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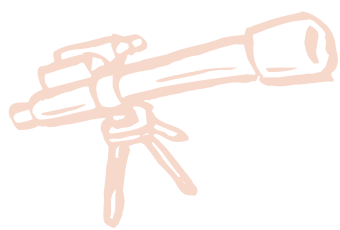
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## EASY MARKING™ ANSWER KEY

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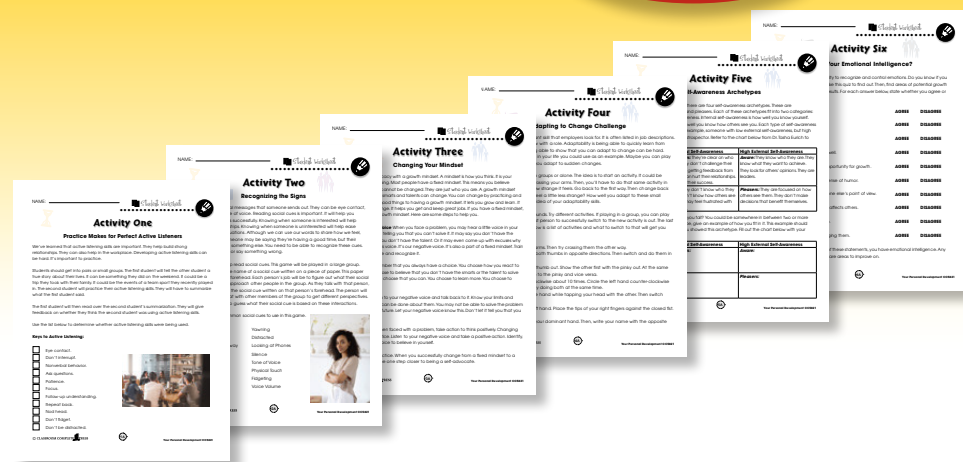
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## Active Listening Skills

1. Chloe is babysitting her little brother. Her mom is showing her how to mash carrots for her brother. Chloe is playing a game on her phone. Is Chloe an active listener? Why or why not?

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2. Riku is giving a presentation in class. Celine is looking into his eyes. She keeps her hands folded on top of her desk. When Riku is done, Celine raises her hand to ask a question. Is Celine an active listener? Why or why not?




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3. Complete each sentence with a word from the list.

listening    attention    **observing**    judgment    feedback    point of view

- a) Eric was worried about his grandma's \_\_\_\_\_.
- b) The astronomer was \_\_\_\_\_ the stars.
- c) Akber was waiting on his teacher's \_\_\_\_\_.
- d) The book was written in the hero's \_\_\_\_\_.
- e) Ji-woo's dog was not \_\_\_\_\_ to her command.
- f) The students were not paying \_\_\_\_\_ to the film.



## Understanding Social Situations

**Social situations** are times when you find yourself in a place with others. Being able to read and understand these situations is important. You may be working in a group on a class project. In this situation, it's important that everyone feels like

When confronting others, don't make accusations.  
 Don't say: "You keep interrupting me."  
 Do say: "I am hurt that you interrupted me."

their voice is heard. You don't want to ignore anyone. It's common for people to interrupt others. When this happens, stay calm. Don't become annoyed or show your anger. Instead, recognize that group settings will have lots of different people who want to share their opinions. Go with the flow and look for chances to jump into the conversation. **Empathy** is when you understand the feelings of others. This is a valuable skill to have. It allows you to read people. There are 3 types of empathy:

<b>Cognitive</b>	Knowing how someone feels. Knowing what someone is thinking. Putting yourself into someone else's shoes.
<b>Emotional</b>	Sharing someone else's feelings. Their emotions are contagious. Remembering a time when you also felt the same.
<b>Compassionate</b>	Feeling like you want to help. Reacting to someone in a proper way. Being concerned.

Gael is upset. He speaks to his friend, Jada. Gael got a very bad mark on his essay. He's worried that he won't have the marks to pass the class. He holds back tears. Jada puts a hand on his shoulder. She thinks about the time she didn't do well on a test. Jada tells Gael not to worry. She will go with him to speak to their teacher. They can ask to redo the essay. Match the type of empathy Jada is showing with this scenario.

