

# Lesson Overview and Areas of Focus



## Unit 1: Social Skill Development

<b>1.1 A Great Day:</b> <b>Setting Reachable Goals</b>  <p>Students learn how to set and reach personal goals. Students also learn to identify action steps needed to reach a goal.</p> <ul style="list-style-type: none"> <li>• Define a Goal</li> <li>• Identifying Action Steps for Reaching a Goal</li> <li>• Setting a Personal Goal</li> </ul>	<b>1.2 Thinking Caps On:</b> <b>Making Responsible Decisions</b>  <p>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.</p> <ul style="list-style-type: none"> <li>• Benefits of Stopping to Think</li> <li>• Understanding and Predicting Consequences</li> <li>• Understanding Personal Responsibility</li> </ul>	<b>3.3 Catitude:</b> <b>Identifying and Managing Emotions</b>  <p>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.</p> <ul style="list-style-type: none"> <li>• Naming Feelings</li> <li>• Differentiate Feelings and Behavior</li> <li>• I-Messages and Other Healthy Ways to Express Emotions</li> </ul>	<b>1.4 Hear Me Out:</b> <b>Effective Communication</b>  <p>Students learn and demonstrate active listening skills to show caring and respect. Students also practice verbal and non-verbal communication skills.</p> <ul style="list-style-type: none"> <li>• Body Language and Active Listening</li> <li>• Asking Questions without Interrupting</li> <li>• Verbal and Non-verbal Communication</li> </ul>	<b>1.5 The Car's Meow:</b> <b>Bonding and Relationships</b>  <p>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.</p> <ul style="list-style-type: none"> <li>• Healthy Friendship Qualities</li> <li>• Benefits of Pro-social Behavior</li> <li>• Approaches to making and keeping friends</li> </ul>
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## Unit 2: SEL Skills Application

<b>1.6 Leading by Example:</b> <b>Respect for Self and Others</b>  <p>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.</p> <ul style="list-style-type: none"> <li>• Define Respect</li> <li>• Demonstrate Respect</li> <li>• Celebrating Differences</li> </ul>	<b>1.7 Calm before the Storm:</b> <b>Anger Management</b>  <p>Students differentiate positive and negative reactions to disappointment. Students also learn to use healthy strategies to respond to, manage, and overcome disappointment.</p> <ul style="list-style-type: none"> <li>• Describe the physical sensations of anger</li> <li>• Differentiate angry feelings and aggressive actions</li> <li>• Demonstrate ways to use self-control to manage angry feelings</li> </ul>	<b>1.8 Share and Share Alike:</b> <b>Conflict Resolution</b>  <p>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.</p> <ul style="list-style-type: none"> <li>• Peace and Conflict Defined</li> <li>• Peaceable and Non-peaceable social behaviors</li> <li>• Peaceful Conflict Resolution Strategies</li> </ul>	<b>1.9 Sticks and Stones:</b> <b>Identifying and Managing Teasing Situations</b>  <p>Students learn to identify harmful substances in and around the home, including tobacco and alcohol. Students learn which substances are not safe to smell,</p> <ul style="list-style-type: none"> <li>• Supporting the feelings of others</li> <li>• Identify words and actions that hurt the feelings of others</li> <li>• Demonstrate positive responses to teasing</li> </ul>	<b>1.10 School of Thought:</b> <b>Problem Solving</b>  <p>Students learn to identify the benefits of making healthy choices related to food, rest, and exercise. Students demonstrate knowledge of good food, exercise, and rest to build a strong, healthy body.</p> <ul style="list-style-type: none"> <li>• Identify a variety of solutions when working to solve a problem</li> <li>• Demonstrate creative ways to solve a problem</li> </ul>
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