

Unit 5: Healthy Relationships

Unit #:	APSDO-00026621	Duration:	5.0 Lesson(s)	Date(s)	
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Grade(s)
 K, 1

Subject(s)
 Wellness

Unit Focus

In this unit, students will begin to learn how to develop healthy relationships through literacy based group activities and discussion.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p>Connecticut Goals and Standards <i>Health Education: 1</i></p> <ul style="list-style-type: none"> • Demonstrate active listening skills to build and maintain healthy relationships with peers and family members <i>E.5.6</i> • Describe relationships between personal health behaviors and individual well-being <i>E.1.1</i> • Identify, discuss and demonstrate ways to communicate care, consideration and respect for themselves and others without bias, abuse, discrimination or harassment based on, but not limited to, race, color, sex, religion, national origin, sexual orientation, ancestry, marital status, mental retardation, mental disorder and learning and/or physical 	<p>T1 (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p>T2 (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.</p> <p>T3 (T3) Advocate based on personal needs (academic, behavioral, emotional and physical) to determine an appropriate solution for self and others.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
<p>U1 (U200) How you send and receive information depends on what you are trying to accomplish and who you are talking to.</p> <p>U2 (U203) The words you choose affect the people around you.</p> <p>U3 (U153) Some relationships do not survive because people change or because they no</p>	<p>Q1 (Q150) What choices do I make when I am in charge of myself?</p> <p>Q2 (Q151) How do I keep myself safe?</p> <p>Q3 (Q200) How do I talk to and act with others to achieve _____ (a desired result)?</p> <p>Q4 (Q201) How do I listen and respond to others` ideas and suggestions?</p>	

disability <i>E.5.5</i>	<p>longer communicate effectively.</p> <p>U4 (U201) The way we communicate with one another has a direct effect on the group`s outcome.</p> <p>U5 (U202) Describing your feelings/needs/wants may be awkward and uncomfortable but necessary to help your well-being.</p> <p>U6 (U300) The way in which we advocate for self and others has a direct impact on overall well-being and performance.</p>	<p>Q5 (Q202) How do I describe what I`m feeling?</p> <p>Q6 (Q203) How do I find the words to speak up for myself? How do I find the words to speak up for others?</p> <p>Q7 (Q301) How do I speak up for myself/someone else in a way that gets people`s attention?</p> <p>Q8 (Q302) Where do I go/who do I turn to when I need help?</p>
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
	<p>K1</p> <p>Actions that perpetuate friendships</p> <p>K2</p> <p>Actions that build a caring climate</p> <p>K3</p> <p>How to share with others</p>	<p>S1</p> <p>Identify friendship building skills</p> <p>S2</p> <p>Identify and demonstrate caring behaviors including taking turns, helping, sharing, and listening</p>