

## Facing Fear: Helping Young People Deal With Terrorism and Tragic Events Grades 3-5 Lessons Meeting National Education Standards—Health

Adapted from National Health Standards	Chapter 1: Feelings	Chapter 2: Facts and Perspective	Chapter 3: Future
<b>STANDARD 1</b> Students will comprehend concepts related to health promotion and disease prevention.	Lesson Plan 1: Facing Personal Feelings	Lesson Plan 7: Impact of the Facts Lesson Plan 8: Facts About Terrorism and War	Lesson Plan 9: Family Disaster Plan Lesson Plan 10: Community Preparedness Lesson Plan 12: Healing Tools, Routines and Rituals
<b>STANDARD 2</b> Students will demonstrate the ability to access valid health information and health-promoting products and services.	Lesson Plan 1: Facing Personal Feelings	Lesson Plan 7: Impact of the Facts Lesson Plan 8: Facts About Terrorism and War	Lesson Plan 12: Healing Tools, Routines and Rituals
<b>STANDARD 3</b> Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	Lesson Plan 1: Facing Personal Feelings Lesson Plan 2: Stress and Relating to Others Lesson Plan 4: Have We Felt This Way Before?	Lesson Plan 7: Impact of the Facts Lesson Plan 8: Facts About Terrorism and War	Lesson Plan 9: Family Disaster Plan Lesson Plan 10: Community Preparedness Lesson Plan 12: Healing Tools, Routines and Rituals
<b>STANDARD 4</b> Students will analyze the influence of culture, media, technology and other factors on health.	Lesson Plan 3: Media Literacy	Lesson Plan 7: Impact of the Facts Lesson Plan 8: Facts About Terrorism and War	Lesson Plan 10: Community Preparedness Lesson Plan 11: Do Something!
<b>STANDARD 5</b> Students will demonstrate the ability to use interpersonal communication skills to enhance health.	Lesson Plan 1: Facing Personal Feelings Lesson Plan 2: Stress and Relating to Others		Lesson Plan 12: Healing Tools, Routines and Rituals
<b>STANDARD 6</b> Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.	Lesson Plan 1: Facing Personal Feelings	Lesson Plan 8: Facts About Terrorism and War	Lesson Plan 9: Family Disaster Plan Lesson Plan 10: Community Preparedness Lesson Plan 12: Healing Tools, Routines and Rituals
<b>STANDARD 7</b> Students will demonstrate the ability to advocate for personal, family and community health.	Lesson Plan 1: Facing Personal Feelings Lesson Plan 2: Stress and Relating to Others Lesson Plan 4: Have We Felt This Way Before?	Lesson Plan 7: Impact of the Facts Lesson Plan 8: Facts About Terrorism and War	Lesson Plan 9: Family Disaster Plan Lesson Plan 10: Community Preparedness Lesson Plan 11: Do Something!

Additional alignments of these lessons with national standards in social studies and language arts are available on the Masters of Disaster Web site at [www.redcross.org/disaster/masters](http://www.redcross.org/disaster/masters).

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For additional information on the Facing Fear curriculum, visit [www.redcross.org/disaster/masters](http://www.redcross.org/disaster/masters).