

Self Awareness

Kids will be able to identify their feelings.

Week 1: Kids will understand that there is a wide range of emotion within the human experience. Kids will develop a vocabulary that demonstrates their understanding of this range.

Week 2: Kids will be able to identify the ways in which a wide range of emotions manifests itself within one's body.

Kids will demonstrate increased self-acceptance. They will learn the process of knowing oneself and monitoring internal self-talk. They will show an ability to identify and value their strengths and understand their weaknesses.

Week 3: Kids will view themselves as having emerging personalities, recognizing which traits they are proud of and which traits might not be the best.

Week 4: Kids will recognize the need to consciously encourage themselves. Kids will monitor negative self-talk and replace critical comments with supportive ones.

Week 5: Kids will claim and value personal strengths, weaknesses and individuality.

Kids will increase their introspection skills, noting patterns in their emotional lives, recognize their wants in relationship to their needs, and recognize their blessings.

Week 6: Kids will learn to observe and identify patterns in both their feelings and their responses to those feelings.

Weeks 7: Kids will recognize that their wants may sometimes be complementary to their needs and at other times conflict with them. They will identify their blessings.

Self Management

Kids know how to regulate and apply appropriate emotional responses to life situations.

Week 1: Kids will understand the dynamic between thoughts, feelings, and actions, and that this understanding assists in managing impulses.

Week 2: Kids will understand the factors that can cause an emotional hijacking.

Kids will learn techniques for handling stress, fears, and releasing physical tension.

Week 3: Kids will brainstorm alternative emotional responses to positive situations and predict their consequences to choose the best response. Kids will practice evaluating the level of success in their response.

Week 4: Kids will brainstorm alternative emotional responses to negative situations and predict their consequences to choose the best response. Kids will practice evaluating the level of success in their response.

Week 5: Kids will identify circumstances in which they experience worry, fear, anger, or other stressful emotions.

Week 6: Kids will learn how to focus their attention inward to limit distractions.

Self Management

Week 7: Kids will learn alternative responses to stress including: deep breathing, physical exercise, and creative expression.

Responsible Decision Making

Kids will demonstrate personal decision-making skills. They will know how to identify alternative actions and their consequences.

Week 1: Kids will learn how to make an agreement with themselves or others and understand the importance of taking responsibility for upholding agreements. Kids will learn what to do if agreements are broken.

Week 2: Kids will understand their responsibility for positive and negative outcomes. Kids will understand the role of peer pressure in decision-making.

Week 3: Kids will learn how to brainstorm alternative actions and predict consequences before choosing the action they will take. Kids will practice evaluating the level of success in the action chosen.

Kids will set goals and understand the need for delaying gratification and accepting personal responsibility.

Week 4: Kids will learn what peer pressure looks and feels like. Kids will learn how to say “no.”

Week 5: Kids will develop goal-setting strategies. Kids will heighten motivation by recognizing that small successes build on one another. Kids will develop an ability to be patient and delay gratification.

Week 6: Kids will recognize the importance of attitude and its influence on behavior. Kids will apply perseverance in the face of disappointment, creating resiliency. Kids will understand how competition acts as a motivating force.

Social Awareness

Kids will develop empathy: the ability to understand other people’s nonverbal and verbal emotional messages.

Weeks 7: Kids will identify the emotions manifested in others through an awareness of facial expression, tone of voice, pitch, and gesture. Kids will learn skills to understand the emotional state of others.

Kids will understand the importance of non-prejudicial attitudes.

Week 8: Kids will increase their sensitivity to individual preferences and differences of others. Kids will acknowledge and appreciate the points of view of others. Kids will learn methods to express their understanding and support.

Relationship Skills

Kids will be able to identify components

Week 1: Kids will identify the components of a trusting relationship. They will experience sharing confidences and maintaining confidentiality in building a safe and trusting environment.

Week 2: Kids will work in teams to recognize the value of each individual's contribution as well as the benefits of teamwork.

Kids will demonstrate an understanding that differences amongst people make life rich and interesting, and that those differences are to be valued.

Week 3: Kids will learn the many ways in which people can differ and how spending time with different people can have a positive effect. They will demonstrate an understanding that all people are given gifts and have challenges in life. Prejudicial attitudes will diminish as a result of these interactions.

Kids will demonstrate problem-solving and conflict resolution skills.

Week 4: Kids will understand how conflicts escalate and learn skills to keep conflicts from escalating. They will learn and practice techniques for problem solving and conflict resolution.

Week 5: Kids will learn ways to make amends.

Kids will demonstrate communication skills through expressing their feelings and thoughts effectively, actively listening to others, offering supportive feedback, and assertively expressing their own needs.

Week 6: Kids will recognize the difference between a win/win and win/lose outcomes. They will recognize that conflict and change are natural and valuable components of life and are not to be feared or avoided.

Weeks 7: Kids will recognize the underlying intent and/or motivation in a comment. They will understand the importance of positive feedback and learn how to give it appropriately. They will learn to make supportive, rather than critical, suggestions.

Weeks 8: Kids will learn how to express their feelings and thoughts and will practice doing so assertively, not passively or aggressively. They will learn active and reflective listening techniques by learning how to ask clarifying questions and understand their importance.