# Table of Contents

## FACILITATOR’S RESOURCE GUIDE

### Unit 1 – A Positive Learning Community

- **OPENER** .................................................. 7
- **Lesson 1:** Names to Know ................................ 8
- **Lesson 2:** Rules for Respecting You and Me .......... 11
- **Lesson 3:** Mapping Our Community .................. 14

### Unit 2 – Personal Development

- **OPENER** .................................................. 17
- **Lesson 1:** We Are a Valuable Treasure ................ 18
- **Lesson 2:** Digging for Treasure ........................ 21
- **Lesson 3:** What It Means to Be Responsible .......... 24
- **Lesson 4:** I Like It When I Do Well .................. 27
- **Lesson 5:** Now Where Am I Going? .................... 30
- **Lesson 6:** My Normal Ups and Downs ................. 33
- **Lesson 7:** Calming and Reflecting on Emotions ...... 36
- **Lesson 8:** Be the Best You Can Be .................... 39

### Unit 3 – Social Development

- **OPENER** .................................................. 42
- **Lesson 1:** Give the Gift of Listening .................. 43
- **Lesson 2:** Complimentary Gifts ........................ 46
- **Lesson 3:** Clarifying the Conflict ....................... 49
- **Lesson 4:** Know Your Role ............................. 52
- **Lesson 5:** Working Together on a Mask Task ........ 55
- **Lesson 6:** What Is Bullying? ........................... 58
- **Lesson 7:** Responding Effectively to Bullying Behaviors 61
- **Lesson 8:** Put a Stop to Bullying Behaviors! .......... 64

### Unit 4 – Health and Prevention

- **OPENER** .................................................. 67
- **Lesson 1:** Shaping Our Healthy Future ................. 68
- **Lesson 2:** Thinking about Consequences and Good Decisions 71
- **Lesson 3:** What’s the Message? ........................ 74
- **Lesson 4:** Knowing the Facts about Tobacco .......... 77
- **Lesson 5:** Learning the Truth about Alcohol .......... 80
- **Lesson 6:** In the Know .................................... 83
- **Lesson 7:** Positively “No”! .............................. 86

### Unit 5 – Leadership and Service

- **OPENER** .................................................. 89
- **Lesson 1:** I Can Reach Out and Lend a Helping Hand 90
- **Lesson 2:** My Backpack of Talents, Skills, and Interests 93
- **Lesson 3:** Meeting Needs Means I’m Needed .......... 96
- **Lesson 4:** Together We Can Make a Difference ...... 99
- **Lesson 5:** Can We Get There from Here? ............... 102
- **Lesson 6:** Places, Everybody! .......................... 105
- **Lesson 7:** We Did It! What Did We Do? ................. 108
- **Lesson 8:** Shout It from the Rooftops ................. 111

### Unit 6 – Reflection and Closure

- **OPENER** .................................................. 114
- **Lesson 1:** Celebrating Someone Special ............... 115
- **Lesson 2:** Taking Note of Our Classmates .......... 118