

## Comprehensive Health for Middle Grades - Communication & Anger Management

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<b>Unit One: Ways of Communicating</b> Activity 1 Activity 2 Activity 3 Activity 4	4-2-c Use relevant and appropriate terminology when discussing health issues. 4-2-b Determine behaviors/situations which create bridges and barriers to effective communication. 4-2-b Determine behaviors/situations which create bridges and barriers to effective communication. 4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.	No Matches	4-1-b Present oral information in a logical and coherent manner. 4-1-b Present oral information in a logical and coherent manner.
<b>Unit Two: Communication Sense</b> Activity 1 Activity 2 Activity 3	4-2-b Determine behaviors/situations which create bridges and barriers to effective communication. 4-2-b Determine behaviors/situations which create bridges and barriers to effective communication. 4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.		4-3-a Determine the relationship between non-verbal communication and audience engagement. 4-3-a Determine the relationship between non-verbal communication and audience engagement.
<b>Unit Three: Communication Troubles</b> Activity 1 Activity 2 Activity 3 Activity 4	4-2-b Determine behaviors/situations which create bridges and barriers to effective communication. 4-2-a Demonstrate healthy ways to express needs, wants, and feelings. 4-2-a Demonstrate healthy ways to express needs, wants, and feelings.		
<b>Unit Four: Emotions and Communication</b> Activity 1	4-2-c Use relevant and appropriate terminology when discussing health issues.		

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 2	4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.		
<b>Unit Five: Fear and Anger</b>			
Activity 1	4-2-c Use relevant and appropriate terminology when discussing health issues.		
Activity 2	4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.		
<b>Unit Six: Emotions Booklets</b>			
Activity 1			
Activity 2			
<b>Unit Seven: You and Your Feelings About Others</b>			
Activity 1	4-2-a Demonstrate healthy ways to express needs, wants, and feelings.		4-1-c Use input from others to determine the effectiveness of personal communication.
Activity 2	4-2-a Demonstrate healthy ways to express needs, wants, and feelings.		
Activity 3	4-2-a Demonstrate healthy ways to express needs, wants, and feelings.		4-1-c Use input from others to determine the effectiveness of personal communication.