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WITTY — *two games, one board*

Unit 5A · Health & Classifying Disorders · Two players · Four games of Four in a Row, or two games of Fox

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Play one by matching it to a term on the board and say the term out loud. The card you played goes to the discard pile. The other two go to the bottom of the deck.

If you can match, you must. If none of your three cards match, put all three on the bottom, draw three, and your turn ends.

GAME ONE

FOUR IN A ROW

Fold the sheet, lay it flat between you, and play on the top face. Each player needs a different colored pencil.

YOUR TURN

Mark the square you matched. That square is yours.

WINNING

Four squares in a row — across, down, or diagonal. The FREE square counts toward both players' lines.

Board full with no line: draw.

Call it out: **"Witty!"**

FOUR TO A SHEET

Fold, play the top face, then turn to the next face. Four faces, four games, two layouts.

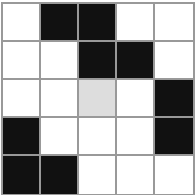
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SETUP

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One way to place 4, 3, and 2.
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ANSWER KEY — *Health & Classifying Disorders*

Unit 5A · 24 terms · Alphabetical

ACEs

Early hardships such as abuse or neglect that affect people across life.

Alarm Reaction

First adaptation stage, marked by a fight-flight-freeze response to a threat.

Behavioral View

Attributes disorders to maladaptive stimulus-response associations learned through conditioning.

Biological View

Attributes disorders to brain chemistry, physiology, or inherited genes.

Biopsychosocial Model

Holds that a problem may combine biological, psychological, and social-cultural factors.

Cognitive View

Attributes disorders to maladaptive thoughts, beliefs, and attitudes.

Diathesis-Stress Model

Holds that disorders arise when genetic vulnerability meets difficult life events.

Distress

Pressure experienced as debilitating, harming performance and well-being.

DSM

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Eclectic Approach

Drawing on more than one psychological viewpoint when diagnosing and treating clients.

Emotion-Focused Coping

Managing feelings about a stressor through deep breathing, meditation, or calming medication.

Eustress

Pressure experienced as motivating and beneficial.

Evolutionary View

Attributes disorders to behaviors and mental processes that reduce survival odds.

Exhaustion Phase

Final adaptation stage, with resources spent and illness risk highest.

Gratitude

Giving thanks to others, a practice shown to raise subjective well-being.

Humanistic View

Attributes disorders to blocked growth toward one's potential and lack of acceptance.

ICD

Classification system of mental disorders developed by the World Health Organization.

Positive Psychology

Branch studying factors that foster well-being, resilience, and happiness.

Posttraumatic Growth

Favorable personal change that may follow a severe, life-altering ordeal.

Problem-Focused Coping

Treating a stressor as a challenge to fix by taking direct action.

Psychodynamic View

Attributes disorders to unconscious conflicts and experiences, often from childhood.

Signature Strengths

Top personal virtues that, when exercised, go with higher happiness and well-being.

Sociocultural View

Attributes disorders to maladaptive relationships and cultural dynamics in one's community.

Tend-and-Befriend

Theory that some people respond to threat by nurturing and bonding.

WITTY · HEALTH & CLASSIFYING DISORDERS

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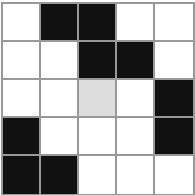
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YOUR TURN

Mark the square you matched. That square is yours.

WINNING

Four squares in a row — across, down, or diagonal. The FREE square counts toward both players' lines.

Board full with no line: draw.

Call it out: **"Witty!"**

FOUR TO A SHEET

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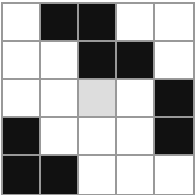
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FOX

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One way to place 4, 3, and 2.
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ANSWER KEY — *Health & Classifying Disorders*

Unit 5A · 24 terms · Alphabetical

ACEs

Early hardships such as abuse or neglect that affect people across life.

Alarm Reaction

First adaptation stage, marked by a fight-flight-freeze response to a threat.

Behavioral View

Attributes disorders to maladaptive stimulus-response associations learned through conditioning.

Biological View

Attributes disorders to brain chemistry, physiology, or inherited genes.

Biopsychosocial Model

Holds that a problem may combine biological, psychological, and social-cultural factors.

Cognitive View

Attributes disorders to maladaptive thoughts, beliefs, and attitudes.

Diathesis-Stress Model

Holds that disorders arise when genetic vulnerability meets difficult life events.

Distress

Pressure experienced as debilitating, harming performance and well-being.

