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| EssentialUnderstandings | * 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.
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| EssentialQuestions | How can communication reduce health risks? |
| Essential Knowledge | Coping strategies can be used to manage emotionally chargedsituations.  |
| 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

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| **ASCA****Concepts**RelatedMaine LearningResults | * 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 childhoodC3. Students demonstrate coping strategies that can be used to manage stress, anger, or griefE1a. Students demonstrate appropriate listening skills to enhance healthE1b. Students demonstrate effective verbal and non-verbal communication skills including assertiveness skills to enhance healthE1d Students demonstrate refusal skills to avoid or reduce health risks |
| SampleLessonsAndActivities | * 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.
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| SampleClassroomAssessmentMethods | * Pre and post assessment of feeling vocabulary.
* Teacher feedback and reports
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| SampleResources | *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  |