

Unit 1: Skills for Learning

Lesson	Concepts	Objectives—Students will be able to:
1. Being Respectful	<ul style="list-style-type: none"> <li>Thinking about how others want to be treated and treating them that way helps you be respectful.</li> <li>Being respectful helps you be a better learner.</li> </ul>	<ul style="list-style-type: none"> <li>Identify respectful behavior in themselves and others</li> <li>Determine respectful responses to scenarios</li> </ul>
2. Focusing Attention and Listening	<ul style="list-style-type: none"> <li>Focusing your attention and listening help you be a better learner.</li> <li>Focusing your attention and listening are ways to show respect.</li> </ul>	<ul style="list-style-type: none"> <li>Identify examples of focusing attention</li> <li>Identify examples of listening</li> <li>Apply focusing-attention and listening skills in the context of a game and in response to scenarios</li> </ul>
3. Using Self-Talk	<ul style="list-style-type: none"> <li><i>Self-talk</i> means talking to yourself in a quiet voice or in your head.</li> <li>Self-talk helps you focus, stay on task, and handle distractions.</li> </ul>	<ul style="list-style-type: none"> <li>Identify classroom distractions</li> <li>Demonstrate using self-talk in response to scenarios</li> </ul>
4. Being Assertive	<ul style="list-style-type: none"> <li>Being <i>assertive</i> means asking for what you want or need in a calm and firm voice.</li> <li>Being assertive is a respectful way to get what you want or need.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate assertive communication skills in response to scenarios</li> <li>Determine which adult to ask assertively for help in response to scenarios</li> </ul>

Unit 2: Empathy

5. Identifying Feelings	<ul style="list-style-type: none"> <li>Clues in faces, bodies, and situations help you notice and understand how people are feeling.</li> <li>Everyone feels a wide variety of emotions.</li> <li>Some feelings are comfortable, and others are uncomfortable.</li> </ul>	<ul style="list-style-type: none"> <li>Name a variety of feelings</li> <li>Distinguish between comfortable and uncomfortable feelings</li> <li>Use physical, verbal, and situational clues to determine what others are feeling</li> </ul>
6. Learning More About Feelings	<ul style="list-style-type: none"> <li>People can have different feelings about the same situation.</li> <li>People's feelings can change.</li> <li><i>Empathy</i> is feeling or understanding what someone else is feeling.</li> </ul>	<ul style="list-style-type: none"> <li>Use physical, verbal, and situational clues to determine what others are feeling</li> <li>Label their own feelings as the same as or different from others' feelings</li> </ul>
7. Feeling Confident	<ul style="list-style-type: none"> <li>Practicing helps you build your confidence.</li> <li>Feeling confident helps you do your best and makes you proud.</li> <li>Noticing how others feel and understanding that their feelings can change helps you have empathy.</li> </ul>	<ul style="list-style-type: none"> <li>Identify physical and situational clues that indicate the feeling of confidence</li> <li>Detect when their own and others' feelings change</li> </ul>
8. Respecting Different Preferences	<ul style="list-style-type: none"> <li>Having empathy helps you notice when others have different preferences from yours.</li> <li>Respecting others' preferences helps you get along better with them.</li> </ul>	<ul style="list-style-type: none"> <li>Determine what others are feeling using physical, verbal, and situational clues</li> <li>Label their own preferences as the same as or different from others' preferences</li> </ul>