DSM

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Eclectic Approach

Drawing on more than one psychological viewpoint when diagnosing and treating clients.

Emotion-Focused Coping

Managing feelings about a stressor through deep breathing, meditation, or calming medication.

Eustress

Pressure experienced as motivating and beneficial.

Evolutionary View

Attributes disorders to behaviors and mental processes that reduce survival odds.

Exhaustion Phase

Final adaptation stage, with resources spent and illness risk highest.

Gratitude

Giving thanks to others, a practice shown to raise subjective well-being.

Humanistic View

Attributes disorders to blocked growth toward one's potential and lack of acceptance.

ICD

Classification system of mental disorders developed by the World Health Organization.

Positive Psychology

Branch studying factors that foster well-being, resilience, and happiness.

Posttraumatic Growth

Favorable personal change that may follow a severe, life-altering ordeal.

Problem-Focused Coping

Treating a stressor as a challenge to fix by taking direct action.

Psychodynamic View

Attributes disorders to unconscious conflicts and experiences, often from childhood.

Signature Strengths

Top personal virtues that, when exercised, go with higher happiness and well-being.

Sociocultural View

Attributes disorders to maladaptive relationships and cultural dynamics in one's community.

Tend-and-Befriend

Theory that some people respond to threat by nurturing and bonding.

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Unit 5A · Health & Classifying Disorders · Two players · Four games of Four in a Row, or two games of Fox

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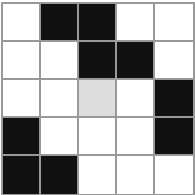
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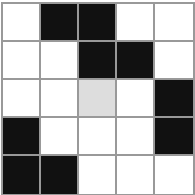
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WITTY — *two games, one board*

Unit 5A · Health & Classifying Disorders · Two players · Four games of Four in a Row, or two games of Fox

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Play one by matching it to a term on the board and say the term out loud. The card you played goes to the discard pile. The other two go to the bottom of the deck.

If you can match, you must. If none of your three cards match, put all three on the bottom, draw three, and your turn ends.

GAME ONE

FOUR IN A ROW

Fold the sheet, lay it flat between you, and play on the top face. Each player needs a different colored pencil.

YOUR TURN

Mark the square you matched. That square is yours.

WINNING

Four squares in a row — across, down, or diagonal. The FREE square counts toward both players' lines.

Board full with no line: draw.

Call it out: **"Witty!"**

FOUR TO A SHEET

Fold, play the top face, then turn to the next face. Four faces, four games, two layouts.

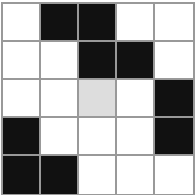
GAME TWO

FOX

Each player needs a sheet of their own. Fold it and stand the top half up so it faces you and hides the bottom half.

SETUP

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ANSWER KEY — *Health & Classifying Disorders*

Unit 5A · 24 terms · Alphabetical

ACEs

Early hardships such as abuse or neglect that affect people across life.

Alarm Reaction

First adaptation stage, marked by a fight-flight-freeze response to a threat.

Behavioral View

Attributes disorders to maladaptive stimulus-response associations learned through conditioning.

Biological View

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Biopsychosocial Model

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Cognitive View

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Distress

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Eclectic Approach

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Emotion-Focused Coping

Managing feelings about a stressor through deep breathing, meditation, or calming medication.

Eustress

Pressure experienced as motivating and beneficial.

Evolutionary View

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Exhaustion Phase

Final adaptation stage, with resources spent and illness risk highest.

Gratitude

Giving thanks to others, a practice shown to raise subjective well-being.

Humanistic View

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Positive Psychology

Branch studying factors that foster well-being, resilience, and happiness.

Posttraumatic Growth

Favorable personal change that may follow a severe, life-altering ordeal.

Problem-Focused Coping

Treating a stressor as a challenge to fix by taking direct action.

Psychodynamic View

Attributes disorders to unconscious conflicts and experiences, often from childhood.

Signature Strengths

Top personal virtues that, when exercised, go with higher happiness and well-being.

Sociocultural View

Attributes disorders to maladaptive relationships and cultural dynamics in one's community.

Tend-and-Befriend

Theory that some people respond to threat by nurturing and bonding.

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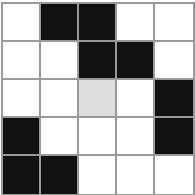
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Emotion-Focused Coping	Problem-Focused Coping	FREE	Diathesis-Stress Model	Positive Psychology
Evolutionary View	Posttraumatic Growth	Distress	Cognitive View	ICD
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WITTY — *two games, one board*

Unit 5A · Health & Classifying Disorders · Two players · Four games of Four in a Row, or two games of Fox

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Play one by matching it to a term on the board and say the term out loud. The card you played goes to the discard pile. The other two go to the bottom of the deck.

