

## Emotional & Mental Health

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The *HealthSmart* Emotional & Mental Health unit meets the following Common Core State Standards in English Language Arts for Grades 9-10.

### Reading Informational Text

#### Standard 1

**Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.**

Lesson 1 (How's Your Health)

Lesson 2 (Taking Your Emotional Health Pulse)

Lesson 6 (Time to Talk: Skills for Dealing with Stress, Stress-Management Techniques)

Lesson 10 (Family Situations)

Lesson 11 (Understanding Grief)

Lesson 13 (Time to Talk: What Is Success?)

Lesson 14 (Steps to Achieving an Emotional Health Goal, My Emotional Health Goal)

Lesson 15 (You're the Expert: Anorexia, Bulimia, Anxiety Disorders, Depression; Understanding Mental Health Disorders)

Lesson 16 (When Someone Needs Help)

Unit Assessment 1 (What I Know About Emotional & Mental Health)

Unit Assessment 2 (My Emotional Health Weather Report)

#### Standard 2

**Determine a central idea of a text and analyze its development over the course of the text; including how it emerges and is shaped and refined by specific details; provide an objective summary of the text.**

Lesson 1 (How's Your Health)

Lesson 2 (Taking Your Emotional Health Pulse)

Lesson 6 (Time to Talk: Skills for Dealing with Stress, Stress-Management Techniques)

Lesson 10 (Family Situations)

Lesson 11 (Understanding Grief)

Lesson 13 (Time to Talk: What Is Success?)

Lesson 14 (Steps to Achieving an Emotional Health Goal, My Emotional Health Goal)

Lesson 15 (You're the Expert: Anorexia, Bulimia, Anxiety Disorders, Depression; Understanding Mental Health Disorders)

Lesson 16 (When Someone Needs Help)

Unit Assessment 1 (What I Know About Emotional & Mental Health)

#### Standard 3

**Analyze how the author unfolds an analysis or series of ideas or events, including the order in which the points are made, how they are introduced and developed, and the connections that are drawn between them.**

Lesson 1 (How's Your Health)

Lesson 2 (Taking Your Emotional Health Pulse)

Lesson 6 (Time to Talk: Skills for Dealing with Stress, Stress-Management Techniques)

Lesson 10 (Family Situations)

Lesson 11 (Understanding Grief)

Lesson 13 (Time to Talk: What Is Success?)

Lesson 14 (Steps to Achieving an Emotional Health Goal, My Emotional Health Goal)

Lesson 15 (You're the Expert: Anorexia, Bulimia, Anxiety Disorders, Depression; Understanding Mental Health Disorders)

Lesson 16 (When Someone Needs Help)

Unit Assessment 1 (What I Know About Emotional & Mental Health)

#### **Standard 4**

**Determine the meaning of words and phrases as they are used in a text, including figurative, connotative and technical meanings; analyze the cumulative impact of specific word choices on meaning and tone.**

Lesson 1 (How's Your Health)

Lesson 2 (Taking Your Emotional Health Pulse)

Lesson 6 (Time to Talk: Skills for Dealing with Stress, Stress-Management Techniques)

Lesson 7 (Emotion Words)

Lesson 10 (Family Situations)

Lesson 11 (Understanding Grief)

Lesson 13 (Time to Talk: What Is Success?)

Lesson 14 (Steps to Achieving an Emotional Health Goal, My Emotional Health Goal)

Lesson 15 (You're the Expert: Anorexia, Bulimia, Anxiety Disorders, Depression; Understanding Mental Health Disorders)

Lesson 16 (When Someone Needs Help)

Unit Assessment 1 (What I Know About Emotional & Mental Health)

Unit Assessment 2 (My Emotional Health Weather Report)

### **Reading Literature**

#### **Standard 1**

**Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.**

Lesson 8 (Communicating in a Tough Situation)

Lesson 10 (Family Situations, How Does It End?, Should It End?)

Lesson 11 (Understanding Grief)

Lesson 15 (What's Going On?)

Lesson 16 (When Someone Needs Help)

Unit Assessment 1 (What I Know About Emotional & Mental Health)

#### **Standard 2**

**Determine a theme or central idea of a text and analyze in detail its development over the course of the text, including how it emerges and is shaped and refined by specific details; provide an objective summary of the text.**

Lesson 8 (Communicating in a Tough Situation)

Lesson 10 (Family Situations, How Does It End?, Should It End?)

Lesson 11 (Understanding Grief)

Lesson 15 (What's Going On?)

Lesson 16 (When Someone Needs Help)

Unit Assessment 1 (What I Know About Emotional & Mental Health)

#### **Standard 3**

**Analyze how complex characters develop over the course of a text, interact with other characters, and advance the plot or develop the theme.**

Lesson 8 (Communicating in a Tough Situation)

Lesson 10 (Family Situations, How Does It End?, Should It End?)