- 1 Cognitive
- 2 Emotional
- 3 Compassionate

- A The time Jada didn't do well on a test.
- B Asking the teacher to redo the essay.
- C Gael is holding back tears while Jada puts a hand on his shoulder.



## Self-Advocacy

1. Put a checkmark next to the answer that is most correct.

- a) Why is self-advocacy important?

- A leadership
- B trust
- C confidence
- D independence



- b) What is NOT a trait of self-advocacy?

- A confidence
- B assertion
- C doubt
- D leadership

2. Circle the word TRUE if the statement is TRUE or circle the word FALSE if it is FALSE.

- a) Don't be afraid to ask questions.  
 TRUE      FALSE
- b) Self-awareness leads to self-advocacy.  
 TRUE      FALSE
- c) A growth mindset means you can't learn anything new.  
 TRUE      FALSE
- d) Self-advocacy is important if you want others to decide your life.  
 TRUE      FALSE



## Adaptability

3. Employers want people who can adapt. They will look for this in an interview. Below are some example questions they may ask. Write down possible answers. You want to show you can adapt.



- a) Question: How do you react to changes at work?

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- b) Question: How do you react to changes you have no control over?

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- c) Question: How do you help a new co-worker adapt?

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### Graphic Organizer

4. Use the graphic organizer on page 30 to learn how to react to sudden changes.

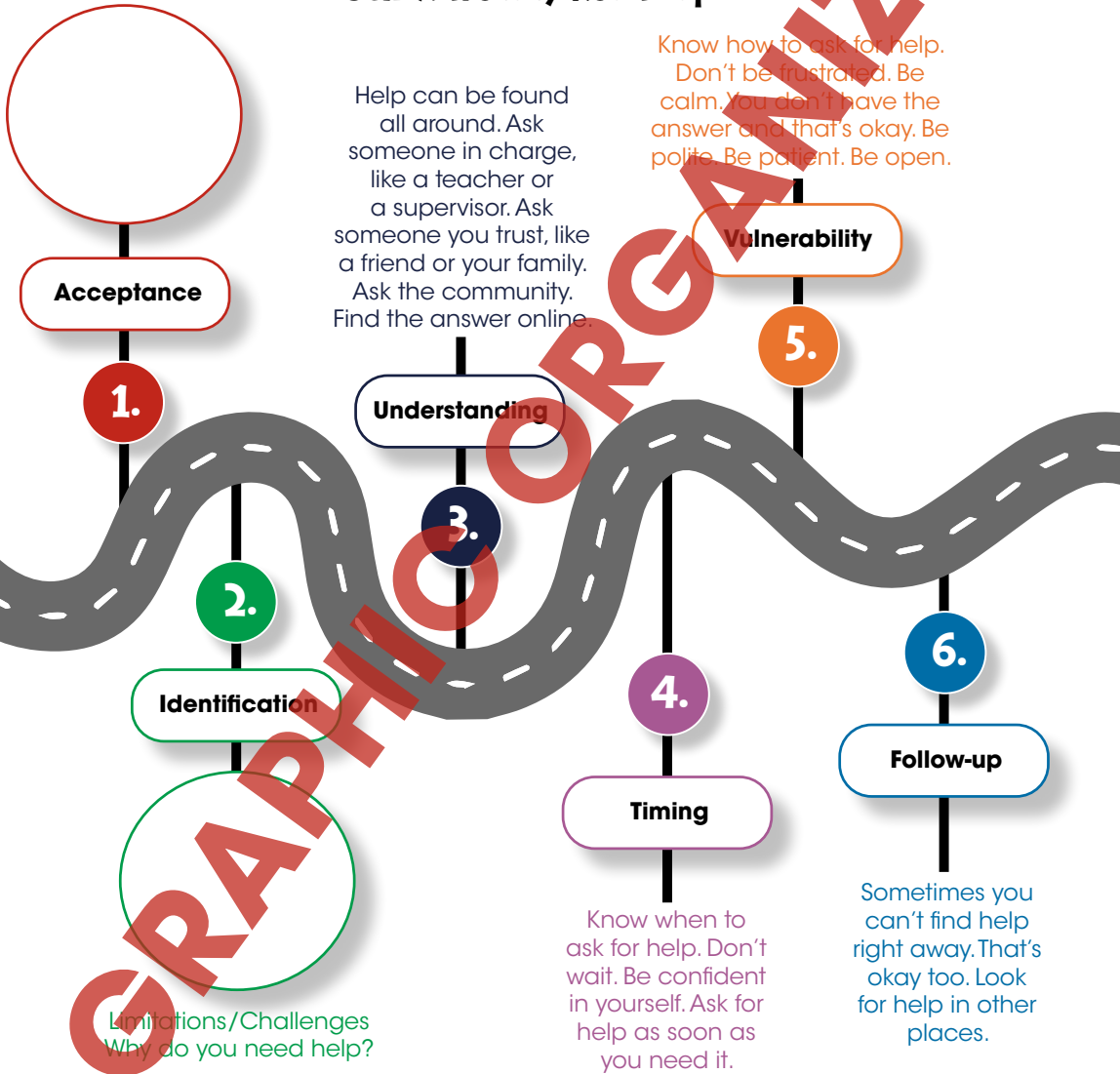
Coping with change in a positive way shows adaptability. Changes happen in our lives. Sometimes we welcome them. Sometimes we don't. How you react to these changes is important. The choices web will help you navigate sudden changes.



