

8th Grade Health

2nd six weeks

WEEK: September 30- October 4

MONDAY 30th	TUESDAY 1st	WEDNESDAY 2nd	THURSDAY 3rd	FRIDAY 4th
<p>TEKS: 8.2C, 8.19A</p> <p>Objective: explain the steps in effectively resolving a conflict; and assess how mediation aids in conflict resolution.</p> <p>TLW: Write in Journal: What is a conflict you've had recently and how did you handle it?</p> <p>Have students read the <i>Research in Action: The Magic Relationship Ratio</i> feature in the text and complete the <i>Practice Your Skills</i> activity. Students will evaluate the ratio of positive to negative interactions in one of their relationships, and with a partner, develop a plan to build a stronger, healthier relationship.</p>	<p>TEKS: 8.19E</p> <p>Objective: define <i>pressure</i>; explain the difference between positive and negative peer pressure</p> <p>TLW: Class Discussion: Brainstorm examples of negative and positive peer pressure teens might experience.</p> <p>Students Take Notes during PowerPoint</p>	<p>TEKS: 8.19E</p> <p>Objective: identify effective strategies for resisting negative peer pressure; and use refusal skills to protect your health and stand up to pressure.</p> <p>TLW: Journal Entry: Identify and reflect on three examples of positive peer pressure and three examples of negative peer pressure in your own life</p> <p>Assign Worksheet: Understanding Values</p>	<p>TEKS: 8.19D</p> <p>Objective: recognize the characteristics of mental and emotional health; explain how mental and emotional health are a continuum; identify factors affecting mental and emotional health; and assess your own mental and emotional health.</p> <p>TLW: Lesson 4.1 <i>Warm-Up Activity: Mental and Emotional Health Wheel</i> in the text. Students will evaluate their mental and emotional well-being using a pie chart</p> <p>Students take notes during PowerPoint</p>	<p>TEKS: 8.19D</p> <p>Objective: explain the importance of self-discovery; describe the different parts of a person's identity; and take steps to discover and embrace their unique identity.</p> <p>TLW: Quiz on material learned during the week</p> <p>Journal Entry: Look at Figure 4.8 in the text. What are your strongest traits? Which traits would you like to develop? Explain.</p> <p>Have students read the <i>Case Study: Who You Are</i> in the text and complete the <i>Practice Your Skills</i> activity. Students will create their own character profiles.</p>