If you can match, you must. If none of your three cards match, put all three on the bottom, draw three, and your turn ends.

GAME ONE

FOUR IN A ROW

Fold the sheet, lay it flat between you, and play on the top face. Each player needs a different colored pencil.

YOUR TURN

Mark the square you matched. That square is yours.

WINNING

Four squares in a row — across, down, or diagonal. The FREE square counts toward both players' lines.

Board full with no line: draw.

Call it out: **"Witty!"**

FOUR TO A SHEET

Fold, play the top face, then turn to the next face. Four faces, four games, two layouts.

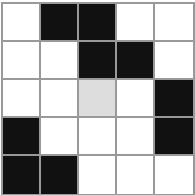
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ANSWER KEY — *Health & Classifying Disorders*

Unit 5A · 24 terms · Alphabetical

ACEs

Early hardships such as abuse or neglect that affect people across life.

Alarm Reaction

First adaptation stage, marked by a fight-flight-freeze response to a threat.

Behavioral View

Attributes disorders to maladaptive stimulus-response associations learned through conditioning.

Biological View

Attributes disorders to brain chemistry, physiology, or inherited genes.

Biopsychosocial Model

Holds that a problem may combine biological, psychological, and social-cultural factors.

Cognitive View

Attributes disorders to maladaptive thoughts, beliefs, and attitudes.

Diathesis-Stress Model

Holds that disorders arise when genetic vulnerability meets difficult life events.

Distress

Pressure experienced as debilitating, harming performance and well-being.

DSM

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Eclectic Approach

Drawing on more than one psychological viewpoint when diagnosing and treating clients.

Emotion-Focused Coping

Managing feelings about a stressor through deep breathing, meditation, or calming medication.

Eustress

Pressure experienced as motivating and beneficial.

Evolutionary View

Attributes disorders to behaviors and mental processes that reduce survival odds.

Exhaustion Phase

Final adaptation stage, with resources spent and illness risk highest.

Gratitude

Giving thanks to others, a practice shown to raise subjective well-being.

Humanistic View

Attributes disorders to blocked growth toward one's potential and lack of acceptance.

ICD

Classification system of mental disorders developed by the World Health Organization.

Positive Psychology

Branch studying factors that foster well-being, resilience, and happiness.

Posttraumatic Growth

Favorable personal change that may follow a severe, life-altering ordeal.

Problem-Focused Coping

Treating a stressor as a challenge to fix by taking direct action.

Psychodynamic View

Attributes disorders to unconscious conflicts and experiences, often from childhood.

Signature Strengths

Top personal virtues that, when exercised, go with higher happiness and well-being.

Sociocultural View

Attributes disorders to maladaptive relationships and cultural dynamics in one's community.

Tend-and-Befriend

Theory that some people respond to threat by nurturing and bonding.

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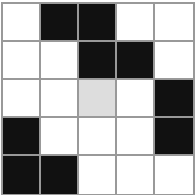
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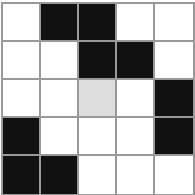
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Attributes disorders to unconscious conflicts and experiences, often from childhood.

Signature Strengths

Top personal virtues that, when exercised, go with higher happiness and well-being.

Sociocultural View

Attributes disorders to maladaptive relationships and cultural dynamics in one's community.

Tend-and-Befriend

Theory that some people respond to threat by nurturing and bonding.

WITTY · HEALTH & CLASSIFYING DISORDERS

Pressure experienced as motivating and beneficial.

WITTY · HEALTH & CLASSIFYING DISORDERS

Pressure experienced as debilitating, harming performance and well-being.

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WITTY — *two games, one board*

Unit 5A · Health & Classifying Disorders · Two players · Four games of Four in a Row, or two games of Fox

THE DRAW — BOTH GAMES

Shuffle the 24 definition cards into one deck, face down. On your turn, draw three and read them.

Play one by matching it to a term on the board and say the term out loud. The card you played goes to the discard pile. The other two go to the bottom of the deck.

If you can match, you must. If none of your three cards match, put all three on the bottom, draw three, and your turn ends.

GAME ONE

FOUR IN A ROW

Fold the sheet, lay it flat between you, and play on the top face. Each player needs a different colored pencil.

YOUR TURN

Mark the square you matched. That square is yours.

WINNING

Four squares in a row — across, down, or diagonal. The FREE square counts toward both players' lines.

