Health/Guidance Unit 8: Empathy

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

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ASCA Concepts	Identify and express feelings Recognize, accept, respect, and appreciate individual differences Use effective communication skills Know that communication involves speaking, listening and nonverbal behavior Develop effective coping skills for dealing with problems Learn techniques for managing stress and conflict Learn coping skills for managing life events	
Related Maine Learning Results	Health 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 <i>The Way I Feel</i> 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	