

UNIT

2

| Unit 1 | Unit 2 | Unit 3 | Unit 4 | Unit 5 |
|-------------------------------|-----------------------------|--------------------|-----------------------|------------------------|
| A Positive Learning Community | Personal Development | Social Development | Health and Prevention | Reflection and Closure |

SEL COMPETENCIES

Social Awareness
Responsible Decision-Making
Self-Management
Responsible Decision-Making

Students will learn the following skills:

- ☐ ethical responsibility
- ☐ goal setting
- ☐ identifying emotions
- ☐ identifying problems
- ☐ impulse control
- ☐ organizational skills
- ☐ respect for others
- ☐ self-discipline
- ☐ self-efficacy
- ☐ self-motivation
- ☐ stress management

PREPARATION

Non-classroom materials needed for this unit

ENERGIZERS

CLAP, SNAP, AND LIFT Practice staying focused.

1. Choose a partner.
2. Count with your partner from one to three so that you say one, your partner says two, you say three and your partner begins again with the number one, you say two and you continue the sequence a number of times.
3. Now change it up by replacing the number one with a different action like a clap. Repeat the sequence a number of times.
4. Next replace the number two with a new action like lifting your left leg. Repeat the sequence a number of times.
5. Finally, replace the number three with a new action like a finger snap. Repeat the sequence a number of times.

What skills were needed to succeed?

TICKLERS

Write the quotations on the board and ask the class to discuss what they mean about the importance of values.

You have to know that as long as you love who you are – your morals, your values, that type of stuff – you're OK.

– **Nicki Minaj**

Our problem is not to find better values but to be faithful to those we profess. – **John W. Gardner**