Lesson 11 (Understanding Grief)

Lesson 15 (What's Going On?)

Lesson 16 (When Someone Needs Help)

Unit Assessment 1 (What I Know About Emotional & Mental Health)

#### **Standard 4**

**Determine the meaning of words and phrases as they are used in a text, including figurative and connotative meanings; analyze the cumulative impact of specific word choices on meaning and tone.**

Lesson 8 (Communicating in a Tough Situation)  
Lesson 10 (Family Situations, How Does It End?, Should It End?)  
Lesson 11 (Understanding Grief)  
Lesson 15 (What's Going On?)  
Lesson 16 (When Someone Needs Help)  
Unit Assessment 1 (What I Know About Emotional & Mental Health)

### **Writing**

#### **Standard 1**

**Write arguments to support claims in an analysis of substantive topics or texts, using valid reasoning and relevant and sufficient evidence.**

Lesson 3 (Taking Responsibility)  
Lesson 8 (Communication Skills Checklist)  
Lesson 9 (Relationship Circles)  
Lesson 10 (Should It End?)  
Lesson 12 (My Plan for Dealing with Anger)  
Lesson 13 (Conflict Resolution Roleplay)  
Lesson 14 (My Emotional Health Goal)  
Unit Assessment 1 (What I Know About Emotional & Mental Health)  
Unit Assessment 2 (My Emotional Health Weather Report)

#### **Standard 2**

**Write informative/explanatory texts to examine and convey complex ideas, concepts and information clearly and accurately through the effective selection, organization and analysis of content.**

Lesson 1 (How's Your Health?)  
Lesson 2 (My Emotional Health Balance, Reflecting on My Emotional Health)  
Lesson 3 (What's Under My Control?, Taking Responsibility)  
Lesson 4 (Using Positive Self-Talk)  
Lesson 5 (Stressors in My Life)  
Lesson 6 (Stressors & Responses, How Do I Cope with Stress?, My Stress-Management Plan)  
Lesson 7 (I Would Feel..., Expressing Emotions)  
Lesson 8 (What Can I Say?, Communicating in a Tough Situation, Communication Skills Checklist)  
Lesson 9 (Parents & Relationships Survey, Assessing My Relationships)  
Lesson 10 (How Does It End?, Should It End?)  
Lesson 11 (Understanding Grief)  
Lesson 12 (Anger Triggers, What Makes Us Angry?, My Plan for Dealing with Anger)  
Lesson 13 (Conflict Resolution Roleplay)  
Lesson 14 (My Emotional Health Goal)  
Lesson 15 (What Do You Know About Mental Illness?, Understanding Mental Health Disorders, What's Going On?)  
Lesson 16 (When Someone Needs Help)  
Unit Assessment 1 (What I Know About Emotional & Mental Health)  
Unit Assessment 2 (My Emotional Health Weather Report)

### **Standard 3**

**Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details, and well-structured event sequences.**

Lesson 3 (Taking Responsibility)

Lesson 8 (Communicating in a Tough Situation, Communication Skills Checklist)

Lesson 10 (How Does It End?)

Lesson 13 (Conflict Resolution Roleplay)

### **Standard 4**

**Produce clear and coherent writing in which the development, organization and style are appropriate to task, purpose and audience.**

Lesson 1 (How's Your Health?)

Lesson 2 (My Emotional Health Balance, Reflecting on My Emotional Health)

Lesson 3 (What's Under My Control?, Taking Responsibility)

Lesson 4 (Using Positive Self-Talk)

Lesson 5 (Stressors in My Life)

Lesson 6 (Stressors & Responses, How Do I Cope with Stress?, My Stress-Management Plan)

Lesson 7 (I Would Feel..., Expressing Emotions)

Lesson 8 (What Can I Say?, Communicating in a Tough Situation, Communication Skills Checklist)

Lesson 9 (Parents & Relationships Survey, Assessing My Relationships)

Lesson 10 (How Does It End?, Should It End?)

Lesson 11 (Understanding Grief)

Lesson 12 (Anger Triggers, What Makes Us Angry?, My Plan for Dealing with Anger)

Lesson 13 (Conflict Resolution Roleplay)

Lesson 14 (My Emotional Health Goal)

Lesson 15 (Understanding Mental Health Disorders, What's Going On?)

