



# Lesson Checklist

Use this handy checklist to track lessons you've taught to students or classes.

<b>Unit 1: Self-Awareness &amp; Self-Management Foundations</b>	<b>Date:</b>
Feeling Happy	
Feeling Sad	
Feeling Angry	
Feeling Excited	
Feeling Tired	
Feeling Hungry	
Feeling Thirsty	
Self-Regulation	
Feeling Proud	
Focus/Ignoring Distractions	
Positive Attitude/Optimism	
<b>Unit 2: Social Awareness &amp; Relationship Building</b>	
Families	
Different Points of View	
Feeling Left Out	
Listening to Others	
Friendship	
Playing Fair	
Greetings	





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Kindness	
<b>Unit 3: Responsible Decision Making &amp; Conflict Resolution</b>	
Importance of Rules	
Honest	
Learning From Mistakes and Being Honest	
Saying Yes to Good Ideas	
Waiting For Your Turn	
Persistence	
Accepting “No”	
<b>Unit 4: Advanced Emotional Awareness &amp; Social Skills</b>	
Feeling Nervous/Anxious/Worried	
Feeling Scared	
Feeling Shy	
Feeling Surprised	
Feeling Bored	
Self-Esteem	
Sharing/Caring	
Manners/Politeness	
Saying Sorry	
Asking For Help	





# Lesson Checklist

Being A Good Sport	
<b>Unit 5: Advanced Emotional Awareness &amp; Social Skills</b>	
Tattling	
The Golden Rule	
What to Do When Others Are Angry	
Learning To Be Brave	

