

WOHS - LESSONS AND ACTIVITIES

SELF- AWARENESS

The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one’s self strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset”.

- IDENTIFY AND RECOGNIZE EMOTIONS AND THOUGHTS
- AWARENESS OF IMPACT ON BEHAVIOR
- GROWTH MINDSET
- ASSESS STRENGTHS AND LIMITATIONS
- CONFIDENCE, OPTIMISM
- SELF-ESTEEM
- BUILDING GOOD CHARACTER

<https://positivepsychology.com/self-awareness-ercises-activities-test/>

SELF-MANAGEMENT

The ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- SELF-REGULATION
- EXECUTIVE FUNCTIONING
- ZONES OF REGULATION
- COPING SKILLS
- MANAGE STRESS
- SELF-CONTROL
- SELF-MOTIVATION, PERSEVERANCE
- GOAL SETTING
- COLLEGE PREPARATION, JOB READINESS, JOB INVENTORY
- YOGA, MEDITATION, DEEP BREATHING
- USING “I STATEMENTS”
- MINDFULNESS
- MOVEMENT, DANCE
- ORGANIZATION SKILLS, STUDY SKILLS
- MANAGE EMOTIONS

<https://apps.esc1.net/ProfessionalDevelopment/uploads/WKDocs/71257/Self-Regulation%20Lessons.pdf>

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- EMPATHY
- TOLERANCE AND ACCEPTANCE
- RESPECT
- DIVERSITY
- CULTURAL AWARENESS
- NORMS
- COMMUNITY RESOURCES/SUPPORTS
- READING SOCIAL CUES
- KINDNESS
- HELPING OTHERS
- SOCIAL EXPECTATIONS
- CELEBRATING DIFFERENCES
- PERSPECTIVE TAKING

http://actforyouth.net/youth_development/professionals/sel/social_awareness.cfm

RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- COMMUNICATION
- LISTENING SKILLS
- COOPERATION
- CONFLICT RESOLUTION
- BUILDING RELATIONSHIPS
- RESIST SOCIAL PRESSURE
- SEEK HELP WHEN NEEDED
- INCLUDING OTHERS
- TEAMWORK/SUPPORTING PEERS
- SOCIAL SKILLS

<https://www.pbisworld.com/tier-1/teach-relationship-skills/>

<https://www.goodcharacter.com/teaching-guides/high-school/>

RESPONSIBLE DECISION MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- MAKING GOOD CHOICES
- REWARDS AND CONSEQUENCES
- EFFECT OF ACTIONS/ CHOICES ON SELF AND OTHERS
- EVALUATING CONSEQUENCES OF ACTIONS
- TAKING RESPONSIBILITY FOR ACTIONS
- PROBLEM SOLVING
- REFLECTING ON CHOICES
- CHOOSING HEALTHY/ SAFE HABITS

<https://everfi.com/blog/k-12/responsible-decision-making/>

ADDITIONAL RESOURCES

[SEL Activities 9 - 12](#)
[HS Lessons and Activities](#)
[Social & Emotional Learning 9-12](#)

