

**6th Grade Mental and Emotional Health**

**6.MEH.1.1 - Implement a structured decision making model to enhance health behaviors**

I. Pre-Test

- A. What are the 7 steps to decision making?
- B. Why is it important to be able to make an informed decision?

II. Notes

A. What are the 7 steps of decision making?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_

B. Why is it important to be able to make an informed decision?

- 1. \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**6.MEH.1.2 - Execute a goal setting plan to enhance health behaviors.**

I. Pre-Test

- A. What is a goal?
- B. What are the Action Steps for reaching a goal?

II. Notes

A. What are the action steps for reaching a goal?

- 1. Goal: \_\_\_\_\_
- 2. Hurdles: \_\_\_\_\_
- 3. Support: \_\_\_\_\_
- 4. Knowledge: \_\_\_\_\_
- 5. Action Steps: \_\_\_\_\_
- 6. Success: \_\_\_\_\_
- 7. What I need: \_\_\_\_\_
- 8. Celebration: \_\_\_\_\_

**6.MEH.2.1 Organize common responses to stressors based on the degree to which they are positive or negative and their likely health outcomes.**

I. Pre-Test

- A. List various types of stressors
- B. What is stress?
- C. What is distress? Is it helpful or harmful? Why?
- D. What is eustress? Is it helpful or harmful? Why?
- E. What are the 4 types of stress?
- F. What are some physical symptoms of stress?
- G. What are some emotional symptoms of stress?

II. Notes

- A. What is distress? \_\_\_\_\_
- B. What is eustress? \_\_\_\_\_

C. What is stress? \_\_\_\_\_

D. What are the 4 types of Stress?

1. \_\_\_\_\_  
a) Definition: \_\_\_\_\_  
b) Example: \_\_\_\_\_
2. \_\_\_\_\_  
a) Definition: \_\_\_\_\_  
b) Example: \_\_\_\_\_
3. \_\_\_\_\_  
a) Definition: \_\_\_\_\_  
b) Example: \_\_\_\_\_
4. \_\_\_\_\_  
a) Definition: \_\_\_\_\_  
b) Example: \_\_\_\_\_

E. What are some physical symptoms of stress?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

F. What are some emotional symptoms of stress?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**6.MEH.2.2- Differentiate between positive and negative stress management strategies.**

I. Pre-Test

- A. What are some positive ways to deal with stress?
- B. What are some negative ways to deal with stress?
- C. What is the COPE method of dealing with stress?

II. Notes

A. What is the COPE Method of dealing with stress?

1. C = \_\_\_\_\_  
a) example: \_\_\_\_\_
2. O = \_\_\_\_\_  
a) example: \_\_\_\_\_
3. P = \_\_\_\_\_  
a) example: \_\_\_\_\_
4. E = \_\_\_\_\_  
a) example: \_\_\_\_\_

B. What are some positive ways to deal with stress?

\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_

Grade/Track: \_\_\_\_\_

C. What are some negative ways to deal with stress?

\_\_\_\_\_

**6.MEH.3.1 - Interpret failure in terms of its potential for learning and growth**

**6.MEH.3.2 - Analyze the relationship between health-enhancing behaviors (communication, goal-setting and decision making) and the ability to cope with failure**

I. Pre-Test

A. How can one cope with failure appropriately?

II. Notes

A. Don't be discouraged by your \_\_\_\_\_. Remember, the road to success is paved with \_\_\_\_\_.

B. In order to succeed in life, you've got to \_\_\_\_\_.

C. When we set a goal, what is the risk involved?

\_\_\_\_\_

D. Is it possible to reach all of our goals all of the time?

\_\_\_\_\_

E. Why is it important to understand that failure is a part of life?

\_\_\_\_\_

F. Learning to handle failures can also give one \_\_\_\_\_ and more of a direction \_\_\_\_\_.

G. How a person \_\_\_\_\_ with failure will greatly affect future goals and endeavors.

**6.MEH.3.1 - Interpret failure in terms of its potential for learning and growth**

**6.MEH.3.2 - Analyze the relationship between health-enhancing behaviors (communication, goal-setting and decision making) and the ability to cope with failure**

I. Pre-Test

A. How can one cope with failure appropriately?

B. What is one of the healthiest ways to deal with failure?

II. Notes

A. What are the 5 facts about goal setting?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_