

Words to Live By Lessons and Learning Objectives

Competency	Words to Live By	Lesson	Learning Objective
Self-Awareness	I love and accept who I am on the inside,	Love and accept who you are	Kids will claim and value personal strengths, weaknesses, and individuality.
	and know my emotions are nothing to hide.	Share your emotions	Kids will understand that there is a wide range of emotion within the human experience. They will develop a vocabulary that demonstrates their understanding of this range.
Self-Management	Life's full of surprises that make me feel different ways.	Understand that life is full of surprises and different feelings	Kids will understand the factors that can cause an emotional hijacking.
	If I can control myself, I'll have much better days.	Learn to control yourself	Kids will understand the dynamic between thoughts, feelings, and actions and that this understanding assists in managing impulses.
Responsible Decision-Making	I understand the choices I make should be what's best for me to do,	Make choices that are best for you	Kids will learn how to brainstorm alternative actions and predict consequences before choosing the action they will take.
	and what happens is on me and not any of you.	What happens as a result of your choices is on you and no one else	Kids will understand their responsibility for positive and negative outcomes.
Social Awareness	I understand others are unique. I want to learn more about everyone I meet.	Others are unique and it's important to learn more about them	Kids will learn the many ways in which people can differ and how spending time with different people can have a positive effect.
	I want to step into their shoes and see what they are going through.	Step into the shoes of others to see how they feel	Kids will learn skills to understand the emotional state of others.
Relationship Skills	I am a friend. I support and trust. Working together is a must.	Be a friend who supports and trusts others	Kids will understand the importance of positive feedback and learn how to give it appropriately. They will learn to make supportive, rather than critical, suggestions
	Kind and caring I will be. I listen to you. You listen to me.	Work together by being kind, caring, and listening	Kids will work in teams to recognize the value of each individual's contribution as well as the benefits of teamwork.