

An introduction to emotional health

This interdisciplinary course introduces students to their emotional selves in a fun and engaging talk show format called, “Live with Lola.” Complete with commercials, top 10 lists, book club recommendations and audience challenges, this course helps students in grades 6 through 8 learn how to manage their moods, regulate emotions and relieve stress and anger. With the help of Lola, Wes the science expert, and Dr. D the master of emotions, students discover how their bodies generate their feelings and how those feelings, together with their thoughts and actions, cause their moods.

“Live with Lola” is just one of the tools used to keep students involved and learning. Large- and small-group activities provide students with opportunities to examine their emotional health and practice good mental health. By the end of the course, students will be able to address the status of their mental and emotional health with the help of trusted adults and peers. Through video interviews, real teens share their experiences and strategies for managing emotions. Students will come away with useful tools and techniques for dealing with emotions.



The program explains how:

- The parts of the nervous system interact to cause feelings.
- Students experience emotions both physically and mentally.
- Feelings, thoughts and actions interact to cause moods.
- Students can care for their emotional health.
- To develop safe and healthy relationships with adults and peers.

The Real U can be a complete solution to your mental health education curriculum need, or a supplement to your current health education curriculum.

The Real U features a comprehensive teacher's guide that prepares teachers to use Children's Health Education Center's e-learning solution in their classrooms. The guide provides:

- Details of all activities and lessons.
- Learning objectives aligned with national standards and core concepts.
- Classroom implementation strategies.
- Alternative teaching delivery methods.
- Take-home activities.
- Additional resources.

The Real U is an affordable solution. You may purchase the course on a one-time basis or by an annual license agreement through your school district. Program discounts are available to fit classroom or school district budgets. Visit www.HealthyKidsLearnMore.com for more information.



Children's Health
Education Center™



All BlueKids.org e-learning curriculum is brought to you by the health education experts at CHEC. Affiliated with Children's Hospital of Wisconsin, one of the leading pediatric hospitals in the country, CHEC is committed to partnering with teachers to help students make healthy choices for life.

Course name

The Real U

Target age group

Grades 6-8

Course content

The nervous system, feelings, thoughts, actions, emotional health, relationships.

Instructional strategies

A total of 27 online learning activities including pre- and post-tests, mini lessons, videos and games.

Additional in-class activities including large- and small-group activities and discussions, a service learning project, and individual reflections and journaling.

Target course length

Flexible format can be presented as part of regular curriculum in six to eight classroom hours or as a component of a counseling program presented in segments over the course of a semester.

Technical requirements

High-speed Internet connection, sound card, video card, headphones. PCs or Macs.

Aligned to standards

Curriculum aligns with the requirements outlined in National Health Education Standards and the American School Counselor Association National Model: A Framework for School Counseling Programs.

Curriculum meets technology standards as defined by the International Society for Technology in Education in the National Educational Technology Plan.

Support materials

- Teacher's guide.
- Technical support.
- Additional resources at BlueKids.org.
- e-Learning consultant.