### Lesson Overview and Areas of Focus

#### Unit 1: Social Skill Development

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<tr>
<th>Lesson</th>
<th>Title</th>
<th>Areas of Focus</th>
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| 1.1 | A Great Day: Setting Reachable Goals | - Define a Goal  
- Identifying Action Steps for Reaching a Goal  
- Setting a Personal Goal |
| 1.2 | Thinking Caps On: Making Responsible Decisions | - Benefits of Stopping to Think  
- Understanding and Predicting Consequences  
- Understanding Personal Responsibility |
| 3.3 | Catitude: Identifying and Managing Emotions | - Naming Feelings  
- Differentiate Feelings and Behavior  
- I-Messages and Other Healthy Ways to Express Emotions |
| 1.4 | Hear Me Out: Effective Communication | - Body Language and Active Listening  
- Asking Questions without Interrupting  
- Verbal and Non-verbal Communication |
| 1.5 | The Car’s Meow: Bonding and Relationships | - Healthy Friendship Qualities  
- Benefits of Pro-social Behavior  
- Approaches to making and keeping friends |

#### Unit 2: ATOD Information and Skill Application

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| 1.6 | Copy Cat: Managing Peer Pressure | - Define Positive and Negative Peer Pressure  
- Safe and Healthy Activities  
- Peer Refusal Strategies |
| 1.7 | Stuck in a Tree: Managing Disappointment | - Differentiate Positive and Negative reactions to Disappointment  
- Healthy Ways to Respond to Disappointment |
| 1.8 | All the Right Movers: Understanding the Safe Use of Prescription and OTC Medicines | - Defining Medicine  
- Safe and Unsafe Use of Medicines |
| 1.9 | Curious Carmen: Identifying and Avoiding Harmful Substances | - Identify Harmful Substances in the Home  
- Safe Responses to the Presence of Harmful Substances |
| 1.10 | Fit as a Riddle: Making Healthy Choices | - Comprehend Health and a Healthy Body  
- Benefits of Making Healthy Choices  
- Differentiating Healthy and Unhealthy Decisions |

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