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TEACHER GUIDE

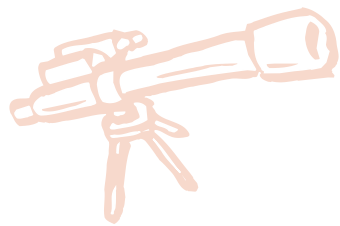
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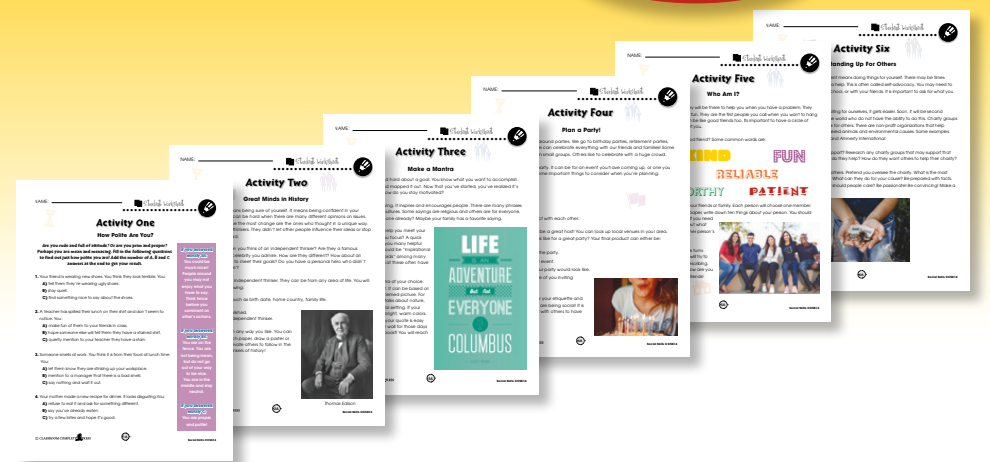
EASY MARKING™ ANSWER KEY 51

MINI POSTERS 55

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Fostering Relationships

1. Gabriel has a friend he likes to go to the movies with. Most of the times, Gabriel often pays because he wants to treat his friend. Once, Gabriel told his friend he couldn't afford to pay for both tickets. His friend didn't want to go anymore. Do you think this is a good friend?



2. Maria is hard of hearing. She is having a hard time hearing her teacher during class. Should she bring her problem up with them?

3. Finish each sentence with a word from a list.

advocate flexible patience self-care considerate

- a) He has a lot of _____ for practicing the piano.
- b) _____ is important to feel good about yourself.
- c) You must _____ for your needs to get what you want.
- d) She is very _____ of other people at work.
- e) If you are _____ it makes it easier to try new things.



Personal Development

Better! Faster! Stronger! People are constantly always looking for ways to improve their lives. But how can you do it in a **realistic** way? How can you stay **motivated** when you are trying to make improvements? How can you reach your goals? There are many ways to grow and learn when you want to make changes.

Goals are easier to meet when you know why and how. Why is your goal important? What will happen when you reach it? What will you gain? It will be easier to meet if you make a plan. How often do you want to exercise? When will you drink each glass of water? Planning ahead will make it easier to avoid bad **habits**.

Bad habits can often get in the way of our goals. If you like to watch a lot of television, it may make it harder to exercise as often as you would like. Staying up late when you hang out with your friends can get in the way of getting more sleep. It is hard to change our habits when you want to improve something.

Try associating your good habits with an action. For example, try putting your workout clothes by your bed in the morning. You will make your morning workout much easier to start.

Our emotions can sometimes get in the way. It's easy to feel **discouraged** or annoyed when you are doing something hard. Find a helpful friend who will keep you on track. Be kind to yourself. If you have a **setback**, don't let it discourage you. Remember, look for progress, not perfection!

Lyla is trying to get a better night's sleep. Every night she stays up late watching TV shows. She decided to set an alarm on her phone that reminds her to get ready for bed. Lyla scrolls through social media before shutting off her lights.

