

Lesson Overview and Areas of Focus



Unit 1: Social Skill Development

<p>2.1 Chasing Squirrels: Setting Reachable Goals</p> <p>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.</p> <ul style="list-style-type: none"> • Define a Goal • Describe the steps to Name a Reachable Goal • Name a Personal Goal 	<p>2.2 The Important Link: Making Responsible Decisions</p> <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"> • Benefits of stopping to think before making a decision • Understanding Consequences • Learning how to predict consequences 	<p>2.3 How I Feel: Identifying and Managing Emotions</p> <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"> • Identify Various Feelings • Verbal and Non-Verbal Expression • Feelings and Behavior • Using I-Messages 	<p>2.4 How Do You Do?: Effective Communication</p> <p>Students learn to use polite, assertive communication. Students also learn and demonstrate active listening skills to show caring and respect to others.</p> <ul style="list-style-type: none"> • Making Introductions • Non-Verbal Communication • Assertive speaking with I-Messages • Active Listening Skills 	<p>2.5 Friends Fur-ever: Bonding and Relationships</p> <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"> • Healthy Friendship Qualities • Benefits of Prosocial Behavior • Approaches to making and keeping friends • Apply Effective Communication to Support Others
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Unit 2: Social Skill Application

<p>2.6 Respectfully Yours: Respect for Self and Others</p> <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"> • Define Respect • Demonstrate Respect • Celebrating Differences 	<p>2.7 Peaceable Pups: Conflict Resolution</p> <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"> • Peace and Conflict Defined • Peaceable and Non-peaceable social behaviors • Peaceful Conflict Resolution Strategies 	<p>2.8 How to handle Frustration without Howling: Anger Management & Mindfulness</p> <p>Students learn to describe the physical sensations of anger and frustration and recognize these sensations as warning signs of conflict. Students demonstrate ways to use self-control to manage frustration and angry feelings.</p> <ul style="list-style-type: none"> • Define Frustration • Differentiate Feelings and Actions 	<p>2.9 Safety Monitor: Identifying and Managing Bullying Situations</p> <p>Students learn to identify bullying situations and to differentiate tattling and reporting. Students also demonstrate effective bullying response strategies using assertive communication skills.</p> <ul style="list-style-type: none"> • Define Bully, Target, and Witness • Best Practices for managing bullying situations • Differentiate Tattling and Bullying 	<p>2.10 Possibilities Problem Solving</p> <p>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.</p> <ul style="list-style-type: none"> • Brainstorm to generate ideas • Identify various ways to solve a problem • Practice Collaborating to solve a problem
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