



Lesson Checklist

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

Unit 1: Emotional Intelligence & Leadership	Date:
Lesson 1: Setting Long-Term Goals & Managing Emotions	
Lesson 2: Mastering Mindfulness	
Lesson 3: Learning to See From Different Perspectives	
Lesson 4: Leading the Way	
Lesson 5: Thinking Long-Term	
Unit 2: Reflection on Personal Growth	
Lesson 6: Understanding Our Emotional Triggers	
Lesson 7: Reflecting On Growth	
Lesson 8: Understanding Our Impact	
Lesson 9: Navigating Disagreements	
Lesson 10: Owning Up & Moving Forward	
Unit 3: Problem Solving in Complex Situation	
Lesson 11: Winter Break Reflections	
Lesson 12: New Year's Reflections With S.T.A.R.	
Lesson 13: Understanding Social Cues	
Lesson 14: Negotiating Conflicts with the S.T.A.R. Strategy	
Lesson 15: Navigating Complex Decisions	
Unit 4: Emotional Patterns & Reflection	
Lesson 16: Context Shapes Emotions	



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Lesson 17: Balancing Responsibilities & Self-Care	
Lesson 18: Learning to Stand Up & Act As an Ally	
Lesson 19: Navigating Boundaries In Difficult Relationships	
Lesson 20: Decisions That Shape The Community & Environment	
Unit 5: Emotional Responses & Leadership	
Lesson 21: Journaling to Understand Emotions	
Lesson 22: Finding Ways to Manage Stress	
Lesson 23: Learning To Support Peers From Different Backgrounds	
Lesson 24: Leading By Example With Positive Peer Influences	
Lesson 25: Using the S.T.A.R. Strategy to Evaluate Multiple Solutions	
Unit 6: Complex Problem-Solving & Decision-Making	
Lesson 26: Understanding Personal Values & Shaping Behavior	
Lesson 27: Setting Challenging Goals & Breaking Them Into Steps	
Lesson 28: Understanding Fairness & Justice	
Lesson 29: Learning to Handle Disagreements Constructively	
Lesson 30: Making Ethical Decisions & Wrapping Up the Year	