

# Unit 5: Healthy Relationships

<b>Unit #:</b>	APSDO-00026624	<b>Duration:</b>	5.0 Lesson(s)	<b>Date(s)</b>	
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**Grade(s)**  
 2, 3, 4

**Subject(s)**  
 Wellness

## Unit Focus

In this unit, students will continue to learn how to develop healthy relationships through literacy based activities, discussions and role playing.

## Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p><b>Connecticut Goals and Standards</b>  <i>Health Education: 4</i></p> <ul style="list-style-type: none"> <li>Apply effective verbal and nonverbal communication skills as a means of enhancing health. <i>M.5.1</i></li> <li>Demonstrate avoidance, refusal and negotiation skills to enhance healthy relationships <i>M.5.7</i></li> <li>Demonstrate strategies to prevent, manage and resolve conflicts in healthy ways and identify adults and peers who might assist, when appropriate <i>M.5.9</i></li> <li>Demonstrate the ability to work cooperatively in small groups when advocating for healthy individuals, families and schools <i>M.8.5</i></li> <li>Encourage and support others in making</li> </ul>	<p><b>T1</b> (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p><b>T2</b> (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.</p> <p><b>T3</b> (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><b>U1</b> (U150) The routines you follow have predictable impact on your overall health.</p> <p><b>U2</b> (U203) The words you choose affect the people around you.</p> <p><b>U3</b> (U153) Some relationships do not survive because people change or because they no longer communicate effectively.</p>	<p><b>Q1</b> (Q150) What choices do I make when I am in charge of myself?</p> <p><b>Q2</b> (Q151) How do I keep myself safe?</p> <p><b>Q3</b> (Q201) How do I listen and respond to others` ideas and suggestions?</p> <p><b>Q4</b> (Q202) How do I describe what I`m feeling?</p>

<p>positive health choices <i>M.8.4</i></p> <ul style="list-style-type: none"> <li>• Identify ways in which emotions may affect communication, behavior and relationships <i>M.5.3</i></li> <li>• Use a decision-making process to enhance health <i>M.6.1</i></li> <li>• Use appropriate strategies to prevent/reduce risks and promote well-being <i>M.1.6</i></li> <li>• Use communication skills to build and maintain healthy relationships <i>M.5.6</i></li> </ul>	<p><b>U4</b> (U201) The way we communicate with one another has a direct effect on the group`s outcome.</p> <p><b>U5</b> (U202) Describing your feelings/needs/wants may be awkward and uncomfortable but necessary to help your well-being.</p> <p><b>U6</b> (U300) The way in which we advocate for self and others has a direct impact on overall well-being and performance.</p> <p><b>U7</b> (U301) Regardless of how old you are, you are the best person to know what you are thinking and how you are feeling</p>	<p><b>Q5</b> (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><b>Q6</b> (Q302) Where do I go/who do I turn to when I need help?</p>
Acquisition of Knowledge and Skill		
Knowledge		Skill(s)
<p><b>K1</b></p> <p>Qualities that build friendships</p> <p><b>K2</b></p> <p>Actions that include/exclude</p> <p><b>K3</b></p> <p>How to show compassion</p>	<p><b>S1</b></p> <p>Identify how information is sent and received</p> <p><b>S2</b></p> <p>Demonstrate active listening skills</p> <p><b>S3</b></p> <p>Identify cooperation skills</p> <p><b>S4</b></p> <p>Differentiate between including/excluding actions and behaviors</p> <p><b>S5</b></p> <p>Demonstrate how to resolve conflicts constructively</p> <p><b>S6</b></p> <p>Differentiate between constructive and destructive conflict resolution</p>	

		<b>S7</b> Differentiate between constructive and destructive friendships
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