

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

2

SEL COMPETENCIES

Self-Management
Social Awareness
Relationship Skills

Students will learn the following skills:

- ☐ goal-setting
- ☐ identifying emotions
- ☐ impulse control
- ☐ perspective-taking
- ☐ self-discipline
- ☐ social engagement
- ☐ solving problems
- ☐ stress management

PREPARATION

Non-classroom materials needed for this unit

Lesson 3: Index cards

Lesson 4: Box or basket to hold small slips of paper

ENERGIZERS

TRIPLE SHAKE Learning to relax through movement.

1. Participants stand with arms hanging loosely at their sides.
2. They shake their fingers, hand, wrists and arms on up to their shoulders. Continue until arms feel warm and tingly.
3. Repeat for legs, one at a time.
4. Again for the trunk and whole body.
5. Repeat entire sequence.

TICKLERS

Write the quotations on the board and ask the class to discuss what they mean about the different sides of anger.

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.

– Mark Twain

Reacting in anger or annoyance will not advance one's ability to persuade. – Ruth Bader Ginsburg

I get angry about things, then go on and work.

– Toni Morrison