- a) What is the trigger for Lyla not getting enough sleep?
- _____
- b) What is something that may still set her back?
- _____



Self-Reliance

1. Put a checkmark next to the statements that show personal growth.

- a) Showing up late to a dentist appointment.
- b) Paying your cell phone bill.
- c) House sitting for a friend.
- d) Losing your wallet more than once in a week.
- e) Not brushing your teeth.
- f) Exercising daily.



2. Choose the best answer when hanging out with a group of friends.

- a) The group thinks it's funny to be loud and rowdy on a subway car. You should:
- A play along with your friends.
- B spread all your things out on the seat so no one else can sit.
- C stay polite and offer your seat to someone in need.
- b) Your friends want to sneak into a movie by the fire exit. You should:
- A sneak in too because you don't have a lot of money.
- B tell their parents what they want to do.
- C tell them you are uncomfortable with that and don't join them.
- c) A group of co-workers want to eat lunch at a sushi place. You are allergic to fish. You should:
- A go anyways and eat nothing.
- B tell them you're allergic and suggest another place.
- C eat and hope your reaction is mild.



Collaboration

3. Owen has a group project at work. He is used to doing all the research for these types of tasks. One of his group members really wants to research. They suggest Owen makes the visuals for the presentation. This makes Owen feel uneasy. He already has started note taking for the group. How can Owen show he is willing to work with others? How can he show flexibility?

Graphic Organizer

4. Use the graphic organizer on page 42 to track your habit changing process.

Habits, especially bad ones, can be hard to break. They can get in the way of reaching your goals and having the life you want. Habits are hardwired into our brains. We do them without even thinking! That's how you can brush your teeth automatically in the morning without a lot of thought. We create routines and patterns in our lives that don't require us to decide each time. It makes simple tasks a lot easier.

There are a lot of scientific theories that say it takes about thirty days for a habit to change. We need to rewire the patterns in our brain to make a change. Things will be less automatic after thirty days. So, what do you want to change? The graphic organizer shows a calendar for thirty days. Think about a habit you want to grow or eliminate. Would you like to eat more healthy foods? Do you want to read more? Write down your ideas of how you are going to change your habits at the bottom. For each day you are successful, mark it on your calendar. Even if you don't have a perfect score, any start is better than none at all!



Personal Development

Reaching Your Goals Chart



Crossword Puzzle!

Across

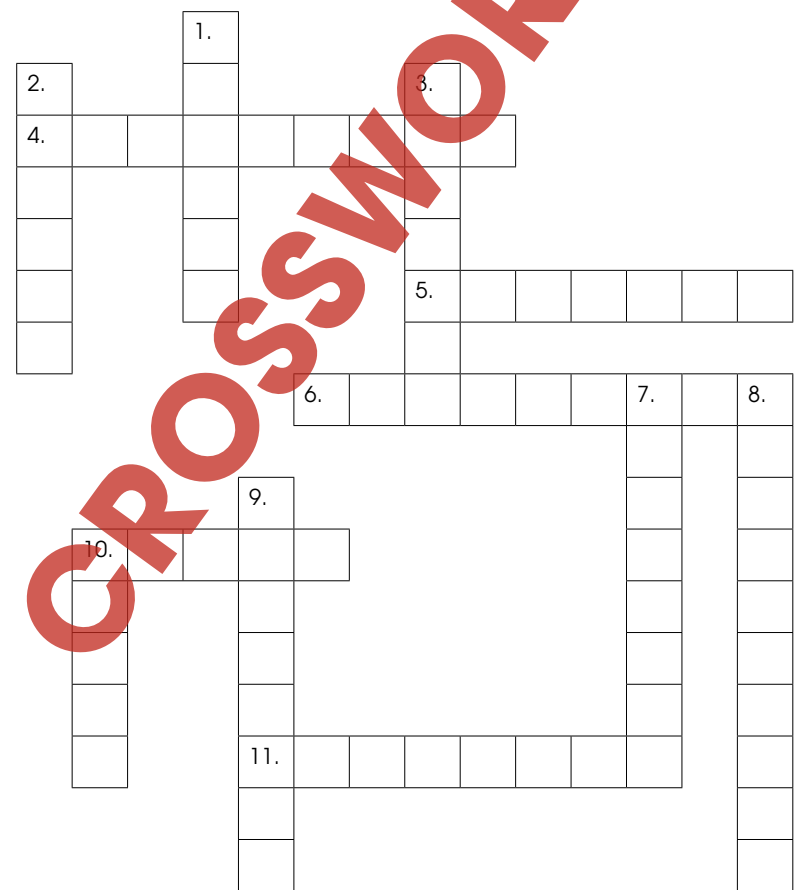
- 4. Likely to happen in life.
- 5. This may prevent you from meeting your goals.
- 6. Wanting to do something strongly.
- 10. Something you do repeatedly.
- 11. Views on a topic.

