



TEACHER GUIDE

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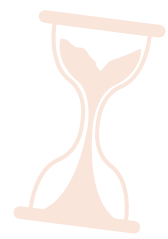
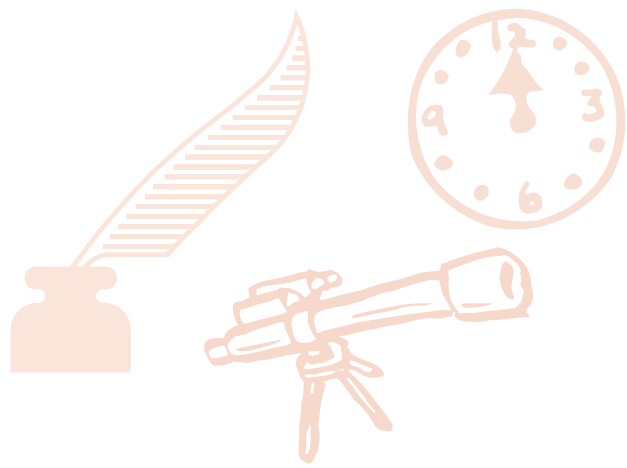
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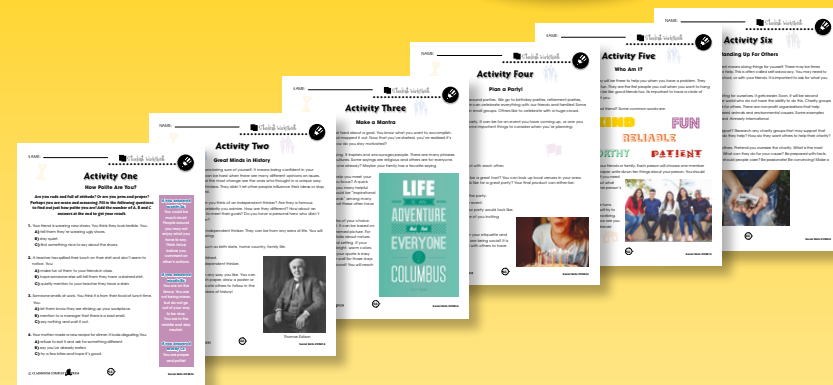
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Fostering Relationships

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.



Accountability

How do you know when you've done something wrong? How easily can you tell if there's a mistake? Mistakes happen. Even if you have worked at the same job for many years, there is a chance you will mess up.

How to Know if You've Made a Mistake	
At Work	In a Relationship
Something isn't right with the cash register.	Talking to each other negatively.
Items out of place in the stockroom.	Getting annoyed easily.
An imbalance in the till.	Keeping feelings bottled up.

When a mistake happens, ask yourself if it was your fault. Were you to blame? If yes, then you must be **accountable** for it. A good employee admits when they are wrong. Others will trust you more. You will show others you care about your job. In a relationship, it may be harder to accept blame for a problem. It takes observation and care to realize you may have done something wrong. You are only responsible for your own actions. You can't control how another person will react to something, or what they will say. If you aren't getting along with someone, you should look at what you **contribute** to the relationship.

As important as it is to accept responsibility in a relationship or at work, be sure you are at fault. Don't take the blame for a friend or a coworker. Be honest with yourself and others. Politely take the blame when it is your fault and you will have easier relationships.

Read the scenarios below. What is the best answer to show you're accountable?

- a) A coworker notices you forgot to lock the cash register. What should you do?
- A Apologize and write a memo to yourself so you remember the next time.
 B Deny that you forgot to lock it.
 C Insist they were the one who was supposed to lock it.
- b) Your girlfriend says you never put the milk back in the fridge. You aren't sure you believe her. The next morning, you catch yourself leaving it on the counter. How can you fix the problem?
- A Do nothing and hope she doesn't notice again.
 B Apologize and remember to put it away.
 C Stop drinking milk.

Stress Management

1. Which of the following are stress reduction techniques? Answer True or False.

- | | | |
|--------------------------------|------|-------|
| a) Going for a jog. | TRUE | FALSE |
| b) Eating a pint of ice cream. | TRUE | FALSE |
| c) Yelling at your friends. | TRUE | FALSE |
| d) Meditating. | TRUE | FALSE |
| e) Smoking cigarettes. | TRUE | FALSE |
| f) Reading a book. | TRUE | FALSE |

2. Which of the following strategies will help you meet the deadline on time?

- a) Dividing the task into smaller pieces.
 b) Waiting until the last minute to start.
 c) Asking your friend to do it for you.
 d) Forgetting when the due date is.