Board full with no line: draw.

Call it out: **"Witty!"**

FOUR TO A SHEET

Fold, play the top face, then turn to the next face. Four faces, four games, two layouts.

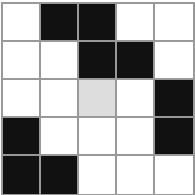
GAME TWO

FOX

Each player needs a sheet of their own. Fold it and stand the top half up so it faces you and hides the bottom half.

SETUP

On your bottom grid, shade three shapes: one of **4** squares, one of **3**, one of **2**. Each shape's squares must touch edge to edge. Shapes may not overlap and may not use FREE.



One way to place 4, 3, and 2.
Any shape works as long as the squares connect edge to edge.

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The term you matched is your guess. Your opponent says **hit** or **miss**. Mark it on your standing grid.

A hit earns a free guess at any square touching it, no card needed. Keep going while you keep hitting.

Say **"Found!"** when you have found a whole shape.

WINNING

Find all three shapes. Two games to a sheet, one on each side.

CHALLENGE — BOTH GAMES

Either player, any time, before the next cards are drawn. Turn this sheet over and look it up. **Wrong claim:** cross out your mark, the guess does not count, and you lose your next turn. **Wrong challenge:** you lose your next turn.

Teacher note. Print the board sheet double-sided and fold it in the middle — never cut it, Fox needs the standing half. Every card in a deck carries the same number on its back. Print at 100%, not "fit to page."

ANSWER KEY — *Health & Classifying Disorders*

Unit 5A · 24 terms · Alphabetical

ACEs

Early hardships such as abuse or neglect that affect people across life.

Alarm Reaction

First adaptation stage, marked by a fight-flight-freeze response to a threat.

Behavioral View

Attributes disorders to maladaptive stimulus-response associations learned through conditioning.

Biological View

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Biopsychosocial Model

Holds that a problem may combine biological, psychological, and social-cultural factors.

Cognitive View

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Diathesis-Stress Model

Holds that disorders arise when genetic vulnerability meets difficult life events.

Distress

Pressure experienced as debilitating, harming performance and well-being.

DSM

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Eclectic Approach

Drawing on more than one psychological viewpoint when diagnosing and treating clients.

Emotion-Focused Coping

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Eustress

Pressure experienced as motivating and beneficial.

Evolutionary View

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Exhaustion Phase

Final adaptation stage, with resources spent and illness risk highest.

Gratitude

Giving thanks to others, a practice shown to raise subjective well-being.

Humanistic View

Attributes disorders to blocked growth toward one's potential and lack of acceptance.

ICD

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Positive Psychology

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Posttraumatic Growth

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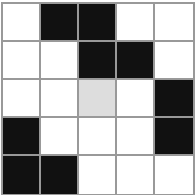
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WITTY — *two games, one board*

Unit 5A · Health & Classifying Disorders · Two players · Four games of Four in a Row, or two games of Fox

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If you can match, you must. If none of your three cards match, put all three on the bottom, draw three, and your turn ends.

GAME ONE

FOUR IN A ROW

Fold the sheet, lay it flat between you, and play on the top face. Each player needs a different colored pencil.

YOUR TURN

Mark the square you matched. That square is yours.

WINNING

Four squares in a row — across, down, or diagonal. The FREE square counts toward both players' lines.

Board full with no line: draw.

Call it out: **"Witty!"**

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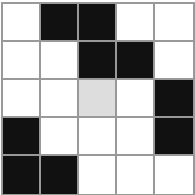
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ANSWER KEY — *Health & Classifying Disorders*

Unit 5A · 24 terms · Alphabetical

ACEs

Early hardships such as abuse or neglect that affect people across life.

Alarm Reaction

First adaptation stage, marked by a fight-flight-freeze response to a threat.

Behavioral View

Attributes disorders to maladaptive stimulus-response associations learned through conditioning.

Biological View

Attributes disorders to brain chemistry, physiology, or inherited genes.

Biopsychosocial Model

Holds that a problem may combine biological, psychological, and social-cultural factors.

Cognitive View

Attributes disorders to maladaptive thoughts, beliefs, and attitudes.

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Pressure experienced as debilitating, harming performance and well-being.

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Drawing on more than one psychological viewpoint when diagnosing and treating clients.

Emotion-Focused Coping

Managing feelings about a stressor through deep breathing, meditation, or calming medication.

Eustress

Pressure experienced as motivating and beneficial.

Evolutionary View

Attributes disorders to behaviors and mental processes that reduce survival odds.

Exhaustion Phase

Final adaptation stage, with resources spent and illness risk highest.

