



Lesson Checklist

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

Unit 1: Building Self-Awareness & Self-Management Skills	Date:
Feeling Happy	
Feeling Sad	
Feeling Angry	
Feeling Excited	
Feeling Tired	
Feeling Hungry	
Feeling Thirsty	
Self-Regulation	
Focus/Ignoring Distractions	
Positive Attitude	
Unit 2: Expanding Social Awareness & Strengthening Relationships	
Empathy	
Feeling Lonely	
Gratitude	
Different Points of View	
Feeling Friendly	
Greetings	
Kindness	
Trust & Dependability	





Lesson Checklist

Listening to Others	
Unit 3: Developing Problem-Solving & Decision-Making Skills	
Honest	
Brainstorming Solutions to Problems	
Frustration & Disappointment	
Learning From Mistakes & Being Honest	
Saying "Yes" to Good Ideas	
Persistence	
Accepting No	
Importance of Exercise	
Unit 4: Managing Emotions & Resolving Conflicts	
Feeling Jealous	
Feeling Anxious/Worried	
Feeling Shy	
Feeling Bored	
Manners/Politeness	
Saying Sorry	
The Golden Rule	
Tattling	
Interrupting	
Learning to Be Brave	





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Being a Good Sport	
Teasing	
Feeling Surprised	
Feeling Confused	
Self-Esteem	

