

**Health/Guidance
Unit 8: Empathy**

<p>Essential Understandings</p>	<ul style="list-style-type: none"> ▪ 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.
<p>Essential Questions</p>	<ul style="list-style-type: none"> - How can communication reduce health risks?
<p>Essential Knowledge</p>	<ul style="list-style-type: none"> - Coping strategies can be used to manage emotionally charged situations.
<p>Vocabulary/Content</p>	<ul style="list-style-type: none"> - 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
<p>Essential Skills</p>	<ul style="list-style-type: none"> - 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

