

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

SEL COMPETENCIES

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

Students will learn the following skills:

- ☐ accurate self-perception
- ☐ active listening
- ☐ analyzing situations
- ☐ communication
- ☐ empathy
- ☐ ethical responsibility
- ☐ evaluating
- ☐ goal setting
- ☐ identifying problems
- ☐ perspective-taking
- ☐ recognizing strengths
- ☐ reflecting
- ☐ relationship building
- ☐ respect for others
- ☐ self-efficacy
- ☐ solving problems

PREPARATION

Non-classroom materials needed for this unit

ENERGIZERS

BACK-TO-BACK DRAWING! Learning to listen to directions.

1. Have participants divide into pairs and sit back-to-back.
2. One person is the 'drawer' and the other is the 'navigator'.
3. Give the navigator a picture of a simple drawing and give the drawer paper and a pencil.
4. Have the navigator describe the drawing and help the drawer make as close of a replica to the sample as possible.
5. Then have the pairs switch roles.

TICKLERS

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

Tone is often the most important part of any conversation—and listening so much more important than what you say.

– Hoda Kotb

I remind myself every morning: Nothing I say this day will teach me anything. So if I'm going to learn, I must do it by listening.

– Larry King