



Lesson Checklist

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

Unit 1: Emotional Reflection & Goal Setting	Date:
Lesson 1: Discovering Our Strengths	
Lesson 2: Setting Goals for Success	
Lesson 3: Empathy & Using Our Strengths	
Lesson 4: Resolving Conflicts with the S.T.A.R. Strategy	
Lesson 5: Choices & Consequences	
Unit 2: Managing Stress in Social Situations	
Lesson 6: Emotions & Personal Growth	
Lesson 7: Coping with Stress & Frustration	
Lesson 8: Celebrating Differences	
Lesson 9: Standing Strong	
Lesson 10: Reflecting With the S.T.A.R. Strategy	
Unit 3: Problem Solving & Empathy in Relationships	
Lesson 11: Understanding Our Emotions	
Lesson 12: Using the S.T.A.R. Strategy in Tough Situations	
Lesson 13: Understanding Assumptions & Communicating Using the S.T.A.R. Strategy	
Lesson 14: Active Listening with the S.T.A.R. Strategy	
Lesson 15: Brainstorming	
Unit 4: Emotional Intelligence and Empathy	
Lesson 16: Creating the Emotional Awareness Journal	



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Lesson 17: Mastering Time Management	
Lesson 18: Embracing Diversity	
Lesson 19: The Power of Encouragement	
Lesson 20: Making Ethical Decisions	
Unit 5: Emotions and Social Cues	
Lesson 21: Recognizing Emotions & Making Better Choices	
Lesson 22: Setting Goals For Success	
Lesson 23: Empathy & Using Our Strengths	
Lesson 24: Resolving Conflicts With the S.T.A.R. Strategy	
Lesson 25: Choices & Consequences	
Unit 6: Reflection & Growth	
Lesson 26: Identifying Emotional Triggers	
Lesson 27: Mastering Focus: The Power of Mindfulness	
Lesson 28: Learning to Include Everyone	
Lesson 29: The Art of Negotiation	
Lesson 30: Taking Responsibility & Seeking Solutions	