

Health Education

Lesson Plan Summary

Lesson # 8

Responding to Emotions in Healthy Ways

Main Topic(s) <ul style="list-style-type: none">• Discuss different emotions a teen might experience and discuss varied emotions• Examine ways that people cope with stress and distinguish between negative and positive• Review key coping mechanisms for dealing with stress	Materials/ Equipment/ Technology <ul style="list-style-type: none">• Lesson #8 Student Packet• Healthy Ways to Respond to Emotions Slide, Emotion Words Slide,• Computer/ Smart Board
Goals/ Objectives/ Essential Questions <ul style="list-style-type: none">• Describe healthy and unhealthy ways to express emotions• Summarize strategies for dealing with strong or difficult emotions• Describe negative consequences of expressing emotions in unhealthy ways	Procedures/ Method/ Activities <ul style="list-style-type: none">• review objectives• vocab/ journal/ notes/ activity• assessment• closure
Closure/ Summary <ul style="list-style-type: none">• What's an example of an emotion that might be strong or difficult to experience?	Assessments & Homework Assignments <ul style="list-style-type: none">• Assessment :Expressing Emotions Activity Sheet
Standards <ul style="list-style-type: none">• Common Core<ul style="list-style-type: none">• W.9-10.4; W.11-12.2,4• L.9-10.6; L.11-12.6• RI.9-10.4; RI.11-12.4• NYS<ul style="list-style-type: none">• CM.C.3; RM.C.5	

High School Health

Lesson #8: Responding to Emotions in Healthy Ways

Objectives:

- In this lesson you will...
 1. Describe healthy and unhealthy ways to express emotions
 2. Summarize strategies for dealing with strong or difficult emotions
 3. Describe negative consequences of expressing emotions in unhealthy ways

Vocabulary

• Defensive- _____

• Depressed- _____

• Ecstatic- _____

• Elated- _____

• Vulnerable- _____

Name: _____

Student Journal

Lesson 7: Responding to Emotions in Healthy Ways

Health terms

betrayed
defensive
depressed
ecstatic
elated
empathetic
infatuated
inhibited
intimidated
quarrelsome
sentimental
timid
vulnerable

Journal entry

How many different emotions have you had so far today? List as many feelings as you can remember and write a few words to describe when and why you felt that way. Put a plus sign (+) next to the emotions that felt pleasant or good, and a minus sign (-) by the ones that felt unpleasant or were difficult or uncomfortable for you to experience.

Healthy Ways to Respond to Emotions

Identify the feelings.

Find someone to talk to about how you feel.

Be physically active.

(continued)

Student Journal

Lesson 7: Responding to Emotions in Healthy Ways *(continued)*

Healthy Ways to Respond to Emotions *(continued)*

Keep a journal.

Let yourself cry.

Take a break and cool down.

Try to keep a sense of humor.

Class discussion notes

I Would Feel...

① You're walking home from school and you see the person you've been dating kissing someone else.

I would feel _____ because _____

I would feel _____ because _____

I would feel _____ because _____

② You spill coffee on your shirt just before you walk into a job interview.

I would feel _____ because _____

I would feel _____ because _____

I would feel _____ because _____

③ You just found out you made the honor roll.

I would feel _____ because _____

I would feel _____ because _____

I would feel _____ because _____

④ Your dog or cat has been missing for 2 days.

I would feel _____ because _____

I would feel _____ because _____

I would feel _____ because _____

⑤ Choose another emotion from the list and describe a time when you felt that way.

Emotion: _____

Situation: _____

Expressing Emotions

Directions: Next to each emotion listed below, describe at least 2 healthy and at least 2 unhealthy ways to express or respond to the emotion. Then describe at least 1 negative consequence that could occur if you expressed the emotion in an unhealthy way. Make sure that you describe different ways to express each emotion. Then describe at least 1 strategy you've used or intend to use for dealing with strong emotions and explain why this strategy would be a healthy way to express or respond to the emotion.

1 Embarrassed

Healthy ways to respond:

Unhealthy ways to respond:

Negative consequence of responding to embarrassment in this unhealthy way:

2 Angry

Healthy ways to respond:

Unhealthy ways to respond:

Negative consequence of responding to anger in this unhealthy way:

3 Jealous

Healthy ways to respond:

Unhealthy ways to respond:

Negative consequence of responding to jealousy in this unhealthy way:

4 Sad

Healthy ways to respond:

Unhealthy ways to respond:

Negative consequence of responding to sadness in this unhealthy way:

Strategy for dealing with strong emotions:

Why this strategy is healthy:

Self-Check

- I described healthy and unhealthy ways to respond to all 4 emotions.
- I described the negative consequences of responding to each emotion in the unhealthy ways I described.
- I described a strategy for dealing with strong emotions and explained why the strategy is healthy.