

Collaborative Tools

Collaborate Writing Activity: 1.1 What is Emotional Health?

Emotional health is shaped by four key markers: self-love, openness, communication, and trust. In this collaborative activity, you and your group will reflect on a video related to emotional health and co-write a response using Google Docs. Together, you will summarize key ideas, connect them to your personal experiences, and discuss strategies to grow emotionally strong.

This assignment helps you develop emotional awareness, reflective thinking, and digital collaboration skills.

Grade Level: High School or College Student

Subject: Health Education/ Social-Emotional Learning

Group size: 2-4 students

Estimated Time: 30-40 minutes



Instructions

Watch a short Youtube video below. Then, work in your group to complete the following tasks in your shared Google Doc:

1. **Summarize** the key points from the video.
2. **Identify** which marker of emotional health (self-love, openness, communication, or trust) impacts you the most and explain why.
3. **Discuss** how you can improve or strengthen this aspect of your emotional health in daily life.

Use respectful language, add comments or suggestions to your peers' ideas, and write in full sentences. This is a team reflection—not just individual work!

EME4320

Visual:



External Web Resource: [Youtube Video](#)

Document PDF:

https://drive.google.com/file/d/1Cf3cYjh7AS32AgJMhf_7dxKcdWB4eOnX/view?usp=sharing