

EMOTIONAL RECOGNITION UNIT

As students adapt to home-schooling and greater amounts of family interactions, they have the opportunity to practice new social skills in a more controlled, understanding environment. This week, focus on regulating their emotions during new routines and increasing positive family interactions.

Understanding the Feelings of Ourselves and Others

- Reading Facial Expressions Introduction Video Lesson + Companion Worksheet
- Social Road Race: Emotional Recognition Web Game

Handling Tough Feelings

- Getting a Bad Grade Video Lesson + Companion Worksheet
- Handling Embarrassment Video Lesson + Companion Worksheet

Perspective Taking

- Seeing Others' Point of View Introduction Video Lesson + Companion Worksheet
- Seeing Someone Else's Side Video Lesson + Companion Worksheet

Tuning In

- Tuning In Introduction Video Lesson + Companion Worksheet
- Tuning In Video Lesson + Companion Worksheet

SELF-REGULATION UNIT

The novelty is over. As households in lockdown feel the boredom, self-control can wane. Maintaining self-control over impulsive emotions requires an awareness of one's mental and physical states. Learners will scan their body to acquaint themselves with their own internal state so that they can apply calming strategies early in the process as a way of maintaining dignity and composure.

Changing the Channel on Tough Feelings

- Changing the Channel Introduction Video Lesson + Companion Worksheet
- Changing the Channel When we Feel Upset Video Lesson + Companion Worksheet
- Changing the Channel Role-Play Printable Activity

Keeping an Open Mind

- Keeping an Open Mind in School Video Lesson + Companion Worksheet
- Keeping an Open Mind with Friends Video Lesson + Companion Worksheet
- Keeping an Open Mind Printable Activity

Using Your Self-Controller Scanner

- Self-Controller Scanner Introduction Video Lesson + Companion Worksheet
- Using Your Self-Controller Scanner at School Video Lesson + Companion Worksheet
- Self-Control Practice Scenarios Printable

Staying Calm

- Calming Down Video Lesson + Companion Worksheet
- How to Get Back in Control Video Lesson + Companion Worksheet
- Social Skills Quiz Show: Self-Regulation Web Game

KEEPING CONVERSATIONS GOING UNIT

We use the concept Conversation Drivers and Stoppers to label actions that either drive or move a conversation forward, or stop the conversation. Once learners can maintain the conversation, they can practice using Topic Radar, i.e. thinking about topics that others find interesting. Use this time as a great opportunity to practice conversations with your children at home or foster conversations between siblings!

Conversations Drivers and Stoppers

- Using Conversation Drivers & Stoppers with Friends Video Lesson + Companion Worksheet
- Conversation Drivers & Stoppers Scenario Cards

Using Topic Radar

- Topic Radar Video Lesson + Companion Worksheet
- Conversation Topics Role-Play Worksheet
- Topic Radar Role-Play Worksheet

EMPATHY ESSENTIALS UNIT

Empathy is understanding how someone else feels and then taking an extra step to show them we care. In Empathy Essentials, learners take another's perspective by accessing all the information they know about that person and applying it with the current situation. When we can do this, we successfully adapt behavior to align with another's mood, thereby forming stronger bonds and relationships.

What are the Empathy Essentials?

- Empathy Essentials Introduction Video Lesson + Companion Worksheet
- Using Empathy Essentials with Friends Video Lesson + Companion Worksheet

Using the Empathy Essentials

- Showing Empathy Activity Packet
- Showing Empathy Question Prompts

EMPATHY ESSENTIALS UNIT (continued)

Using the Empathy Essentials (continued)

- Empathy Essential Question Cards
- Two Sides - Empathy Video Lesson + Companion Worksheet
- Making New People Welcome Worksheet

SHOWING RESPECT UNIT

Students will learn to recognize the key language, phrases, and strategies that effectively help groups work together to distribute tasks, accept suggestions, respectfully disagree, and keep others on task. All of these steps are ways to show respect to peers and adults.

Thinking About Others

- Thinking About Others Introduction Video Lesson + Companion Worksheet
 - Reading the Room Video Lesson + Companion Worksheet
 - Read the Room Scenario Printable Activity
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Respecting Ourselves

- Intro to Positive Self-Talk Video Lesson + Companion Worksheet
 - My Strength in Different Places Worksheet
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Respecting Others

- Showing Respect to Peers Video Lesson + Companion Worksheet
 - Showing Respect to Teachers Video Lesson + Companion Worksheet
 - Respecting Adults Responses Worksheet
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Working with Others

- Agree More Than Disagree Video Lesson + Companion Worksheet
- Compromising Introduction Video Lesson + Companion Worksheet
- Listening While Working with Others Worksheet

PROBLEM SOLVING SKILLS

This complex goal pulls together multiple cognitive skills that are used in order to make decisions. New thinking pathways are created as students practice a series of steps to analyze the problem, determine if there is a need for help, devise logical solutions, and use critical thinking skills to choose the best solution.

Problem Solving Introduction

- Solving a Problem Video Lesson + Companion Worksheet
- Big or Small Problem Video Lesson + Companion Worksheet

Staying Calm to Solve a Problem

- Staying Calm to Solve a Problem Video Lesson + Companion Worksheet
- Problem Peak Web Game

Practice Problem Solving Steps

- Solve It -Functional - Left Backpack on Bus Video Lesson + Companion Worksheet
- Problem Solving Scenarios Printable Activity
- Will of the Wheel: Problem Solving Web Game

Compromising

- Compromising with Others Video Lesson + Companion Worksheet
- Compromising Video Lesson + Companion Worksheet
- Compromising with Others Worksheet