

# 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

Students will learn the following skills:

- ☐ active listening
- ☐ analyzing situations
- ☐ communication
- ☐ empathy
- ☐ ethical responsibility
- ☐ evaluating
- ☐ identifying problems
- ☐ perspective-taking
- ☐ reflecting
- ☐ relationship building
- ☐ resolving conflicts
- ☐ respect for others
- ☐ self-confidence
- ☐ self-efficacy
- ☐ social awareness
- ☐ solving problems

## PREPARATION

Non-classroom materials needed for this unit

### ENERGIZERS

**LINE UP!** Increasing group communication skills.

1. Instruct the group to remain silent during this activity.
2. Explain that they need to arrange themselves into a line according to a certain criteria, such as month and day of birth, height, first name, etc.

### TICKLERS

Write the quotations on the board and ask the class to discuss what they mean about bullying.

*As you live your life and accumulate friends, both IRL and on social media, ask yourself, are you a bully too?* – Julie Plec

*There really is no difference between the bully and the victim.*  
– Lady Gaga