Gratitude

Giving thanks to others, a practice shown to raise subjective well-being.

Humanistic View

Attributes disorders to blocked growth toward one's potential and lack of acceptance.

ICD

Classification system of mental disorders developed by the World Health Organization.

Positive Psychology

Branch studying factors that foster well-being, resilience, and happiness.

Posttraumatic Growth

Favorable personal change that may follow a severe, life-altering ordeal.

Problem-Focused Coping

Treating a stressor as a challenge to fix by taking direct action.

Psychodynamic View

Attributes disorders to unconscious conflicts and experiences, often from childhood.

Signature Strengths

Top personal virtues that, when exercised, go with higher happiness and well-being.

Sociocultural View

Attributes disorders to maladaptive relationships and cultural dynamics in one's community.

Tend-and-Befriend

Theory that some people respond to threat by nurturing and bonding.

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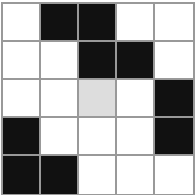
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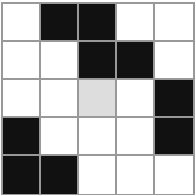
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Either player, any time, before the next cards are drawn. Turn this sheet over and look it up. **Wrong claim:** cross out your mark, the guess does not count, and you lose your next turn. **Wrong challenge:** you lose your next turn.

Teacher note. Print the board sheet double-sided and fold it in the middle — never cut it, Fox needs the standing half. Every card in a deck carries the same number on its back. Print at 100%, not "fit to page."

ANSWER KEY — *Health & Classifying Disorders*

Unit 5A · 24 terms · Alphabetical

ACEs

Early hardships such as abuse or neglect that affect people across life.

Alarm Reaction

First adaptation stage, marked by a fight-flight-freeze response to a threat.

Behavioral View

Attributes disorders to maladaptive stimulus-response associations learned through conditioning.

Biological View

Attributes disorders to brain chemistry, physiology, or inherited genes.

Biopsychosocial Model

Holds that a problem may combine biological, psychological, and social-cultural factors.

Cognitive View

Attributes disorders to maladaptive thoughts, beliefs, and attitudes.

Diathesis-Stress Model

Holds that disorders arise when genetic vulnerability meets difficult life events.

Distress

Pressure experienced as debilitating, harming performance and well-being.

DSM

Classification manual of mental disorders developed by the American Psychiatric Association.

Eclectic Approach

Drawing on more than one psychological viewpoint when diagnosing and treating clients.

Emotion-Focused Coping

Managing feelings about a stressor through deep breathing, meditation, or calming medication.

Eustress

Pressure experienced as motivating and beneficial.

Evolutionary View

Attributes disorders to behaviors and mental processes that reduce survival odds.

Exhaustion Phase

Final adaptation stage, with resources spent and illness risk highest.

Gratitude

Giving thanks to others, a practice shown to raise subjective well-being.

Humanistic View

Attributes disorders to blocked growth toward one's potential and lack of acceptance.

ICD

Classification system of mental disorders developed by the World Health Organization.

Positive Psychology

Branch studying factors that foster well-being, resilience, and happiness.

Posttraumatic Growth

Favorable personal change that may follow a severe, life-altering ordeal.

Problem-Focused Coping

Treating a stressor as a challenge to fix by taking direct action.

Psychodynamic View

Attributes disorders to unconscious conflicts and experiences, often from childhood.

Signature Strengths

Top personal virtues that, when exercised, go with higher happiness and well-being.

Sociocultural View

Attributes disorders to maladaptive relationships and cultural dynamics in one's community.

Tend-and-Befriend

Theory that some people respond to threat by nurturing and bonding.

WITTY · HEALTH & CLASSIFYING DISORDERS

Pressure experienced as motivating and beneficial.

WITTY · HEALTH & CLASSIFYING DISORDERS

Pressure experienced as debilitating, harming performance and well-being.

WITTY · HEALTH & CLASSIFYING DISORDERS

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WITTY · HEALTH & CLASSIFYING DISORDERS

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WITTY · HEALTH & CLASSIFYING DISORDERS

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WITTY · HEALTH & CLASSIFYING DISORDERS

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WITTY · HEALTH & CLASSIFYING DISORDERS

Branch studying factors that foster well-being, resilience, and happiness.

WITTY · HEALTH & CLASSIFYING DISORDERS

Giving thanks to others, a practice shown to raise subjective well-being.

WITTY · HEALTH & CLASSIFYING DISORDERS

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WITTY · HEALTH & CLASSIFYING DISORDERS

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