Unit 1: Self-Awareness

* Thoughts, feelings, behavior relation
* Identifying thoughts, feelings, behaviors
* Self-efficacy
* Growth mindset
* Positive self-worth

Unit 2: Self-Management and Relationship Skills

* Express and regulate emotions
* Wellness and stress management strategies
* Support network
* Support needs
* Understanding diagnosis

Unit 3: Self-Awareness and Self-Management

* Identifying one’s characteristics and interests
* Identifying strengths and weaknesses
* Setting personal and collective short-term and long-term goals
* Monitoring own learning

Unit 4: Self-Management

* What is executive functioning?
* Strategies for better executive functioning
* Executive functioning relating to learning and daily life skills
* Self-advocacy for support needs

Unit 5: Social Awareness

* Taking other’s perspectives
* Demonstrating empathy and compassion
* Understanding others emotions and intentions
* Gratitude
* Others’ strengths and growth areas

Unit 6: Relationship Skills - Communication & Group Activities

* Communicating needs and information
* Giving and receiving feedback
* Asking for help
* Teamwork and collaboration
* Developing positive relationships with peers and supporting adults
* Negotiates
* Conflict resolution

Unit 7: Responsible Decision-Making - Problem Solving

* Curiosity, open-mindedness, and creativity
* Stanford design thinking steps (empathize, brainstorm, ideate, prototype, test)
* Identifies problem
* Collects & analyzes information, facts, and data
* Identifies solutions to problems
* Tests solutions

Unit 8: Responsible Decision-Making

* Anticipates and evaluates the consequences of one’s decisions
* Reflection to guide decision-making
* evaluates one’s role in personal, family, friendship, and community well-being
* Values of self and groups
* Ethical responsibility