

Teacher Guide Contents

Welcome to *HealthSmart*[®] v

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CD Contents

Slides (PowerPoint and PDF)

1. Dimensions of Health
2. Group Roles
3. Traits of Emotionally Healthy People
4. Relationship Case Study
5. Benefits of Healthy Relationships
6. Skills for Effective Communication
7. Expressing Feelings in Healthy Ways
8. Troublesome Feelings
9. How to Help a Friend
10. Getting Help for Troublesome Feelings
11. Healthy Ways to Deal with Grief
12. If Someone Has Lost a Loved One
13. Stress Is...
14. Effects of Stress
15. How to Reduce Stress
16. Decision-Making Steps
17. Setting a Goal

Note

In addition to slides and masters, CD contents include the student journal and digital copies of the teacher keys, scoring rubrics and the glossary. All digital resources can also be found on the *HealthSmart* website at www.etr.org/healthsmart under MyHealthSmart.

Masters

1. Family Letter
 2. Communication Demonstrations
 3. Time to Talk: Troublesome Feelings
 4. Time to Talk: Managing Stress
- 5A–G.** What I Know About Emotional & Mental Health
- 6A–B.** Dear Gabby