

Lesson Overview and Areas of Focus



Unit 1: Social Skills Development

2.1 Chasing Squirrels Setting Reachable Goals Students learn the steps to setting and reaching personal goals. Students also learn to identify personal strengths as areas of which they can set their own personal goal.	2.2 The Important Link Making Responsible Decisions Students learn the benefits of stopping to think before making a decision. Students also learn to predict the positive and negative consequences of choices before making a decision.	2.3 How I Feel Identifying and Managing Emotions Students learn to recognize a variety of emotions and the physical signals associated with specific emotions. Students learn to manage their emotions and express their feelings using an I-message.	2.4 How Do You Do? Effective Communication Students learn to use polite, assertive communication. Students also learn and demonstrate active listening skills to show caring and respect to others.	2.5 Friends Fur-ever Bonding and Relationships Students compare healthy and unhealthy friendship qualities and learn the benefits of bonding with pro-social others. Students also learn approaches to making and keeping friends.
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Unit 2: Substance Use Topics and Skills Application

2.6 Wagging the Dog Managing Peer Pressure Students learn to recognize positive and negative peer pressure and learn and apply peer-pressure refusal strategies. Students also recognize the effects of peer pressure on decision making.	2.7 Still in the Game Managing Mistakes Students identify negative reactions to personal mistakes. Students also learn to use healthy strategies to respond to, manage, and overcome mistakes and disappointment.	2.8 A Prescription for Health Understanding the Safe Use of Prescription and OTC Medicines Students identify and describe physical symptoms of not feeling well and healthy ways to respond like telling an adult, getting rest, and hydrating. Students also learn to differentiate the safe and unsafe use of prescription and over-the-counter medicines.	2.9 Chasing Your Tail Identifying and Avoiding Harmful Substances Students learn to identify harmful substances in and around the home, including tobacco and alcohol. Students learn which substances are not safe to smell, inhale, drink, or taste as well as ways to avoid strong chemical odors such as leave the room and tell an adult.	2.10 Healthy Choices, Healthy Body Making Healthy Choices Students learn to identify the benefits of making healthy choices related to food, rest, and exercise. Students also demonstrate their knowledge of healthy food choices, getting exercise, and getting enough rest to build a strong, healthy body.
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Unit 3: A Peaceable Place Topics and Skills Application

2.11 Respectfully Yours Respect for Self and Others Students learn how respect for self, others, and property positively affects their personal wellbeing and that of others. Students also learn how people are alike and different and how to demonstrate respect for individual differences.	2.12 Peaceable Pups Conflict Resolution Students learn that conflict is a normal and natural part of being human. Students also learn to differentiate peaceable and non-peaceable social behaviors associated with resolving or escalating conflict.	2.13 How to Handle Frustration without Howling Anger Management & Mindfulness Students learn to describe the physical sensations of anger and frustration and recognize these sensations as warning signs of conflict.	2.14 Safety Monitor Identifying and Managing Bullying Situations Students learn to identify bullying situations and to differentiate tattling and reporting. Students also demonstrate effective bullying response strategies using assertive communication skills.	2.15 Possibilities Problem Solving Students learn to generate ideas to solve a problem. Students also learn the benefits of working together and to encourage one another's ideas and solutions to solve a problem.
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