General Activity Adjustments

Paired and Group Activities - Workbook activities that instruct the students to work with a partner or in small groups can be done individually or as a class. Instead of collecting the student workbooks at the end of each lesson, ask the students to keep their workbooks in their cubby or desk.

Role Plays - Select student volunteers to read the scripts aloud from their desks.

Move-around-the-room Activities that require the students to stand by a display card to indicate their answer can be done with the students remaining at their desks. Display the cards on the board at the front of the room and assign a movement to each card such as Stand Up, Raise Your Hands Above Your Head, Make a Silly Face, and Put Your Head Down on the Desk. Write the movement above the corresponding card on the board. Read the scenarios aloud to the students and ask them to show their answers by doing the movement at their desks.

Adjustments by Lesson/Activity

Lesson 3 How I Feel: Identifying and Managing Emotion

Activity 4: Scavenger Hunt

Complete the workbook section titled **"We Choose How to Act"** as a whole class reading each scenario aloud. After you read a scenario, instruct the students to raise their hands if they would use the healthy strategy in the scenario. Tell students to write down the name of a student with their hand raised on the line in that square. For each scenario, the students must write down the name of a different student.

Lesson 4 How Do You Do?: Effective Communication

Activity 3: A Little Pup Talk

Host the introduction of student's **Listen-Up Pups** as a class. Select 4-5 student volunteers to come to the front of the room one at a time to introduce their Listen-Up Pups. They will introduce their pups using the pup's information on workbook page 9. Look for good listeners in the audience.

Activity 3: Buddy Builder

Play **Buddy Builder** as a whole class. Group each Buddy Builder Picture Card in the correct categories. The correct groups are on page 120 in your Teacher's Manual. Keep the Picture Cards in the four categories. Then, display the four Buddy Builder Word Cards on the board. If necessary, write the words on the board so they are visible from the back of the classroom. Using a projector, display four Buddy Builder Picture Cards, one from each category. Have the students discuss which category the picture belongs in. Place the cards under the correct category. Continue until all of the Buddy Builder Picture Cards are sorted correctly.

Lesson 6 Respectfully Yours: Respect for Self and Others

Activity 3: You and Me Together

Present the activity **"You and Me Together"** as the teacher's script indicates but with one change. Instead of putting students into partners, have them stay in their seats and work with the students seated beside them.