Healthy Relationships

3. Daniel has just started dating someone. They are having a great time going out to eat, seeing movies, and other outings. Daniel isn't dating anyone else and his girlfriend has said the same. After a few weeks, Daniel's friends see his girlfriend with someone else on a date. Should Daniel assume it's a date? What should he do to show that he is trusting?

Graphic Organizer

4. Use the graphic organizer on page 76 to identify your perfect partner's inner and outer traits.

What's your idea of a perfect date? Dinner by candlelight? The movies? A hike in the woods? You may know where you want to take a special someone, but who would that special someone be? What qualities are you looking for in a partner? While some people may focus on appearance, it is important to also look for inner qualities. You may prefer someone tall, but are they kind? How important are things like family, faith or friends to them? These are some of the things to consider before starting a romantic relationship.

On the person model graphic organizer, you will fill in all of the traits you desire in a partner. On the left side of the person, you will write down any physical attributes. On the right side, you will highlight inner qualities. These could include: honesty, nice, loyal, to name a few. It's okay to be a hopeless romantic!



Mental & Physical Health

Mental Health Tracker

Mood Chart

Happy = Anxious = Sad = Angry = Other =

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30



Crossword Puzzle!

Across

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

Down

- To be courteous, respectful.
- An increase in size.
- Your way of thinking.
- Actions that cause others to do something.
- To convince someone not to do something.
- For the duration of your life.
- 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 C

Answer each question in full sentences.

- Why is taking responsibility for your actions important?

- What can you do to make a difficult conversation easier?

- If you are irresponsible with money, what could happen?

- How can you show responsibility at work?

Money Across the Globe

Country	Currency Abbreviation	Currency Symbol
US dollar	USD	\$
Canadian Dollar	CAD	\$ C\$
United Kingdom	GBP	£
European Union	EUR	€
Japanese Yen	JPY	¥
Indian Rupee	INR	₹
Australia	AUD	A\$ AU\$
Mexican Peso	MXN	Mex\$
Chinese Yuan	CNY	¥



Coping with Life



1. Which of the following are **POSITIVE** reactions to a setback? Check all that apply.

- a) Trying again as soon as possible.
- b) Deciding to quit the team.
- c) Asking for helpful tips if you've been rejected.
- d) Never talking about your failure again.
- e) Refuse to speak to a coach who didn't pick you.
- f) Accept an alternative offer that is a little different from what you wanted.



2. Are the following examples of something beyond your control? Select "yes" or "no".

- | | | |
|--------------------------------------|------------|-----------|
| a) A pet passing away. | YES | NO |
| b) Falling to study for a test. | YES | NO |
| c) Sleeping in too late for work. | YES | NO |
| d) A hurricane wrecking your car. | YES | NO |
| e) A teacher leaving the school. | YES | NO |
| f) Procrastinating on an assignment. | YES | NO |

1.
 a) Trying again as soon as possible.
 c) Asking for helpful tips if you've been rejected.
 f) Accept an alternative offer that is a little different from what you wanted.

1.
 No, Yosef's eating habits is not a healthy way to deal with stress.

Answers will vary, but may include: Don't talk to his ex-girlfriend. Go out with friends to distract himself. Eat healthy and get some exercise. Ask a friend and have some company.

- 1.**
 a) **TRUE**
 b) **FALSE**
 c) **FALSE**
 d) **TRUE**
 e) **FALSE**
 f) **TRUE**

60

2.
 No, it is not a good plan to leave writing a very important essay to the last minute.

2.

- a) 5
- b) 2
- c) 1
- d) 3
- e) 4

- 2.**
 a) Dividing the task into smaller pieces.

61

2.

- a) **YES**
- b) **NO**
- c) **NO**
- d) **YES**
- e) **YES**
- f) **NO**

56

3.

- a) endorphins
- b) pressure
- c) dreading
- d) ease
- e) distraction

59

3.

Answers will vary, but may include: Aiden could ask for a raise to match his extra tasks and help with the bills. He could book time off and find ways to relax after work.

63

62



EASY MARKING ANSWER KEY

NAME: _____



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 - C Stop drinking milk.








Mental & Physical Health



Mental Health Tracker










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European Union 	EUR	€
Japanese Yen 	JPY	¥
Indian Rupee 	INR	₹
Australia 	AUD	A\$ AU\$
Mexican Peso 	MXN	Mex\$
Chinese Yuan 	CNY	¥