

# Lesson Overview and Areas of Focus



## Unit 1: Social Skill Development

<p><b>4.1 Goal Boosters and Goal Busters:</b> Goal Setting</p> <p>Students learn how to set and reach personal goals. Students also learn to identify resources that can help them reach a personal goal.</p> <ul style="list-style-type: none"> <li>• Long and Short Term Goals</li> <li>• Steps to Name a Reachable Goal</li> <li>• Name a Personal Goal</li> <li>• Identify Resources to Help Reach a Goal</li> </ul>	<p><b>4.2 Major Intersection:</b> Decision Making</p> <p>Students learn to plan their actions, evaluate their choices, and problem solve using the steps for responsible decision making. Students also determine when decisions should be made or alone or with the help of a responsible adult.</p> <ul style="list-style-type: none"> <li>• Decision Making Model</li> <li>• Understanding Consequences</li> <li>• When to Ask for Adult Assistance in Making a Decision</li> </ul>	<p><b>4.3 I See Me:</b> Identifying and Managing Emotions</p> <p>Students learn to recognize and manage their emotions using healthy strategies. Students analyze how emotions affects decision making and the value of talking about feelings with parents and other trusted adults. Students also learn to discern the emotions of others and demonstrate care and respect.</p> <ul style="list-style-type: none"> <li>• Identify Various Emotions</li> <li>• Physical Signals of Emotions</li> <li>• Feelings and Behavior</li> <li>• Healthy ways to Manage Emotions</li> </ul>	<p><b>4.4 More Than Words:</b> Effective Communication</p> <p>Students learn and apply effective communication skills to handle conflict peacefully, share feelings and ideas with others, and enhance cooperation in order to maintain positive relationships.</p> <ul style="list-style-type: none"> <li>• Elements of Communication</li> <li>• Non-Verbal Communication</li> <li>• Role of Speaker and Listener</li> <li>• Effective Speaking Skills</li> <li>• Active Listening Skills</li> </ul>	<p><b>4.5 Community Garden:</b> Bonding and Relationships</p> <p>Students compare healthy and unhealthy friendship qualities and learn the benefits of bonding with pro-social others. Students also apply effective communication skills to support and encourage others.</p> <ul style="list-style-type: none"> <li>• Healthy Friendship Qualities</li> <li>• Benefits of Prosocial Behavior</li> <li>• Apply Effective Communication to Support Others</li> </ul>
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## Unit 2: Skill Application

<p><b>4.6 The Respect Effect:</b> Respect for Self and Others</p> <p>Students learn how confidence and self-respect positively affect their attitudes, behaviors, and relationships. Students identify that people can have different points of view about the same situation, and demonstrate respectfully listening and responding to different points of view.</p> <ul style="list-style-type: none"> <li>• Cooperation</li> <li>• Listening</li> <li>• Positive Self Talk</li> <li>• Self-Respect</li> </ul>	<p><b>4.7 Work it Out:</b> Conflict Resolution</p> <p>Students learn that conflict is normal and demonstrate the effectiveness of cooperation and the ineffectiveness of competition in resolving a conflict. Students discuss the possible consequences of an unresolved conflict, and demonstrate problem solving skills and evaluate the effectiveness of the solution.</p> <ul style="list-style-type: none"> <li>• Conflict Defined</li> <li>• Emotions Related to Conflict</li> <li>• Healthy Approaches to Conflict</li> <li>• Conflict Resolution Strategies</li> </ul>	<p><b>4.8 Cool Down &amp; Turn it Around:</b> Anger Management</p> <p>Students learn to differentiate healthy and unhealthy ways to manage anger. Students identify actions that escalate and de-escalate conflicts. Students learn the negative impact of unresolved conflicts on relationships. Students demonstrate healthy ways to calm down and de-escalate a conflict.</p> <ul style="list-style-type: none"> <li>• Physical Indicators of Anger</li> <li>• Healthy Anger Management Strategies</li> <li>• De-escalation Strategies</li> </ul>	<p><b>4.9 Building an Inclusive Community:</b> Identifying and Managing Bullying Situations</p> <p>Students learn that bullying is different from an everyday conflict and practice recognizing different types of bullying behaviors. Students demonstrate effective bullying response strategies and practice assertive communication skills.</p> <ul style="list-style-type: none"> <li>• Bully Event Management Strategies</li> <li>• Identify Bullying Behavior</li> <li>• Bullying vs. Conflict</li> </ul>	<p><b>4.10 Positively Influential:</b> Being a Positive Role Model</p> <p>Students identify how healthy choices can impact lifelong wellness. Students recall and apply social emotional skills. Students identify the qualities of a positive role model and recognize how student role models can positively impact school climate.</p> <ul style="list-style-type: none"> <li>• How to be a Positive Influence</li> <li>• Qualities of a Positive Role Model</li> <li>• Role of Personal Responsibility in the Outcomes of Decisions</li> </ul>
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