

Pocatello/Chubbuck School District #25
Health

Grade: 6

Unit 2: Mental and Emotional Wellness

Pacing: 1.5 WEEKS

Unit Overview: In this unit, learners will understand mental and emotional health as well as understand themselves through self-discovery by identifying their values, beliefs, coping skills, and emotions.

FOCUS HEALTH STANDARD / CONCEPT PROGRESSION	
Middle School Health 6-8.H.2.1.3 Explain the influence of personal values and beliefs on individual health practices and behaviors. 6-8.H.7.1.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.	High School Health 9-12.H.2.1.3 Evaluate how the school and community can affect personal health practice and behaviors. 9-12.H.7.1.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

FOCUS AND ACCOMPANYING STANDARDS		Learning Intentions
The FOCUS and accompanying standards are clustered with Learning Intentions and Success Criteria (LI/SC) identified to provide coherence in teaching and learning. It is from these standards, LI/SC, and Tasks/Assessments that PLCs create weekly learning intentions, success criteria and lesson plans.		
● 6-8.H.2.1.3 Explain the influence of personal values and beliefs on individual health practices and behaviors. ● 6-8.H.2.1.2 Analyze the influence of media and technology on personal and family health (e.g., social media and internet safety and responsibility). ● 6-8.H.5.1.1 Identify circumstances that can help or hinder healthy decision making ● 6-8.H.5.1.6 Choose healthy alternatives over unhealthy alternatives when making a decision. ● 6-8.H.7.1.1 Explain the importance of assuming responsibility for personal health behaviors. ● 6-8.H.7.1.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.		In this unit, learners will understand how mental and emotional health will affect their wellness.

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IDAHO STANDARDS FOR LITERACY	
● CCRA.R.2 Determine central ideas or themes of a text and analyze their development; summarize the key supporting details and ideas. ● CCRA.W.2 Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.	

SUCCESS CRITERIA ALIGNED TO UNIT LEARNING INTENTIONS		
SURFACE I can understand ideas and/or use skills. John Hattie, et al	DEEP I can relate multiple ideas and/or skills. John Hattie, et al	TRANSFER I can apply ideas and/or skills in different contexts/disciplines. John Hattie, et al
● I can summarize the meaning of mental and emotional health. ● I can identify pleasant and unpleasant emotions. ● I can identify personal values, beliefs, and attitudes in myself and others. ● I can define specific vocabulary.	● I can assess mental and emotional health and the effect it has on overall wellness. ● I can explain how personal values and beliefs affect decisions.	● I can produce and present information on mental and emotional health and how it affects wellness.

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LEARNING PROGRESSION (WEEKLY/DAILY READING, WRITING, TALKING)		
SURFACE	DEEP	TRANSFER
<i>Learners will:</i> • Tell a peer the meaning of mental and emotional health. • List several examples describing their personal values, beliefs, and attitudes. • match terms with definitions.	<i>Learners will:</i> • show cause and effect between their choices and their mental and emotional health.	<i>Learners will:</i> • design a product (magazine, video, essay, slideshow, etc.) that informs the readers how to express emotions, manage stress and build self-esteem.

KEY ACADEMIC VOCABULARY
• mental health conditions, identity, beliefs, attitudes, self-image, emotion, emotional awareness, emotional intelligence, optimism, empathy resilience, stress, stressor, trauma, self-care

REQUIRED SUMMATIVE ASSESSMENT (Administered 'On Demand')	
Success Criteria	All About Me Performance Task Rubric
Resource Options for Summative Assessment	Assessment 1-Performance Task All About Me Performance Task Assessment Option 2 Ch 5 Test and Answer Key

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VETTED MATERIALS/RESOURCES	
● Essential Health Skills for Middle School-Unit 2 ○ Chapter 5 ● Second Step Unit 3 lessons 14-19	