

Teacher Guide Contents

Welcome to *HealthSmart*[®] v

How to Use the Teacher Guide x

Supercharging a *HealthSmart*[®] Lesson xvi

Lessons

Lesson 1: Dimensions of Health	1
Lesson 2: Classroom Rules & Responsibilities	11
Lesson 3: Being Emotionally Healthy	21
Lesson 4: Qualities of Healthy Relationships	33
* Lesson 5: Building Healthy Relationships Through Communication	43
Lesson 6: Expressing Feelings in Healthy Ways	57
* Lesson 7: Self-Control Skills for Dealing with Troublesome Feelings	69
* Lesson 8: Getting Help for Troublesome Feelings	83
Lesson 9: What Is Stress?	97
Lesson 10: Reducing Stress	109
* Lesson 11: Managing Stress	115
* Lesson 12: Dealing with Grief & Loss	129
* Lesson 13: Social Media & Emotional Health	139
* Lesson 14: Making Healthy Decisions	151
* Lesson 15: Setting Goals for Emotional Health	165

Unit Assessment

Activity 1: What I Know About Emotional & Mental Health	177
Activity 2: Dear Gabby	189

Scoring Rubrics 193

Health Terms Glossary 215