

Teacher:

Class:

Period:

Health Education 1st, 3rd and 4th Period

Date & Topic Unit One	Monday 2/22 1st Period	Tuesday 2/23 3rd & 4th Period	Wednesday 2/24 1st Period	Thursday 2/25 3rd & 4th Period	Friday 2/26 1st, 3rd and 4th Period
	Mental Health Personality Development	Mental Health Personality Development	Mental Health Stress Management	Mental Health Stress Management	Mental Health Achieving Good Mental Health
Learning Objective	Determine What Influences Your Personality Development	Determine What Influences Your Personality Development	What is stress? Positive versus Negative? Using it to our benefits	What is stress? Positive versus Negative? Using it to our benefits	Stress Management Techniques
Homework Due	16 Personalities Notebook	16 Personalities Notebook	Stress Management Choice Board	Stress Management Choice Board	None
Assessment Due	None	None	16 Personalities Notebook	16 Personalities Notebook	Stress Management Choice Board
Zoom Meeting Times	1st Period 7:50 am	3rd Period: 7:50 am 4th Period 9:15 am	1st Period 7:50 am	3rd Period: 7:50 am 4th Period 9:15 am	1st Period 7:50 am 3rd Period 9:20 am 4th Period 10:10 am