

Summary grade 12

Health science

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Unit one

(Lesson 1) Character building

Describe a character building.

The mental and moral qualities of an individual. It refers to the emotional and ethical traits of a person. Our character is who we really are, even when no one is watching.

Write the traits under the heading positive or negative.

Lazy, Decisive, Greedy, Warm ,Frugal, Quiet , Enthusiastic , Zany , Sarcastic ,
Calm , Wise , Messy , Quirky, Vague , Cheerful , Helpful , Alert , nervous ,
cautious , super- extrovert .

Positive traits	Negative traits

How different characteristics affect your health?

Optimistic:

- 1- More likely to eat well .
- 2- Exercise regularly .
- 3- Have lower rates of type 2 diabetes
- 4- On downside ,happy and content people may find harder to lose weight .

Outgoing/ Cheery :

- 1- Extroverts are more likely to live longer
- 2- Making friend easily
- 3- Being willing to ask for help
- 4- Having skills to cope better with stress

Novelty – seeker :

- 1- Have stronger appetites
- 2- Find it harder to lose weight
- 3- Reward – driven are more emotionally warm and sociable , so are more likely to enrol in group weight loss programmes

Conscientious :

- 1- Personality type is organised and self- disciplined
- 2- Less inclined to make negative lifestyle choices and more likely to stick to healthy nutrition plans
- 3- They are resilient , making it easier for them to bounce back from a crisis

Anxious :

- 1- A tendency to depression can lead to an earlier death
- 2- Chronic worriers
- 3- Unhealthy lifestyle choices
- 4- Increased risk of developing Parkinson s disease in later life

Strategies that may help you improve that characteristic :

- 1- Exercise can improve emotional and physical health as it can reduce stress
- 2- Breath deeply
- 3- Make shopping
- 4- Listen to soft music
- 5- Talking with my close friend

(lesson two) Self – awareness:

What is self- awareness?

Is important in understanding how you think and feel.it knowing your strength , areas of improvement , values and emotions.

Self- awareness is about understanding :

- 1- Your values, what you believe is important**
- 2- Your beliefs**
- 3- Your motivations**
- 4- Your feeling and emotions**
- 5- Your behavior**
- 6- Your goal**
- 7- Your thinking patterns**

Knowing yourself :

(being self-aware is not the absence of mistakes, but the ability to learn and correct them)

- For you to improve yourself , you need :**
 - 1- Understand where you are to start with**
 - 2- Becoming more self-aware is about knowing yourself**
 - 3- Thinking about how your body feels ,your emotions and how you behave in different situations**
 - 4- A lot of time we act and behave without stopping to think**

Who are you?

(your values and beliefs)

What motivates you?

.....
.....
.....

What make you happy and what make you sad?

.....
.....
.....

How do you act when you feel sad or angry?

.....
.....
.....

Write the characteristics under the heading positive or negative.

Focused, worry a lot , too shy , motivated, problem solver , a leader , can – do attitude , silly , team player , untidy , flexible , generous , reliable , lack confidence , hardworking , honest , too quit , boring
Careless, kind , good at languages , caring , get angry easily

Positive characteristics	Negative characteristics

(lesson three) Emotional intelligence :

Is being able to manage yourself and your relationships well in different environments.(intelligence is not about how well you can understand things , and grades you get in school)

Intelligence includes :

- 1- Having skills such as problem solving
- 2- Communicating with others
- 3- Managing your own emotions and behaviours

If you want to get a job ,employers are looking for:

- People who can work in a team
 - Deal with conflict
 - Remain calm under pressure
 - Show understanding of other people 's feelings and communicate well.
- These are all part of emotional intelligence

Five areas of emotional intelligence :

Personal skills	Social skills
Self – awareness	Social skills
Self – regulation	Empathy
Motivation	

Self –A wareness : knowing and understanding how you think and feel .

- 1- Recognise the emotions you are feeling and why .
- 2- You understand how feelings affect your behavior.
- 3- You know your strengths and areas for improvement
- 4- You have confidence , which helps you make positive decisions , even under pressure

Self – Regulation / Self – Management :The ability to monitor and control your own behaviour

- 1- You can manage how you behave when feeling angry or upset
- 2- You can stay calm in challenging situations
- 3- You have skills to take charge of your own actions, and do well when planning and achieving your goals.

Motivation : Reasons for someone 's actions or behaviour.

- 1- You are always challenging yourself and wanting to improve
- 2- You have the strength to keep going even when things get tough.

