

Lesson Overview and Areas of Focus



Unit 1: Social Skill Development

<p>K.1 Dreaming Big: Setting Reachable Goals</p> <p>Students name a variety of new things they can learn to do and also name the adults in their lives and peers who can help them reach their goals.</p> <ul style="list-style-type: none"> • Identify one’s abilities • Identify new things to learn to do • Identify how to ask for help in reaching a goal 	<p>K.2 I Know What to Do: Making Responsible Decisions</p> <p>Students learn the Stop and Think steps in the decision making process. Students also practice the skill of anticipating the consequences of their choices.</p> <ul style="list-style-type: none"> • Recall the Stop and Think steps of decision making • Demonstrate anticipating consequences • Understanding Personal Responsibility 	<p>K.3 Mad Sad Glad: Identifying and Managing Emotions</p> <p>Students learn to name a variety of emotions and the physical signals associated with specific emotions. Students also learn healthy ways to express their feelings.</p> <ul style="list-style-type: none"> • Naming Feelings • Identify ways people show their feelings • Expressing feelings verbally and non-verbally 	<p>K.4 Listen Up!: Effective Communication</p> <p>Students learn and demonstrate active listening skills to show caring and respect. Students also practice asking questions without interrupting.</p> <ul style="list-style-type: none"> • Demonstrate using eyes, ears, and body to listen • Asking Questions without Interrupting • Identifying the body language of an active listener 	<p>K.5 My Buddy and Me: Bonding and Relationships</p> <p>Students learn healthy friendship qualities and the benefits of bonding with pro-social others. Students also demonstrate assertive communication using I-messages.</p> <ul style="list-style-type: none"> • Healthy Friendship Qualities • Demonstrate assertive communication with I-messages
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Unit 2: ATOD Information and Skills Application

<p>K.6 How Do You Do?: Making Friends</p> <p>Students learn how to initiate conversation and introduce themselves as part of making new friends. Students also demonstrate healthy ways to keep friendships strong through sharing and listening.</p> <ul style="list-style-type: none"> • Demonstrate introducing oneself • Identify ways to initiate conversation • Demonstrate listening and sharing 	<p>K.7 A Better Idea: Managing Peer Pressure</p> <p>Students learn to recognize passive and assertive communication as part of healthy approaches to resisting peer pressure. Students also identify healthy and safe activities to do with their friends.</p> <ul style="list-style-type: none"> • Differentiate passive and assertive communication • Resisting Peer Pressure • Identify Healthy Friendship Activities 	<p>K.8 Be Well: Understanding the Safe Use of Prescription and OTC Medicines</p> <p>Students learn about health and a healthy body and what to do when they don’t feel well. Students also learn to differentiate the safe and unsafe use of prescription and over-the-counter medicines.</p> <ul style="list-style-type: none"> • Comprehend Healthy Body • Define Medicine • Differentiate safe and unsafe use of medicines 	<p>K.9 Keep Out!: Identifying and Avoiding Harmful Substances</p> <p>Students identify harmful substances around the home that are not safe to smell, inhale, drink, or taste. Students also learn ways to avoid chemical odors including leaving the room and telling an adult.</p> <ul style="list-style-type: none"> • Identify Harmful Substances in the Home • Safe Responses to the Presence of Harmful Substances 	<p>K.10 An Apple a Day: Making Healthy Choices</p> <p>Students recognize the benefits of making healthy choices related to food, rest, and exercise. Students also learn to differentiate safe, healthy decisions from unsafe, unhealthy decisions.</p> <ul style="list-style-type: none"> • Comprehend Health and a Healthy Body • Benefits of Making Healthy Choices • Differentiating Healthy and Unhealthy Decisions
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