Lesson 16 (When Someone Needs Help)

Unit Assessment 1 (What I Know About Emotional & Mental Health)

Unit Assessment 2 (My Emotional Health Weather Report)

### **Standard 5**

**Develop and strengthen writing as needed by planning, revising, editing, rewriting or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.**

Lesson 3 (Taking Responsibility)

Lesson 8 (Communication Skills Checklist)

Lesson 13 (Conflict Resolution Roleplay)

### **Standard 8**

**Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation.**

Lesson 2 (Reflecting on My Emotional Health)

Lesson 3 (What's Under My Control?)

Lesson 8 (Communicating in a Tough Situation)

Lesson 10 (How Does It End?)

Lesson 12 (Anger Triggers)

Lesson 16 (When Someone Needs Help)

Unit Assessment 1 (What I Know About Emotional & Mental Health)

Unit Assessment 2 (My Emotional Health Weather Report)

## **Standard 9**

**Draw evidence from literary or informational text to support analysis, reflection and research.**

Lesson 2 (Reflecting on My Emotional Health)  
Lesson 3 (What's Under My Control?, Taking Responsibility)  
Lesson 8 (Communicating in a Tough Situation, Communication Skills Checklist)  
Lesson 10 (How Does It End?)  
Lesson 16 (When Someone Needs Help)  
Unit Assessment 1 (What I Know About Emotional & Mental Health)  
Unit Assessment 2 (My Emotional Health Weather Report)

## **Speaking and Listening**

### **Standard 1**

**Initiate and participate effectively in a range of collaborative discussions with diverse partners on topics, text and issues, building on others' ideas and expressing their own clearly and persuasively.**

Lesson 1 (Healthy Behaviors Scavenger Hunt)  
Lesson 3 (What's Under My Control?)  
Lesson 6 (Time to Talk: Skills for Dealing with Stress, Stressors & Responses, Stress-Management Techniques)  
Lesson 8 (Communicating in a Tough Situation)  
Lesson 9 (Parents & Relationships Survey)  
Lesson 10 (Family Situations, How Does It End?, Should It End?)  
Lesson 11 (Understanding Grief)  
Lesson 12 (Anger Triggers, What Makes Us Angry)  
Lesson 13 (Time to Talk: What Is Success, Conflict Resolution Roleplay)  
Lesson 14 (Steps to Achieving an Emotional Health Goal)  
Lesson 15 (Understanding Mental Health Disorders, What's Going On?)  
Lesson 16 (When Someone Needs Help)

### **Standard 3**

**Evaluate a speaker's point of view, reasoning and use of evidence and rhetoric, identifying any fallacious reasoning or exaggerated or distorted evidence.**

Lesson 8 (Communication Skills Checklist)  
Lesson 10 (Family Situations, Should It End?)  
Lesson 12 (What Makes Us Angry, My Plan for Dealing with Anger)  
Lesson 13 (Roleplay Feedback Form)  
Lesson 14 (Steps to Achieving an Emotional Health Goal)  
Lesson 15 (What Do You Know About Mental Illness?, Understanding Mental Health Disorders)  
Lesson 16 (Myth/Fact Cards)

### **Standard 4**

**Present information, findings and supporting evidence clearly, concisely and logically such that listeners can follow the line of reasoning and the organization, development, substance and style are appropriate to the purpose, audience and task.**

Lesson 8 (Communicating in a Tough Situation)  
Lesson 10 (Family Situations, How Does It End?, Should It End?)  
Lesson 14 (Steps to Achieving an Emotional Health Goal)

## Language

### Standard 6

**Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.**

Lesson 2 (Reflecting on My Emotional Health)

Lesson 3 (What's Under My Control?, Taking Responsibility)

Lesson 4 (Using Positive Self-Talk)

Lesson 5 (Stressors in My Life)

Lesson 6 (Time to Talk: Skills for Dealing with Stress, Stressors & Responses, How Do I Cope with Stress?, My Stress-Management Plan)

Lesson 7 (Emotion Words, I Would Feel..., Expressing Emotions)

Lesson 8 (What Can I Say?, Communicating in a Tough Situation)

Lesson 9 (Parents & Relationships Survey, Assessing My Relationships)

Lesson 10 (Family Situations, How Does It End?, Should It End?)

Lesson 11 (Understanding Grief)

Lesson 12 (Anger Triggers, What Makes Us Angry? My Plan for Dealing with Anger)

Lesson 13 (Time to Talk: What Is Success?, Conflict Resolution Roleplay)

Lesson 14 (Steps to Achieving an Emotional Health Goal, My Emotional Health Goal)

Lesson 15 (What Do You Know About Mental Illness? Understanding Mental Health Disorders, What's Going On?)

Lesson 16 (Myth/Fact Cards, When Someone Needs Help)

Unit Assessment 1 (What I Know About Emotional & Mental Health)

Unit Assessment 2 (My Emotional Health Weather Report)