Empathy :

The ability to understand and know the feelings of others

- 1- You understand how others are feeling and know what to say ,and when to say it.
- 2- You know when other people need help , and can do the right thing to help them.

Social skills:

The skills used to communicate and interact with others , both verbally and Non- verbally.

- 1- Your communication skills are very good and you find it easy to be around other people
- 2- You are good at solving problems with friends
- 3- When working in a team , you are respectful , a good leader and very good at building relationships .

Fill in the blanks?

- 1- Improving your..... and.....skills is important to being a/an..... student.
- 2- Developing your social and emotional intelligence will lead to you being morewhen setting goals.
- 3- Empathy is skill to And.....understanding for others.
- 4- Knowing how you think and feel will allow you to lead And have dealing with your teachers, family and friends.

Why should you develop your social and emotional awareness?

- 1- To improve your academic performance
- 2- To improve your attitudes and behaviour in and out of school
- 3- To reduce stress by knowing how to deal with challenging situations
- 4- To improve motivation which can lead to better school results
- 5- To have better attendance
- 6- To be a more responsible citizen who can be a positive role model in the UAE.

(Lesson four) How to recognise and manage feelings?

Emotions : are what you feel inside when things happen

Emotions are also known as feelings.

Emotion

Afraid – feeling worry and fear

Angry – feeling mad at someone or something

Confused – feeling unable to think clearly

Scared- feeling afraid

Excited – feeling full of energy

Jealous – feeling upset when someone has something you want

Lonely – feeling alone or that no one cares about you

Sad – felling unhappy

Shy – feeling nervous when around other people

Stressed – feeling tense , worried and tired

Being able to observe yourself and your actions is key to understand your own emotions . here are some reasons why :

- 1- Survival(our emotions alert us to when something is wrong)**
- 2- Making decisions (don't make decisions when you are angry)**
- 3- Coping in difficult situations (knowing what causes you to feel a negative emotion can be called 'trigger' when you understand what these trigger are, it can help you to deal with things easily)**

Why should you know and understand what your emotions look like in others ?

- 1- Helps you to build better relationships.**
- 2- By understanding when your family and friends are feeling sad , you can offer help.**
- 3- Helps you communicate and work together better.**
- 4- It allows you to get along with people in general.**
- 5- If you are good at listening to others , you are better able to help them feel understood .**
- 6- Improving their self- esteem.**

How can you deal and manage with negative emotions?

- 1- Develop positive attitudes.**
- 2- Learn to relax.**
- 3- Contemplate (think about) the situation calmly .**
- 4- Allow yourself to embrace the emotions.**
- 5- Use reason**
- 6- Focus on positives.**

Anger : is a normal emotion when you are feeling attacked, upset or unfairly treated.

How anger can sometimes be very useful ?

- 1- Helps you protect yourself in dangerous situations .**
- 2- Helps you recognise something or someone is hurting you**
- 3- Motivates you to make positive changes so that things become better.**

Anger signs



Mind goes blank



Insult another person



Face goes red



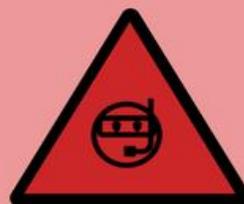
Start to shake



Start sweating



Throw things



Heavy/fast breathing



Scowl/Make an angry face



Scream, yell or raise voice



Clinch fists



Feel sick to the stomach



Punch walls



Feel hot



Become aggressive/argumentative



Pacing the room



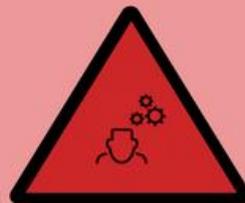
Go quiet & "shut down"



Crying



Headaches



Keep thinking about problem

Explain what are the skills to manage your anger?

- **Recognise your anger.**
- **Take a timeout**
- **Deep breathing .**
- **Think before you speak .**
- **Get some exercise .**

Self – management:

Is being able to manage your emotions in stressful situations.

- It helps you control your behaviour and stay focused on your studies.
- If you have good self- management , you are very good at setting both personal and academic goals.

Self- management skills:

Setting goals , self- control , time management , avoiding stress , organisational skills , building positive relationships , self- motivation , problem solving , communication skills , prioritising task , study skills , good concentration skills .

(Lesson five) The woop strategy :

Is a guide to help you set and achieve goals it can be very useful when making lifestyle changes and creating healthy habits.

Word	Definition/ meaning
Wish	A meaningful , exciting and possible goal.
Outcome	The best result or feeling when you achieve your goal
Obstacle	Something that stop you from achieving your goal
Plan	What steps you will take to get past your obstacles

