

8th Grade Health**2nd six weeks****WEEK: October 14-18**

MONDAY 14th	TUESDAY 15th	WEDNESDAY 16th	THURSDAY 17th	FRIDAY 18th
<p>TEKS: 8.19A, 8.21A</p> <p>Objective: describe how to understand and uncover your emotions; identify defense mechanisms people use to cope with their emotions; assess strategies for identifying how you are feeling</p> <p>TLW: Discussion: Look at Figure 4.17 in the text. Which defense mechanism do you use most often? Is there one you never use?</p> <p>Take notes on lesson 4.4 Powerpoint</p> <p>Assign Review</p>	<p>TEKS: 8.19D, 8.19A, 8.3A, 8.4A</p> <p>Objective: Review Material Learned since last test</p> <p>TLW: Warmup: Create 3 test questions over material we have learned since last test</p> <p>Go over answers for Review</p>	<p>TEKS: 8.19D, 8.19A, 8.3A, 8.4A</p> <p>Objective: Test Materials learned since last test</p> <p>TLW: Exam on material we have covered since the previous test</p> <p>Students are to start reading chapter 5.3 when they finish the test.</p>	<p>TEKS: 8.2A, 8.4A, 8.5A, 8.5B</p> <p>Objective: identify the benefits of empathy take steps to become more empathetic; explain the value of resilience; and demonstrate skills to build resilience.</p> <p>TLW: Journal Entry: What's the difference between Empathy and Sympathy?</p> <p>Take notes on PowerPoint presentation</p>	<p>TEKS: 8.4A</p> <p>Objective: define <i>stress</i>; differentiate between eustress and distress; explain the difference between acute, chronic, major, and minor stressors</p> <p>TLW: Class Discussion: Is stress a good thing, a bad thing, or both? Why? (Stress can be helpful as long as it is not too much.)</p>