Down

- 1. To be courteous, respectful.
- 2. An increase in size.
- 3. Your way of thinking.
- 7. Actions that cause others to do something.
- 8. To convince someone not to do something.
- 9. For the duration of your life.
- 10. An activity to do in your spare time.

Word List

discourage
growth
habit
hobby
lifelong
mindset
motivated
opinions
polite
realistic
setback
triggers



Comprehension Quiz

Part A

Circle **TRUE** if the statement is TRUE or **FALSE** if it is FALSE.

- TRUE FALSE** a) Etiquette means always saying how you feel.
- TRUE FALSE** b) You should always be respectful of other's customs.
- TRUE FALSE** c) Asking for help is a good idea at work.
- TRUE FALSE** d) Always do what most of your friends want to do.
- TRUE FALSE** e) A true friend will never want you to be uncomfortable.
- TRUE FALSE** f) Showing up on time for work is positive accountability.
- TRUE FALSE** g) Working in a group is best when you insist you are in charge.

Part B

List three ways you can have an open mind.

Splitting a Check

PIZZA CENTRAL

PATRICK STREET
NEW JERSEY
06386
123-456-7890

Date: 06/15

Time: 10:40

Server: Alannah

Table: 13

DRINKS

3 x SOFT DRINK \$2.75
1 x WATER no charge

MAIN

1 x sm. pineapple pizza \$5.99
2 x med. cheese pizza \$8.99

SUBTOTAL (7 items) \$32.22

TIP \$ 6.50

TOTAL including tax: \$43.23

Total split 4 ways \$10.80

Thank you, please call again



Accountability

1. Read the statements below. Circle TRUE if the statement is true or FALSE if it is false.

a) If you're confused at work, just keep on working and hope it will work out.

TRUE FALSE

b) Avoid your boss if you think they're going to get you in trouble.

TRUE FALSE

c) Getting into an argument is fine, if you take blame for your role.

TRUE FALSE

d) Accept the blame for something, even if it wasn't your fault.

TRUE FALSE

2. Imagine you are having a difficult conversation with a manager over a mistake. Put the steps below in the correct order that this conversation should be in.

a) Listen to their side of the story.

b) Agree to meet with them at work.

c) Thank them for talking to you.

d) Ask for clarification.

e) Take responsibility for your actions.



1.

a) FALSE

b) FALSE

c) TRUE

d) FALSE

1.

No, this is not a good idea. Addison should work with her peers. They should divide the work equally.

2.

Hiroshi should tell his manager he wants the promotion. He can make sure to do a good job every day.

3.

1

C

a) 2

b) 1

c) 5

d) 3

e) 4

34

1.

a) B

b) A

38

b) If she was more flexible, she could help make the silent auction as successful as possible. She could use her ideas and experience running past efforts to help pet adoptions.

2.

Answers will vary, but may include: Not wanting to change their plans. Choosing all of the activities. Only going to one diner.

39

3.

Answers will vary, but may include: Owen could do the visuals and share his notes with the group members. He could suggest a shared work approach.

41

40





Personal Development

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a) What is the trigger for Lyla not getting enough sleep?

b) What is something that may still set her back?





Personal Development



Reaching Your Goals Chart

GOAL REACHED!

STEP 4:

STEP 3:

STEP 2:

STEP 1:

START HERE

Splitting a Check



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