

Lesson Overview and Areas of Focus

Social Skill Development and Making Healthy Choices



<p>1.1 Go for a Healthy Goal: Healthy Choices</p> <p>Students learn the basics of setting goals and the benefits of making healthy choices and learn about various healthy choices.</p> <ul style="list-style-type: none"> • Define Healthy • Identify Various Healthy Choices • Introduction to Setting Goals 	<p>1.2 My Special Feelings: Understanding Feelings</p> <p>Students explore the six basic emotions and talk about the feelings relation to various situations. Students apply I-messages messages to communicate feelings in a healthy way.</p> <ul style="list-style-type: none"> • Creating and Using I-Messages • Name and Express Feelings 	<p>1.3 Listening: Listening</p> <p>Students differentiate hearing sounds and listening to others. Students practice basic interviewing to understand messages. Students also explore benefits of careful listening to avoid misunderstanding.</p> <ul style="list-style-type: none"> • Telephone Game • Careful Listening • Asking Questions 	<p>1.4 Friendship: Bonding and Friendships</p> <p>Students discuss how friends are alike and different and how our differences make friendships more interesting and fun. Students also practice the elements of good friendship including sharing, taking turns, and listening.</p> <ul style="list-style-type: none"> • Elements of Strong Friendships • Celebrating Differences 	<p>1.5 Carmen's Choices: Decision Making</p> <p>Carmen helps students learn the fundamental steps to making responsible decisions and demonstrate them. Students practice applying their new skill to making healthy choices.</p> <ul style="list-style-type: none"> • Learning to Stop and Think • Decision Making Role Play
<p>1.6 Curious Carmen: Healthy Choices</p> <p>Students help Carmen make healthy choices and safe decisions about mysterious smells and other items around the house.</p> <ul style="list-style-type: none"> • Recognizing Potentially Harmful Fumes • Making Healthy Decisions Involving Inhalants 	<p>1.7 Safe and Unsafe: Making Safe Choices</p> <p>Students learn the negative effects associated with tobacco and alcohol use in order to establish healthy expectations of these substances.</p> <ul style="list-style-type: none"> • Benefits of Being Safe and Making Choices to Promote Safety • Negative Effects of Tobacco and Alcohol Use 	<p>1.8 Telling the Difference: Categorization Skills</p> <p>Students practice sorting skills to learn to differentiate medicine, alcohol, and food. Students learn to tell the difference between safe unsafe things to put into their bodies.</p> <ul style="list-style-type: none"> • Differentiate Food from Medicine • Sorting Skills 	<p>1.9 Getting Sick, Getting Well: Safe Use of Medicine</p> <p>Students learn the safe use and handling of medicines and examine what happens next in a sequence of events.</p> <ul style="list-style-type: none"> • Safe Use of Medicines • Predicting Outcomes 	<p>1.10 Cool Cats Say No: Healthy Choices</p> <p>Students learn the difference between healthy and unhealthy behaviors. Students also discuss how peers influence decisions and the role of personal responsibility.</p> <ul style="list-style-type: none"> • Saying No • Why to Say No • Awards Ceremony