

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

Day 1 + 2: The 5 Dimensions of Health - Mental, Emotional, Social, Spiritual, Physical Health

- “The Five Dimensions of Health Worksheet”
- Mental Health Road Signs Art Project
- “You Choose Worksheet”
- Finish Road Signs Art Project
- “Five Dimensions of Health Throughout the Term Worksheet”

Day 3 + 4: Emotional Health

- What is Positive Self-Esteem?
- “Self-Esteem Survey”
- Self-Esteem iPad or Thumbprint Project
- “What Makes Me Me Worksheet”
- “Multiple Intelligences Survey”
- Inspiring Video Choices

1 Alternate Lesson: Fun Animal Personalities, "I Am Me" Worksheet and Poems

Day 5: Emotional and Mental Health

- Multiple Personalities Survey
- Understanding My Intelligences Traits
- Penguin Art

Day 6 + 7: Emotional and Social Health

- One Person Can Make a Difference
- Real Life Examples
- More on Self-Esteem
- “Positive Self-Talk Worksheet”
- “To This Day” Bullying Video

2 Alternate Lessons: "We Are All Unique" Self-Esteem Lesson | Creating Slideshare PowerPoints on Self-Esteem

Day 8 + 9: Spiritual Health

- Values and Character
- “Values Survey”
- Analyzing Survey Results
- Gandhi Poster Project
- “What’s Your Biggest Regret?” Video
- “Parent-Teen Communicator Homework”

1 Alternate Lesson: Gratitude Lesson

Day 10: Emotional and Social Health

- Being Assertive
- “Assertiveness Survey”
- “How to Be More Confident”
- Video Review Sheet
- Being Assertive Role Plays
- NEW! Assertiveness Survey#2

1 Alternate Lesson: Tips to Boost Confidence Activities, and Door Hanger Project

Day 11: Social Health

- Understanding Empathy
- “Empathy Survey”
- Analyzing Survey Results
- Empathy Video Choices

- Empathy Homework

1 Alternate Lesson: Empathy and a Bullying Worksheet

Day 12 +13: Social Health

- “Stop Bullying-Making Your Voice Count” Activity
- True Story Article
- “Think Before You Speak” Video
- Supporting the Victim
- Group Work True Stories and Making Your Voice Count
- “Making Your Voice Count Quilt” Project

1 Alternate Lesson: Cyber Bullying Article and Worksheet

Day 14: Social Health Communication Skills

- Communications Partner Activity
- WWWWH Conversation Starters

1 Alternate Lesson: Learning Styles Survey

Day 15: Physical Health

- “How to Get Healthy!” Activity
- “Where is Your Health 60-Question Survey?” SOURCES UPDATED!
- “Where is Your Health?” Worksheet
- Personal Health Assessment
- Optional “Healthy Tips Acronym”

Day 16: Mental Health

- Problem-Solving and Mental Health
- Problem-Solving Video
- “Problem-Solving Scenario Task Cards

- Project video Explanation
- “Problem-Solving Flip Books Project”

Day 17+18: Mental Disorders/Illness

- Mental Illness Described
- Organic versus functional mental illnesses
- The effects of neurotransmitters
- Optional “What About Bob” Video or further videos on each mental illness
- Functional Mental Illnesses
- Bi-Polar, Depression, Autism Spectrum Disorder, Panic Attacks
- “Panic Attack” video
- Optional “Depression” video
- “Reality Matters” video
- “What About Bob” Video with “Video Review Sheet”

Day 19: Wrap Up Mental Disorders/Illness

- Finish “What About Bob” Video with “Video Review Sheet”
- Resources for Help
- Optional “Mental Illness Kahoot Interactive Test”

TOTAL w/ ALTERNATE LESSONS = 25 LESSONS!!

To Note: This unit and some of its lessons are taken from our full semester programs: “High School and Middle School Health Curriculums, and self-esteem, empathy, nutrition, conflict resolution, begin a year and stress units.