

## HEALTH 6: USC6.4 Stress & Decision Making

Date	Pages	Tasks	Assessment	Due Dates
<b>Week 1</b> Nov. 15 <sup>th</sup> , 17 <sup>th</sup>	Stress & Decision Making Unit <u>Nov. 15<sup>th</sup></u>	<b>Part 1: Stress</b> Set: What stress? – share quote – slide 2 Development: Watch video <a href="#">Kids &amp; Stress</a> – slide 3 Is stress good or bad? – slide 4 Conclusion: What causes stress for a grade 6 student? Brainstorm as class – slide 5	Discussions	
	<u>Nov. 17<sup>th</sup></u>	<b>Part 2: Stress</b> Set: What is anxiety? – share quote – slide 6 Development: Watch video: <a href="#">Fight, Freeze, and Flight</a> Is anxiety normal? Chart activity – slide 7 Watch video: <a href="#">Stress vs. anxiety</a> – slide 9 Conclusion: Stress interview handouts		
<b>Week 2</b> Nov. 23 <sup>rd</sup>	<u>Nov. 23<sup>rd</sup></u>	Set: Ask students about word commonalities Tell students we are going to find commonalities between all the interviews – slide 11 Development: Parent/guardian – write answers on board Have students write down answers Sibling/Friend – write answers on board Conclusion: Ask students what are healthy ways to deal with stress? Ask students what is similar between the two groups Ask students what is different between the two groups		
<b>Week 3</b> Nov. 28 <sup>th</sup> , Dec. 2 <sup>nd</sup>	<u>Nov. 28<sup>th</sup></u>	Set: Define personal standards Define stress – slide 12 Development: Healthy strategies for stress – fill in notes – slide 13 Review over values and how they make up personal standards Complete case studies – slides 14-16 Conclusion: go over answer to the “you demonstrate”		

	<u>Dec. 2<sup>nd</sup></u>	Extra day to catch up on prior lessons if needed		
<b>Week 4</b> Dec. 6 <sup>th</sup>	<u>Dec. 6<sup>th</sup></u>	Major Assignment: Case studies		