

MONDAY 21st	TUESDAY 22nd	WEDNESDAY 23rd	THURSDAY 24th	FRIDAY 25th
<p>TEKS: 8.4A, 8.5A</p> <p>Objective: explain the difference between acute, chronic, major, and minor stressors; recognize common stressors among teens; evaluate how perception influences levels of stress</p> <p>TLW: Class Discussion: Have you ever experienced a scary situation where your body went into fight or flight?</p> <p>Finish PowerPoint Presentation on 6.1</p>	<p>TEKS: 8.2A, 8.4A</p> <p>Objective: explain how long-term stress affects the body systems; describe the cognitive effects of stress; discuss how stress affects people's emotions</p> <p>TLW: Warmup- What are the physical and mental effects of stress on the body?</p> <p>Glue notes in journal</p> <p>Use notes to complete worksheet, <u>Identifying the Health Effects of Stress</u></p>	<p>TEKS: 8.2A, 8.4A</p> <p>Objective: discuss how stress affects people's emotions; identify mental health conditions associated with stress; and summarize how stress influences behavior.</p> <p>TLW: Warmup: Class Discussion: Would you consider yourself a stressed person? Why or why not? Glue in the rest of the notes for lesson 6.2</p> <p>Students will assess their own stress levels by completing stress resistance inventory worksheet</p>	<p>TEKS: 8.2A, 8.4A</p> <p>Objective: discuss how stress affects people's emotions; identify mental health conditions associated with stress; and summarize how stress influences behavior.</p> <p>TLW: Warmup- Discuss with a partner: think of a time you recently felt stressed. How did it affect you mentally, emotionally, and physically?</p> <p>Copy key terms from chapter 6.2</p>	<p>TEKS: 8.1C, 8.3A</p> <p>Objective: identify signs that a person needs to seek mental health treatment; summarize ways to locate mental health services; explain how therapy is used to treat mental illnesses;</p> <p>TLW: Warmup: Write down a list of ideas why someone might not get help for a mental illness. Discuss with partner</p> <p>Glue in notes for lesson 7.2, PowerPoint Presentation</p> <p><u>Quiz on topics covered throughout the week</u></p>