

**Content Area: Comprehensive Health and Physical Education**

**Standard: 3. Emotional and Social Wellness in Health**

**Prepared Graduates:**  
➤ Utilize knowledge and skills to enhance mental, emotional, and social well-being

**Grade Level Expectation: First Grade**

**Concepts and skills students master:**  
1. Demonstrate how to express emotions in healthy ways

<b>Evidence Outcomes</b>	<b>21<sup>st</sup> Century Skills and Readiness Competencies</b>
--------------------------	------------------------------------------------------------------

**Students can:**

- a. Identify a variety of emotions
- b. Identify appropriate ways to express and deal with emotions and feelings
- c. Demonstrate effective listening skills
- d. Describe and practice situations that require polite and empathetic responses such as please, thank you, and I'm sorry
- e. Cooperate and share with others
- f. Identify problem-solving strategies, and demonstrate the ability to make choices using those strategies

**Inquiry Questions:**

- 1. How does a person control their feelings?
- 2. Why is it important to be a good listener?
- 3. How can I show someone I am listening to them?

**Relevance and Application:**

- 1. People express their emotions in a variety of ways.
- 2. Playing games are one way to learn how to express emotions.

**Nature of Health:**

- 1. Expressing emotions in appropriate ways is a lifelong skill for school, work and family.