

Health Emergency Plans

I created a google classroom for each health class

They will submit their work through google classroom during this time

4th Grade

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	3/23	3/17	3/18	3/19	3/20
Topic: Emotional/Intellectual Health					
Duration	Activity	Activity	Activity	Activity	Activity
5 Minutes	Do Now	Do Now	Do Now	Do Now	Do Now
10 Minutes	Reading	Reading	Reading	Reading	Reading
25 Minutes	Worksheet	Worksheet	Worksheet	Worksheet	Worksheet

Do Now Question: Why does yelling at people make it difficult/challenging to resolve a conflict?

Reading: Students will read from pages 74-77 in their health textbook. If they don't have their textbook, they should still be able to answer the questions to the best of their abilities.

Worksheet is attached

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	3/30	3/24	3/25	3/26	3/27
Topic: Emotional/Intellectual Health					
Duration	Activity	Activity	Activity	Activity	Activity
5 Minutes	Do Now	Do Now	Do Now	Do Now	Do Now
35 Minutes	Worksheet	Worksheet	Worksheet	Worksheet	Worksheet

Do Now Question: What zone of regulation are you in today and why? If you forget the different types of zones, they are the following: Green Zone (Happy/Calm/Focused), Blue Zone (Sad/Bored/Tired/Sick), Red Zone (Angry/Mad/Yelling/Mean), and Yellow Zone (Frustrated/Over Excited/Anxious).

Worksheet is attached

Name:

Date:

Directions: Type the letter that you think best answers each question.

1. You jump off the diving board for the first time. You might feel:
- a. scared
 - b. guilty
 - c. silly

Answer:

2. Your mother pays more attention to your baby sister than to you. You might feel:
- a. fearful
 - b. happy
 - c. jealous'

Answer:

3. Your grandfather gets sick and has to go to the hospital. You might feel:
- a. tired
 - b. happy
 - c. sad

Answer:

4. You don't know how to settle your conflict with your brother. You should:
- a. try to forget
 - b. talk to someone
 - c. argue some more

Answer:

5. John's sister broke his favorite toy. He keeps his anger inside but can't stop thinking about it. His reaction is:
- a. violent
 - b. healthy
 - c. unhealthy

Answer:

6. Sue was hurt when her Dad didn't show up for her softball game. She decides to stay calm and ask him about it later. Her reaction is:
- a. unreasonable
 - b. healthy
 - c. annoying

Answer:

Directions: Match the word in column A with the description in Column B. Type the correct letter next to each word below.

Column A

Column B

- | | |
|----------------|--|
| 7. Conflict: | A. to settle a problem |
| 8. Resolve: | B. a strong feeling, such as love, sadness, or anger |
| 9. Compromise: | C. a struggle or disagreement between 2 people |
| 10. Emotion: | D. to settle an argument or reach an agreement |

Name:

Date:

Directions: Match the word in column A with the description in Column B. Type the correct letter next to each word below.

Column A

1. Consideration:
2. Personality:
3. Emotion:
4. Self-concept:
5. Self-esteem:
6. Stressor:
7. Need:
8. Cooperation:
9. Conflict:
10. Stress:

Column B

- A. the thought that you have about yourself
- B. the level of respect you have for yourself
- C. something that causes stress
- D. thoughtfulness towards other people
- E. working together for the same purpose or goal
- F. all of the ways you feel, think, and act
- G. a strong feeling, such as love or anger
- H. emotional or intellectual pressure
- I. a struggle between 2 people
- J. something that you must have to stay alive

Directions: Answer each question with complete sentences.

1. How does a positive self-concept and high self-esteem affect your health?

Answer:

2. Tony is a talented piano player. Was he born with this strength? Explain.

Answer:

3. To get along with others, why is appreciation important?

Answer:

4. How can saying “no” to peer pressure help your self-esteem?

Answer:

5th Grade

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	3/23	3/17	3/18	3/19	3/20
Topic: Emotional/Intellectual Health					
Duration	Activity	Activity	Activity	Activity	Activity
5 Minutes	Do Now	Do Now	Do Now	Do Now	Do Now
35 Minutes	Drawing	Drawing	Drawing	Drawing	Drawing

Do Now Question: Why is violence not a solution to a conflict or problem? What should we do instead?