# Self-Advocacy

List the problem.

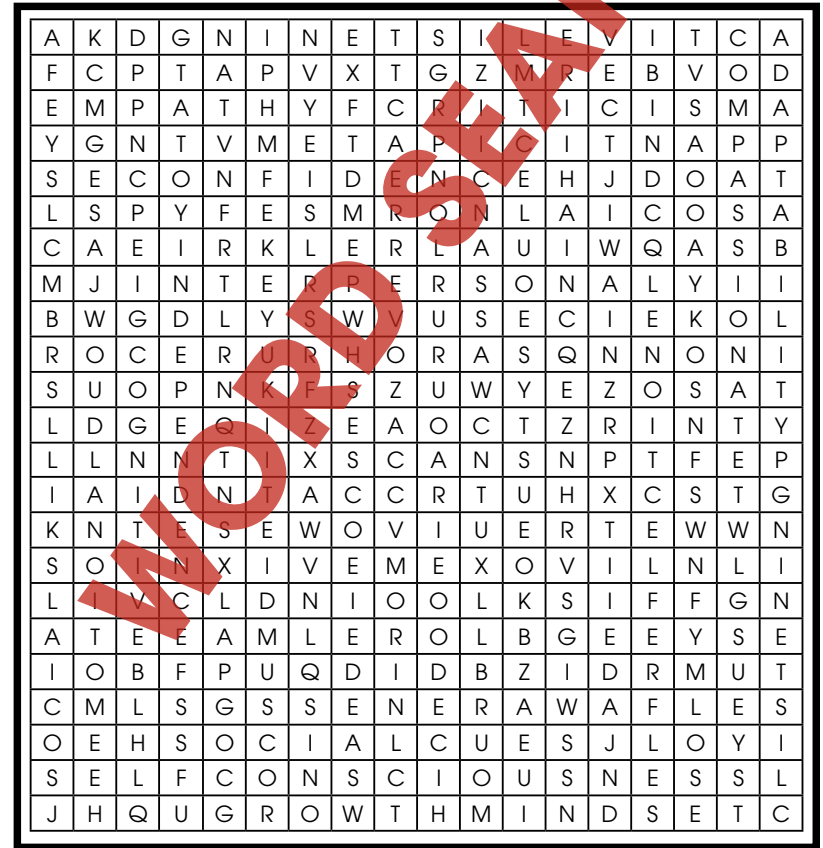
## Self-Advocacy Roadmap



# Word Search

Find all of the words in the Word Search. Words are written horizontally, vertically, diagonally, and some are even written backwards.

- active listening
- adaptability
- anticipate
- cognitive
- compassionate
- confidence
- criticism
- driven
- emotional
- empathy
- growth mindset
- independence
- interpersonal
- limits
- listening
- overreact
- resourcefulness
- self-advocacy
- self-awareness
- self-consciousness
- self-reflection
- social cues
- social norms
- social skills
- stress



# Comprehension Quiz

## Part A

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

- TRUE FALSE** a) When someone interrupts you, you should get angry.
- TRUE FALSE** b) Knowing yourself will allow you to know your limits and lead to self-awareness.
- TRUE FALSE** c) You can show adaptability by taking risks.
- TRUE FALSE** d) Researchers estimate that we become self-aware at 18 years old.
- TRUE FALSE** e) If you have emotional intelligence, you can recognize your own emotions, but not those of others.
- TRUE FALSE** f) Self-regulation means you don't overreact to things.