Lesson	Concepts	Objectives—Students will be able to:
9. Showing Compassion	<ul style="list-style-type: none"> <li>Noticing and understanding what someone is feeling helps you have empathy.</li> <li>When you have empathy for someone, you can show your care and concern by saying something kind or doing something to help.</li> <li>Showing care and concern is called showing <i>compassion</i>.</li> </ul>	<ul style="list-style-type: none"> <li>Determine what others are feeling using physical, verbal, and situational clues</li> <li>Identify ways to show compassion for others in response to scenarios</li> </ul>
10. Predicting Feelings	<ul style="list-style-type: none"> <li>Accidents happen.</li> <li>If something happens to you by accident, think about how it could have been an accident and find out more information.</li> <li>If you do something by accident, think about how the other person feels, apologize, and offer to help.</li> </ul>	<ul style="list-style-type: none"> <li>Predict others' feelings in response to scenarios</li> <li>Offer possible reasons for others' actions and feelings in response to scenarios</li> </ul>
11. Introducing Emotion Management	<ul style="list-style-type: none"> <li>When you feel strong feelings, it's hard to think clearly.</li> <li>Focusing attention on your body gives you clues about how you're feeling.</li> <li>Thinking about your feelings helps the thinking part of your brain get back in control.</li> </ul>	<ul style="list-style-type: none"> <li>Identify physical clues that can help them name their own feelings</li> </ul>
12. Managing Embarrassment	<ul style="list-style-type: none"> <li>Using a stop signal and naming your feeling are the first two Calming-Down Steps.</li> </ul>	<ul style="list-style-type: none"> <li>Identify the first two Calming-Down Steps</li> <li>Demonstrate first two Calming-Down Steps in response to scenarios</li> </ul>
13. Handling Making Mistakes	<ul style="list-style-type: none"> <li>Everyone makes mistakes, but if you're feeling strong feelings, it's important to calm down.</li> <li>Making mistakes helps you learn, because mistakes show you what you need to practice more.</li> <li>You can use belly breathing to calm down.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate correct belly-breathing technique</li> <li>Use belly breathing to calm down in response to scenarios</li> </ul>
14. Managing Anxious Feelings	<ul style="list-style-type: none"> <li>Negative self-talk can make strong feelings even stronger.</li> <li>When you feel really worried and anxious about something, calming down helps.</li> <li>Using positive self-talk can help you calm down.</li> </ul>	<ul style="list-style-type: none"> <li>Generate positive self-talk they can use to calm down in response to scenarios</li> <li>Use positive self-talk to calm down in response to scenarios</li> </ul>
15. Managing Anger	<ul style="list-style-type: none"> <li>Everyone feels angry sometimes, but hurting other people's feelings or bodies is not okay.</li> <li>It's important to calm down angry feelings so you don't do something hurtful.</li> <li>Being assertive is a respectful way to get what you want or need.</li> </ul>	<ul style="list-style-type: none"> <li>Use counting to calm down in response to scenarios</li> <li>Use assertive communication skills to get what they want or need in response to scenarios</li> </ul>

Lesson	Concepts	Objectives—Students will be able to:
16. Finishing Tasks	<ul style="list-style-type: none"> <li>• Calming down helps you stay focused and on task at school.</li> <li>• Using positive self-talk helps you stay focused and on task so you can be a better learner.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify situations that require the use of the Calming-Down Steps</li> <li>• Demonstrate using the Calming-Down Steps in response to scenarios</li> <li>• Use positive self-talk to stay focused and on task in response to scenarios</li> </ul>
17. Solving Problems, Part 1	<ul style="list-style-type: none"> <li>• Calming down helps you think so you can solve problems.</li> <li>• Following steps can help you solve problems.</li> <li>• Saying the problem without blame is respectful.</li> </ul>	<ul style="list-style-type: none"> <li>• Recall the first Problem-Solving Step</li> <li>• Identify and say a problem in response to scenarios</li> </ul>
18. Solving Problems, Part 2	<ul style="list-style-type: none"> <li>• Following steps can help you solve problems.</li> <li>• Solutions to problems must be safe and respectful.</li> </ul>	<ul style="list-style-type: none"> <li>• Recall the first two Problem-Solving Steps</li> <li>• Generate several solutions for a given problem in response to scenarios</li> <li>• Determine if solutions are safe and respectful</li> </ul>
19. Taking Responsibility	<ul style="list-style-type: none"> <li>• Following steps can help you solve problems.</li> <li>• When you hurt someone’s feelings, it’s important to take responsibility.</li> <li>• Taking responsibility means admitting what you did, apologizing, and offering to make amends.</li> </ul>	<ul style="list-style-type: none"> <li>• Recall the Problem-Solving Steps</li> <li>• Apply the Problem-Solving Steps to scenarios about conflicts with friends</li> <li>• Demonstrate accepting responsibility for their actions by admitting, apologizing, and offering to make amends in response to scenarios</li> </ul>
20. Responding to Playground Exclusion	<ul style="list-style-type: none"> <li>• Following steps can help you solve problems.</li> <li>• Being left out is a problem.</li> <li>• Inviting someone who is being left out to play is the respectful, compassionate thing to do.</li> </ul>	<ul style="list-style-type: none"> <li>• Recall the Problem-Solving Steps</li> <li>• Apply the Problem-Solving Steps to scenarios that involve playground problems, such as students being left out intentionally</li> </ul>
21. Playing Fairly on the Playground	<ul style="list-style-type: none"> <li>• Calming down helps you think so you can solve problems.</li> <li>• Following steps can help you solve problems.</li> <li>• When you can’t agree on rules for a game, it’s a problem.</li> <li>• Finding a respectful way to agree on rules helps you get along better with others.</li> </ul>	<ul style="list-style-type: none"> <li>• Recall the Problem-Solving Steps</li> <li>• Apply the Problem-Solving Steps to scenarios that involve playground conflicts that arise during games</li> </ul>
22. Reviewing Second Step Skills	<ul style="list-style-type: none"> <li>• Using <i>Second Step</i> skills can help you be a better learner and get along with others.</li> </ul>	<ul style="list-style-type: none"> <li>• Recall <i>Second Step</i> skills learned</li> <li>• Identify <i>Second Step</i> skills in a story</li> <li>• Relate personal examples of skill use</li> </ul>