Drawing: Students draw different faces by each emotion listed and then color them in. I will hang some of the best one's in my classroom from each 5th grade class. If for some reason, students do not have the paper I handed out last week due to being absent or they lost it, then they can draw on blank piece of paper. The emotions they should draw are the following: happy, afraid, proud, frustrated, worried, surprised, disappointed, and impatient.

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	3/30	3/24	3/25	3/26	3/27
Topic: Emotional/Intellectual Health					
Duration	Activity	Activity	Activity	Activity	Activity
5 Minutes	Do Now	Do Now	Do Now	Do Now	Do Now
10 Minutes	Reading	Reading	Reading	Reading	Reading
25 Minutes	Worksheet	Worksheet	Worksheet	Worksheet	Worksheet

Do Now Question: What zone of regulation are you in today and why? If you forget the different types of zones, they are the following: Green Zone (Happy/Calm/Focused), Blue Zone (Sad/Bored/Tired/Sick), Red Zone (Angry/Mad/Yelling/Mean), and Yellow Zone (Frustrated/Over Excited/Anxious).

Reading: Students will read from pages 76-79 in their health textbook. If they don't have their textbook, they should still be able to answer the questions to the best of their abilities.

Worksheet is attached

Name:

Date:

Directions: Answer each question with complete sentences.

1. What is the difference between healthful stress and harmful stress?

Answer:

2. Think about one time you felt healthful stress and one time you felt unhealthful stress. Compare and contrast the ways you reacted to these two different situations.

Answer:

3. Why is it not a good idea to make difficult decisions when you're under stress?

Answer:

4. What are the 3 ways to manage stress positively?

Answer:

5. List 2 stressful situations that you experienced recently. For each situation, write down how you managed it, what decisions you made, and how you felt overall afterwards.

Answer:

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6th Grade

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	3/23	3/17	3/18	3/19	3/20
Topic: Emotional/Intellectual Health					
Duration	Activity	Activity	Activity	Activity	Activity
5 Minutes	Do Now	Do Now	Do Now	Do Now	Do Now
35 Minutes	Worksheet	Worksheet	Worksheet	Worksheet	Worksheet

Do Now Question: Why is it important to think before we act? Think of a time where you didn't think about a situation, and you just acted. What did you learn from that and what could you have done instead?

Worksheet is attached

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	3/30	3/24	3/25	3/26	3/27
Topic: Emotional/Intellectual Health					
Duration	Activity	Activity	Activity	Activity	Activity
5 Minutes	Do Now	Do Now	Do Now	Do Now	Do Now
35 Minutes	Worksheet	Worksheet	Worksheet	Worksheet	Worksheet

Do Now Question: What zone of regulation are you in today and why? If you forget the different types of zones, they are the following: Green Zone (Happy/Calm/Focused), Blue Zone (Sad/Bored/Tired/Sick), Red Zone (Angry/Mad/Yelling/Mean), and Yellow Zone (Frustrated/Over Excited/Anxious).

Worksheet is attached

Name:

Date:

Directions: Define the following words. You may have to look up the definition.

1. Self-concept:
2. Personality:
3. Self-esteem:
4. Risk Behaviors:
5. Emotion:
6. Conflict:
7. Resolution:
8. Compromise:
9. Communication:

Directions: Answer the questions using complete sentences.

1. Why is good communication so important when you express your emotions?

Answer:

2. Your sister or brother is playing a musical instrument. You are trying to do your homework or study for a test tomorrow. What should you do?

Answer:

3. Does the way we express ourselves with our emotions set the tone for a positive or negative conversation? Why?

Answer:

4. What can you specifically improve on with how you interact with your peers (classmates) as well as your teachers? Explain.

Answer:

Name:

Date:

Directions: Define the following words. You may have to look up the definition.

1. Stress:
2. Stressor:
3. Distress:
4. Anxiety:
5. Coping skills:

Directions: Answer the questions using complete sentences.

1. Think about a stressful situation. Explain the situation and how you handled it?

Answer:

2. What do you do to handle or manage your stress? Please explain.

Answer:

3. Are there only negative stressors? Why or why not?

Answer:

4. List two techniques that you would use to manage stress. Hint: You may have to look up some ideas.

Answer: