



Lesson Checklist

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

Chapter Book 1: Ollie's Quest: Big Emotions, Bright Solutions	Date:
Lesson 1: S.T.A.R. Strategy	
Lesson 2: Self-Awareness	
Lesson 3: Your Brain and You	
Lesson 4: You Are A STAR	
Lesson 5: Win-Win Solutions	
Chapter Book 2: Ollie's Odyssey of Overcoming Overreactions	
Lesson 1: Our Mysterious Emotions	
Lesson 2: Impulse Control	
Lesson 3: Empathy	
Lesson 4: Respectful Communication	
Lesson 5: Responsible Decision-Making	
Chapter Book 3: Harriet's How-To: Hint's for Harmony	
Lesson 1: Emotional Vocabulary	
Lesson 2: Deep Breathing	
Lesson 3: Active Listening	
Lesson 4: S.T.A.R. Strategy for Small Conflicts	
Lesson 5: Making Big Decisions	
Chapter Book 4: Bennie's Brave Breakthroughs	
Lesson 1: S.T.A.R. Strategy for Self-Control & Strength in Big Decisions	



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Lesson 2: S.T.A.R. Strategy for Daily Frustrations	
Lesson 3: Understanding Different Perspectives Through the S.T.A.R. Strategy	
Lesson 4: Using the You're A STAR Strategy to Express Gratitude	
Lesson 5: Asking Questions Before Acting	
Chapter Book 5: Buzz & Sammy Spot the Signs	
Lesson 1: Understanding Emotional Triggers & Healthy Responses	
Lesson 2: Emotional Regulation & the Body Budget	
Lesson 3: Understanding Peer Influence & Using the S.T.A.R. Strategy	
Lesson 4: Understanding Personal Boundaries	
Lesson 5: Safe & Responsible Strategies	