



Unit Review

Health 8th gradeUnit 8.2 *Tools for Life*

Name: _____

Date: _____

Emotional intelligence**Instruction:** Read each premise and select the best answer.

1. Which of the following best describes emotional intelligence?
 - a. The ability to solve mathematical problems.
 - b. The ability to understand and manage one's own emotions and those of others.
 - c. The ability to perform physical activities.
 - d. The ability to memorize information.
2. What is stress?
 - a. A positive emotion that drives us to action.
 - b. A response to threatening or challenging situations.
 - c. An allergic reaction to certain foods.
 - d. A state of deep relaxation.
3. What is resilience?
 - a. The inability to adapt to difficult situations.
 - b. The ability to overcome and adapt to adversity.
 - c. The tendency to give up easily in the face of obstacles.
 - d. The ability to avoid any stressful situation.
4. Which of the following shows an emotional intelligence skill?
 - a. Ignoring one's own emotions.
 - b. Squeezing emotions impulsively.
 - c. Recognize and express emotions appropriately.
 - d. Hiding emotions from others.



5. What role does resilience play in overcoming problems?
- Resilience has no impact on overcoming challenges.
 - Resilience can help people adapt and overcome challenges.
 - Resilience makes people more likely to give up in the face of adversity.
 - Resilience only develops in easy and comfortable situations.

Communication

- B. **Instruction:** Read the following situation and mark with an X the communication style it represents.

Situation	Passive communication	Aggressive communication	Assertive communication
1. You're not comfortable with pressure from your friends to do something you know is wrong, but you don't say anything.			
2. You insult your friends and threaten to tell everyone about their inappropriate behavior if they don't listen to you.			
3. You tell your classmate to stop bothering you and ask him to respect your space and your tranquility during class.			
4. You yell and throw objects when your parents criticize you, without listening to what they have to say.			
5. You inform a trusted adult about what is happening and seek support to resolve the situation.			
6. Your partner is constantly bothering you during class, but you don't say anything to avoid conflicts.			
7. In a school project, you take ownership of the			



Situation	Passive communication	Aggressive communication	Assertive communication
project and dismiss the ideas of your classmates, imposing your vision without taking into account their opinions.			
8. You share your opinion respectfully and listen to your friends' opinions			
9. In an argument on social networks, you verbally attack the person you don't like.			
10. You have a different opinion on a topic, but prefer not to express it to avoid confrontations with your friends.			

**Decision-making**

- C. Instructions:** Read the information below. Then, match the action with the step of the decision-making process that corresponds to it.
1. You start researching extracurricular activities and find out what it entails belong to the debate team and the Theater Club. You find that the debate team participates in local and regional competitions, while the Theatre Club prepares a play to present at the school's art festival. ____
 2. You reflect on your personal values and goals in the long term. You value artistic expression so much such as the development of communication skills and leadership. You want to choose an activity that allows you to grow both personally and academically. ____
 3. You recognize that choosing the Theater Club gives you the opportunity to develop your artistic skills, but it also involves putting time and effort into rehearsals and preparations for the play. You are prepared to commit to the activity and face the challenges that may arise. ____
 4. After evaluating the options and considering your values, you decide to join the Theater Club. You're excited to explore your creativity and participate in the production of a play. ____
 5. You're a student and you're faced with the dilemma of choosing between two extracurricular activities that take place
Be part of the debate team or join the Drama Club. Both activities interest you and you think you could learn a lot and enjoy both experiences. ____
 6. You consider the implications of each alternative. Being part of the debate team could improve your argumentation and public speaking skills, which could be useful in the future. On the other hand, joining the Theatre Club would allow you to explore your creativity and improve your acting skills. ____
- a. State the problem
 - b. Research possible alternatives
 - c. Examine the possible consequences
 - d. Start the first step
 - e. Select the best alternative
 - f. Analyze the consequences
 - g. Don't forget your values



Accident Prevention

D. Instructions: Read the premise and put "T" if it is true or "F" if it is false. Then, explain the error of false premises.

- ___ 1. A risk factor for accidents on the roadways is knowing traffic laws.
- ___ 2. Road safety refers to the measures and practices designed to prevent accidents and injuries on highways and streets.
- ___ 3. The main objective of road safety is to increase the number of of traffic accidents.
- ___ 4. Emergency situations are those where there is an imminent risk to safety and a rapid response is needed.
- ___ 5. Creating a family plan for emergency situations guarantees the safety and well-being of all family members in case of an unexpected event.
- ___ 6. Unintentional accidents are those events that occur as a result of intentional actions or conscious decisions on the part of people.

Environmental Health

And. Instruction: Develop two activities that promote conservation of environmental health for the school.

1. _____

2. _____

