

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

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

Students will learn the following skills:

- ☐ accurate self-perception
- ☐ reflecting
- ☐ analyzing situations
- ☐ self-discipline
- ☐ evaluating
- ☐ self-respect
- ☐ goal setting
- ☐ stress management

PREPARATION

Non-classroom materials needed for this unit

ENERGIZERS

YES OR NO Find out more about other peoples' thinking/likes/opinions

1. Facilitators says a word or statement. (E.g. bird, tiger, ocean, golf, war, etc.)
2. Participants have to say "yes" or "no."
3. They can say it together or one by one.
4. Participants can take over and also say words and everyone has to react with a 'yes' or 'no.'
5. For example: Facilitator says 'shark,' participants who like sharks say 'yes', ones who don't say 'no.'

TICKLERS

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

It is not stress that kills us, it is our reaction to it. – Hans Selye
Stress is the reason for crime and all other kinds of frustration. To relieve it will eliminate everything else.
– Maharishi Mahesh Yogi