

The teacher may review the components of wellness (e.g. physical, social, mental/emotional and spiritual) so students can reflect on the interconnections between physical, mental, social and spiritual health and how it relates to a “balanced” life.



The teacher may facilitate a discussion on feelings and emotions so students can identify the impact feelings and emotions may have on behavior.



The teacher may convey strategies to effectively express emotions/feelings so students can identify methods of expressing needs, wants, and feelings that translate into positive behaviors.



The teacher may visit self-advocacy as it relates to expressing feelings and emotions so students can apply strategies to access adult resources, express their needs, wants, and feelings, and explore positive decisions that interconnect physical, mental, social and spiritual health.



The teacher may guide discussion on feelings and emotions of depression, suicide, and loss/grief so students can examine various signs of suicide.



The teacher may introduce the relationship between stress/anxiety and depression looking at the signs, symptoms, and effects so students can begin to analyze personal stressors, signs, symptoms and understand the impact on their overall health.



**Performance Assessment:** You are a peer “Time Trouper” and throughout the unit you have responded to a series of “Put Yourself in My Shoes” diary/journal entries. Each diary/journal series poses a situation where you, as a Time Trouper, have traveled back to change the outcome of a peer’s life by completing journal entries through your peers perspective while demonstrating communication, self-advocacy, self-management, and decision making skills in relation to creating a balanced lifestyle. As a final assessment you will add your own concluding reflection synthesizing your essential learning.

Reflections will include:

Feelings/emotions regarding other people’s experiences and perspectives?

What are your personal next steps?

What tools and resources might you use toward developing a balanced lifestyle?

# We all need to Communicate