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| Essential  Understandings | * Skilled communication of feelings contributes to personal emotional well-being and healthy relationships with adults and peers * Verbal and non-verbal communication skills can be used to avoid or reduce health risks. |
| Essential  Questions | How can communication reduce health risks? |
| Essential Knowledge | Coping strategies can be used to manage emotionally charged  situations. |
| Vocabulary/Content | Coping strategies, calming strategies, stress, anger, grief, listening skills, assertiveness, refusal skills, furious, overwhelmed, confident, worried, frightened, confused, confident, embarrassed, lonely, jealous, surprised, anxious, shy, ashamed, guilty, disappointed, frustrated, left-out, nervous, proud, suspicious, exhausted, depressed |
| Essential  Skills | * Recognize feelings exhibited by a person’s facial expression and or body posture   - Identify one’s own personal feelings  - Identify and demonstrate calming strategies to manage strong  feelings   * Express feelings verbally in ways that help oneself and do not hurt others * Demonstrate appropriate communication strategies |
| **ASCA**  **Concepts**  Related  Maine Learning  Results | * Identify and express feelings * Recognize, accept, respect, and appreciate individual differences * Use effective communication skills * Know that communication involves speaking, listening and non verbal behavior * Develop effective coping skills for dealing with problems * Learn techniques for managing stress and conflict * Learn coping skills for managing life events   A2 Students identify examples of physical, mental, emotional, and social health during childhood  C3. Students demonstrate coping strategies that can be used to manage stress, anger, or grief  E1a. Students demonstrate appropriate listening skills to enhance health  E1b. Students demonstrate effective verbal and non-verbal communication skills including assertiveness skills to enhance health  E1d Students demonstrate refusal skills to avoid or reduce health risks |
| Sample  Lessons  And  Activities | * Show students list of 100+ words used to describe feelings in the * English language. * Read and discuss *The Way I Feel* by Janan Cain * View and discuss body language using picture posters * Student role plays using body postures. |
| Sample  Classroom  Assessment  Methods | * Pre and post assessment of feeling vocabulary. * Teacher feedback and reports |
| Sample  Resources | *The Way I Feel* by Janan Cain  *Lilly’s Purple Plastic Purse* by Kevin Henkes  *Is a Worry Worrying You* by Ferida Wolff and Harriet Savitz  *A Volcano In My Tummy –Helping Children to Handle Anger* by Eliane Whitehouse and Warwick Pudney  *Everybody Gets Angry* by Ellen Pill  *Wonder* by R.J. Palacio  *When Dinosaurs Die* by Brown and Brown |