

# UNIT

3

Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
A Positive Learning Community	Personal Development	<b>Social Development</b>	Health and Prevention	Reflection and Closure

## SEL COMPETENCIES

Relationship Skills  
Social Awareness  
Responsible Decision-Making  
Relationship Skills

Students will learn the following skills:

- ☐ analyzing situations
- ☐ communication
- ☐ empathy
- ☐ ethical-responsibility
- ☐ perspective-taking
- ☐ reflecting
- ☐ relationship building
- ☐ respect for others
- ☐ self-awareness
- ☐ showing empathy
- ☐ social engagement

## PREPARATION

Non-classroom materials needed for this unit

**Lesson 2:** Container to collect small pieces of paper

**Lesson 6:** Styrofoam cup and pencils

### ENERGIZERS

**STRAW TOWER** Learning the importance of working cooperatively. You need packets of straws and masking tape.

1. Divide the participants into groups of 4-6.
2. Distribute the same number of straws and the same length of tape.
3. State that their task is to build the tallest freestanding tower using only the straws and tape. The group that builds the tallest tower will be the winner
4. Give each group no more than 20 minutes.

### TICKLERS

Write the quotations on the board and ask the class to discuss what they mean about the role of respect in their lives.

*If we lose love and self-respect for each other, this is how we finally die. – Maya Angelou*

*Respect for ourselves guides our morals, respect for others guides our manners. – Laurence Sterne*

*When you practice gratefulness, there is a sense of respect toward others. – Dalai Lama*