are my personal triggers that cause stress (external)?

Q2 How can I express how I am feeling?

Q3 Do my actions and/or decisions have a negative or positive impact on myself or others?

Q4 What strategies can I use to help me in this moment?

Q5 What strategies do I have to make health-enhancing decisions?

Acquisition of Knowledge and Skill

Knowledge

Students will know...

K1 what a strong feeling is, how to identify it, and what the appropriate reaction is.

K2 how to access a variety of coping techniques and mindfulness exercises

Skill(s)

Students will be skilled at...

S1 explaining what it means to be mentally or emotionally healthy.

S2 describing the relationship between feelings and behavior and describe appropriate ways to express a

Stage 1: Desired Results - Key Understandings		
	K3 the difference between a healthy and an unhealthy coping strategy.	variety of feelings (i.e., anger, happiness, sadness, frustration, excitement, etc.). **S3** explaining the importance of talking with parents and other trusted adults about feelings. **S4** describing the importance of being aware of one's own feelings and of being sensitive to the feelings of others **S5** analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors. **S6** demonstrating how to effectively ask for help to improve personal health.