**HEALTH EDUCATION**

**BLOCK PLAN**

**TOPIC: Mental and Emotional Health**

**STANDARD #4. Grade 10**

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| Lesson #1/ | |
| Lesson Title: | Make Every Day a Sunny Day |
| Health Literacy Skill(s): | CC: Explain how to build and manage in healthy family & peer Relationships  IC: Analyzes characteristics of a mentally and emotionally healthy person |
| Content: | Discuss 3 positive things and 1 challenge about your peer and/or family relationships  Identify a positive thing about a classmate |
| Strategies/Activities: | Role Play a given scenario  Video of effective communication skills (thinks you like) |
| Formative Assessments: | Small group discussion—think—pair-share |

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| Lesson #2/ | |
| Lesson Title: | Say What? |
| Health Literacy Skill(s): | CC: Explain how to build and manage in healthy family & peer Relationships  IC: Analyzes characteristics of a mentally and emotionally healthy person  AI: |
| Content: | Story of two people who are having a conflict  Discuss the story and the conflict  Discuss characteristics of a healthy family and peer relationships  Discuss options for a resolution  Determine the resolution  Summarize and reflect |
| Strategies/Activities: | Role Play a given scenario  Locate a video to address interpersonal conflict |
| Formative Assessments: | Small group discussion on what they found and present to class explaining the successful characteristics of resolving interpersonal conflict |

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| Lesson #3/ | |
| Lesson Title: |  |
| Health Literacy Skill(s): |  |
| Content: | 1. Explain how to build and manage in healthy family & peer Relationships 2. Analyzes characteristics of a mentally and emotionally healthy person |
| Strategies/Activities: |  |
| Formative Assessments: |  |

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| Lesson #4/ | |
| Lesson Title: |  |
| Health Literacy Skill(s): |  |
| Content: |  |
| Strategies/Activities: |  |
| Formative Assessments: |  |

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| Lesson #5/ | |
| Lesson Title: |  |
| Health Literacy Skill(s): |  |
| Content: |  |
| Strategies/Activities: |  |
| Formative Assessments: |  |
| Lesson #6/ | |
| Lesson Title: |  |
| Health Literacy Skill(s): |  |
| Content: |  |
| Strategies/Activities: |  |
| Formative Assessments: |  |

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| Summative Assessment | |
| Lesson Title: |  |
| Health Literacy Skills: |  |
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