



Lesson Checklist

Lesson Checklist

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

| Unit 1: Self-Awareness & Self-Management Foundations | Date: |
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| Feeling Happy | |
| Feeling Sad | |
| Feeling Angry | |
| Feeling Excited | |
| Feeling Tired | |
| Feeling Hungry | |
| Feeling Thirsty | |
| Self-Regulation | |
| Waiting Your Turn | |
| Unit 2: Social Awareness & Relationship Management | |
| Families | |
| Feeling Left Out | |
| Friendship | |
| Kindness | |
| Listening to Others | |
| Playing Fair | |
| Interrupting | |
| Unit 3: Exploring Problem Solving & Responsible Decision-Making | |



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| Importance of Rules | |
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| Telling the Truth | |
| What to Do When Others Are Angry | |
| Persistence | |
| Positive Attitude/Optimism | |
| Accepting No | |
| Unit 4: Deepening Relationships & Personal Growth | |
| Sharing/Caring | |
| Manners/Polite | |
| Saying Sorry | |
| Asking for Help | |
| Feeling Proud | |
| Feeling Scared | |
| Feeling Surprised | |
| Feeling Shy | |
| Self-Esteem | |
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