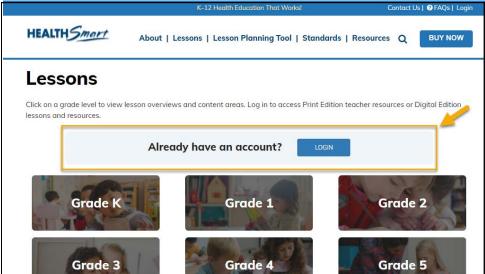




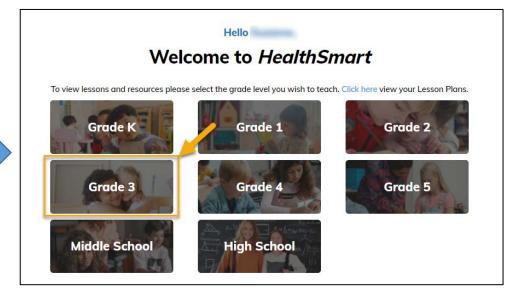
Go to the Lessons tab



Log in to your account



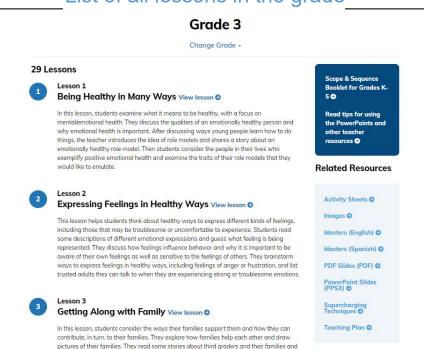
Choose a **Grade Level**





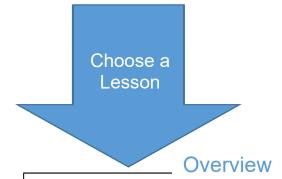


List of all lessons in the grade



Links to:

- **Activity sheets** (full grade)
- Images/Slides
- Masters
- Supercharge techniques



Quick navigation

Lesson 1: Being Healthy in Many Ways Change Lesson -Explore this Lesson Teacher Resources ® Student Resources ® Overview In this lesson, students examine what it means to be healthy, with a focus on Materials & Preparation mental/emotional health. They discuss the qualities of an emotionally healthy person and why emotional health is important. After discussing ways young people learn how to do things, the teacher introduces the idea of role models and shares a story about an emotionally Teaching Steps Assessment & Closure healthy role model. Then students consider the people in their lives who exemplify positive emotional health and examine the traits of their role models that they would like to emulate PRINT FULL LESSON **Lesson Objectives** Students will be able to: Explain what it means to be mentally and emotionally healthy. Identify characteristics of a mentally and emotionally healthy p. Identify role models who demonstrate positive emotional health SEL Connection Time: 40 minutes **Healthy Behavior Outcomes** MEH-1: Express feelings in a healthy way. MEH-2: Engage in activities that are mentally and emotionally healthy. MEH-8: Establish and maintain healthy relationships. SH-2: Establish and maintain healthy relationships. Standard 1: Comprehending Concepts Performance Indicator 1.5.1: Describe the relationship between healthy behaviors and personal health. Performance Indicator 1.5.2: Identify examples of emotional, intellectual, physical, and social health. **Standard 3:** Accessing Resources *Performance Indicator 3.5.2*: Locate resources from home, school, and community that provide valid health information.

Summary of activities

Lesson objectives

HBOs addressed

Standards alignment





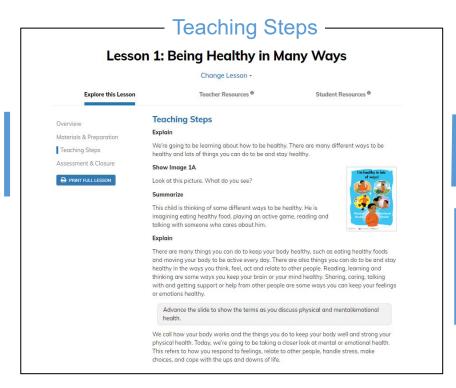
Materials & Preparation _

Lesson 1: Being Healthy in Many Ways Change Lesson -Teacher Resources 0 Student Resources ® **Materials & Preparation** Review Image 1A. Image 1B and Image 1C. Assign the My Healthy Role Model activity sheet (Student Workbook page 2). Have crayons or markers available for students. Prepare a story about one of your emotional health role models to share with students. Materials & Preparation Teaching Steps Assessment & Closure PRINT FULL LESSON

How to prepare and what you'll need

navigation

navigation



Steps for teaching the lesson

Reduced images to guide the use of the slides



Assessment & Closure



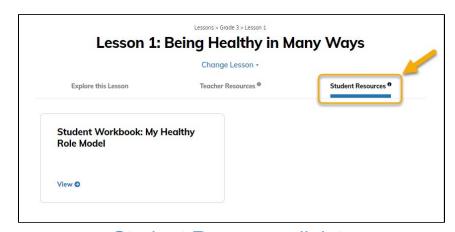
Lesson 1: Being Healthy in Many Ways Change Lesson -Explore this Lesson Teacher Resources 0 Student Resources 0 **Assessment & Closure** Quick Materials & Preparation Explained what it means to be mentally and emotionally healthy by:
 Verbally identifying why good emotional health is important.
 Completing the My Healthy Role Model activity sheet. Teaching Steps navigation Assessment & Closure Identified characteristics of a mentally and emotionally healthy person by:
 Verbally identifying qualities of an emotionally healthy person.
 Completing and sharing the My Healthy Role Model activity sheet. PRINT FULL LESSON Identified role models who demonstrate positive emotional health by:

 Completing and sharing the My Healthy Role Model activity sheet.

Assessment lists what to evaluate



Teacher Resources link to slides, teacher keys and masters



Student Resources link to reading and activity sheets