

UNIT

3

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

3

SEL COMPETENCIES

Relationship Skills
Social Awareness
Responsible Decision-Making
Relationship Skills

Students will learn the following skills:

- ☐ accurate self-perception
- ☐ active listening
- ☐ analyzing situations
- ☐ communication
- ☐ empathy
- ☐ ethical responsibility
- ☐ evaluating
- ☐ identifying problems
- ☐ relationship skills
- ☐ resolving conflicts
- ☐ respect for others
- ☐ social awareness
- ☐ social engagement
- ☐ solving problems

PREPARATION

Non-classroom materials needed for this unit

ENERGIZERS

NAMES AND ADJECTIVES Get to know myself and one another.

- Participants think of an adjective to describe how they are feeling.
- The adjective must start with the same letter as their name, for instance, "I'm Hailey and I'm happy," or "I'm Arun and I'm angry."
- As they say the name and adjective have them mime an action that describes the adjective.

TICKLERS

Write the quotations on the board and ask the class to discuss what they mean about dealing with conflict and misunderstanding.

Conflict, when handled correctly, strengthens.

– Benjamin Watson

I know you believe you understand what you think I said, but I'm not sure you realize what you heard is not what I meant.

– Anonymous