Lesson 2.1 Dreams Can Come True – Goal Setting

Objectives
Following this lesson, the student will be able to:

- Identify the importance of setting goals
- Describe ways to set and achieve goals
- Set a personal goal

Category 2: Behavior Standards
Learning Strategies
B-LS 7. Identify long- and short-term academic, career and social/emotional goals

Self-Management Skills
B-SMS 5. Demonstrate perseverance to achieve long- and short-term goals

Lesson 2.2 Stop & Think – Decision Making

Objectives
Following this lesson, the student will be able to:

- Discuss the importance of stopping to think before making a decision
- Define consequence
- Demonstrate predicting possible consequences
- Demonstrate how to make good decisions

Category 2: Behavior Standards
Learning Strategies
B-LS 1. Demonstrate critical-thinking skills to make informed decisions
B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

Lesson 2.3 Dealing with Frustration – Identifying and Managing Emotions

Objectives
Following this lesson, the student will be able to:

- Define frustration; recognize and identify the feeling
- Describe frustration as a normal, healthy response to new & challenging tasks
- List strategies for dealing with frustration
- List people who can help with frustrating situations
- Demonstrate techniques for handling frustration: count to ten, take a break, say how you feel, ask for help, take one step at a time, try another way

Category 1: Mindset Standards
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
M 3. Sense of belonging in the school environment
M 6. Positive attitude toward work and learning

Category 2: Behavior Standards
Learning Strategies
B-LS 10. Participate in enrichment and extracurricular activities
Social Skills
B-SS 2. Create positive and supportive relationships with other students
B-SS 3. Create relationships with adults that support success
B-SS 5. Demonstrate ethical decision-making and social responsibility
B-SS 6. Use effective collaboration and cooperation skills
B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams

Lesson 2.4 Saying How You Feel – Identifying and Managing Emotions
Objectives
Following this lesson, the student will be able to:
- Describe the difference between feelings and actions
- Demonstrate using feelings clearly and directly with an I-message
- Differentiate between I-messages and You-messages

Category 1: Mindset Standards
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
M 3. Sense of belonging in the school environment
M 6. Positive attitude toward work and learning

Category 2: Behavior Standards
Learning Strategies
B-LS 10. Participate in enrichment and extracurricular activities

Social Skills
B-SS 1. Use effective oral and written communication skills and listening skills
B-SS 2. Create positive and supportive relationships with other students
B-SS 3. Create relationships with adults that support success
B-SS 5. Demonstrate ethical decision-making and social responsibility
B-SS 6. Use effective collaboration and cooperation skills
B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams

Lesson 2.5 Dog-Gone Good! – Bonding and Relationships
Objectives
Following this lesson, the student will be able to:
- Discuss how people are alike and how they are different
- Discuss his or her own personal strengths
- Demonstrate giving and receiving compliments

Category 1: Mindset Standards
M 3. Sense of belonging in the school environment

Category 2: Behavior Standards
Learning Strategies
B-LS 10. Participate in enrichment and extracurricular activities

Social Skills
B-SS 1. Use effective oral and written communication skills and listening skills
B-SS 2. Create positive and supportive relationships with other students
B-SS 3. Create relationships with adults that support success
B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams
Lesson 2.6 Be a Friend – Bonding and Relationships

Objectives
Following this lesson, the students will be able to:

- Describe how to choose a friend
- Describe how friends help each other
- Demonstrate asking for help and offering help
- Demonstrate saying please and thank you

Category 1: Mindset Standards
M 3. Sense of belonging in the school environment

Category 2: Behavior Standards
Learning Strategies
B-LS 10. Participate in enrichment and extracurricular activities

Social Skills
B-SS 1. Use effective oral and written communication skills and listening skills
B-SS 2. Create positive and supportive relationships with other students
B-SS 3. Create relationships with adults that support success
B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams

Lesson 2.7 A Peer Pressure Play (and Replays) – Peer Pressure

Objectives
Following this lesson, the student will be able to:

- Define peer pressure
- Discuss why it is important to refuse peer pressure
- Recite at least three ways to handle peer pressure

Category 1: Mindset Standards
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Category 2: Behavior Standards
Learning Strategies
B-LS 1. Demonstrate critical-thinking skills to make informed decisions

Self-Management Skills
B-SMS 7. Demonstrate effective coping skills when faced with a problem
B-SMS 9. Demonstrate personal safety

Social Skills
B-SS 1. Use effective oral and written communication skills and listening skills
Lesson 2.8 *A Message About Medicine* – Understanding the Safe Use of Prescription and Over-the-Counter Medicines

**Objectives**

Following this lesson, the student will be able to:

- Define drug
- Define over-the-counter drugs and prescription drugs
- Discuss the fact that there are not medicines for all aches and pains, and that sometimes pains hurt for a while and then go away without medicine
- Discuss the difference between medicine and candy
- List rules for safe use of prescription and over-the-counter drugs
- Describe the dangers of misusing prescription and over-the-counter drugs

**Category 1: Mindset Standards**

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

**Category 2: Behavior Standards**

**Learning Strategies**

B-LS 1. Demonstrate critical-thinking skills to make informed decisions

**Self-Management Skills**

B-SMS 9. Demonstrate personal safety

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Lesson 2.9 *Because I Care* – Effects of Nicotine Use

**Objectives**

Following this lesson, the students will be able to:

- Recite at least three facts about tobacco
- Define second-hand smoke
- Discuss at least two negative effects of second-hand smoke
- Recite at least three ways to avoid second hand smoke
- Demonstrate polite ways to speak to smokers about second-hand smoke

**Category 1: Mindset Standards**

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

**Category 2: Behavior Standards**

**Learning Strategies**

B-LS 1. Demonstrate critical-thinking skills to make informed decisions

**Self-Management Skills**

B-SMS 9. Demonstrate personal safety

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Lesson 2.10 *A Game for Good Health* – Healthy Choices

**Objectives**

Following this lesson, the student will be able to:

- Define health
- List at least five healthy practices
- List at least five healthy foods

**Category 1: Mindset Standards**

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
Category 2: Behavior Standards
Self-Management Skills
B-SMS 9. Demonstrate personal safety