



Grade 9 Social and Emotional Thinking

UNIT GOALS

The specific goals of this unit are for students to:

- show an awareness of mental health issues relevant to young people and consider the importance of family and friends in supporting their mental health and emotional health needs
- consider the stigma of mental illness
- identify own stress triggers and identify practical strategies to deal with the symptoms of stress
- reflect on the range of influences on personal food intake: peers, advertising, mass media, mood, convenience, habit, cultural beliefs and values, and access to food products and services.
- show an awareness of topical issues related to eating, and identify personal and community factors that influence their own food selection.
- select healthy food options and cook limited health food dishes.

UNIT OVERVIEW

- Self-Care

ASSESSMENT DETAILS

Students are not required to complete a formal assessment but they are required to demonstrate attainment of Unit Goals within the individual's fullest potential. This understanding will be evidenced through contribution to group work activities, individual participation and class projects.