## Part B

Put a checkmark (✓) next to the answer that is most correct.

- a) What is active listening?
  - A Listening.
  - B Observing.
  - C Providing feedback.
  - D All of the above.
- b) What is NOT a part of self-advocacy?
  - A Knowing yourself.
  - B Knowing the future.
  - C Knowing your needs.
  - D Knowing how to get what you need.

# Metacognition: Developmental Stages of Self-Awareness

Metacognition is when you think about how you think and learn. Self-awareness is knowing yourself inside and out. There are different stages that lead to self-awareness. These are the developmental stages.

- Level 0: Confusion** You have no self-awareness. You don't understand that a mirror reflects. Example: getting scared of your own reflection for a second.
- Level 1: Differentiation** You know that the mirror reflects things. You know the difference between movement in a mirror and in the environment.
- Level 2: Situation** You recognize movement in the mirror is your own body.
- Level 3: Identification** You know that what's in the mirror is yourself and not another person.
- Level 4: Permanence** You recognize yourself in pictures where you look different or younger.
- Level 5: Self-Awareness** You know how you are seen by others.



# Active Listening Skills



1. Read the scenarios below. Are they examples of good active listening? Explain why or why not for each.

a) Mía is talking to her friend Do-woon. Mía is having a problem with their other friend, Abeba. Do-woon is facing his friend and looking in her eyes. He nods along but is thinking about the class they just had. He is worried about the amount of homework he has to do tonight.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b) Alix has just joined the soccer team. She doesn't know anyone. Maya comes over and introduces herself. Alix smiles and looks Maya in the eyes. Maya talks about her love of sports and why she joined the team. She goes on to talk about some of the friends she's made on the team. Alix listens to every detail and waits for Maya to finish before speaking.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

c) Xiu is the lead on a new project at work. He is a bit overwhelmed by the new responsibilities. Landon works with him. He notices Xiu is nervous. Landon tries to talk to Xiu to try to calm him down and offer support. Xiu tells Landon about his worries. Landon listens and waits for Xiu to finish his thought. When he's done, Landon tells him what he would do in his situation. Xiu doesn't like Landon's ideas and walks away.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# EASY MARKING ANSWER KEY

1. a) Do-woon is not an active listener. Although his body language is good, he is distracted and not paying attention to Mía.

b) Alix is a good active listener. She is friendly and pays attention to Maya. She doesn't interrupt and shows patience for her turn to talk.

c) Landon is not an active listener. He shows support by listening to Xiu's problems. He is patient and waits for Xiu to finish before providing feedback. However, the feedback he provides Xiu is not positive. Xiu is not an active listener. When he receives Landon's feedback, instead of sharing his feelings about it, he walks away.

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1. Ibrahim learns that Grace isn't very friendly. She isn't interested in meeting Ibrahim. Grace wants to be left alone.

2. Allison should have waited for Andreas to finish asking his question. She should have then allowed Bethsheba to answer it. Then, she should have raised her hand before asking her own question.

3. a) cognitive  
b) social cues

c) empathy  
d) compassionate  
e) emotional

13

1 C  
2 A  
3 B

14

2. Expressions: smiling, frowning  
Body Language: eye contact, crossed arms, facing away, posture, yawning  
Tone of Voice: angry tone, voice volume  
Personal Space: proximity, physical touch

15

3. Answers will vary. Students should make a list of their partner's views, opinions and emotions that were shared during their conversation.

4.

1. c)  
2. a)  
3. b)  
4. b)  
5. a)  
6. c)  
7. b)  
8. a)

17

1.

a) VERBAL

b) NONVERBAL

c) NONVERBAL

d) VERBAL

2.

a) Social situations

b) mingle  
c) experience

d) voice  
e) ignore  
f) interrupt  
g) annoyed

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NAME: \_\_\_\_\_



# Active Listening Skills

1. Chloe is babysitting her little brother. Her mom is showing her how to mash carrots for her brother. Chloe is playing a game on her phone. Is Chloe an active listener? Why or why not?

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2. Riku is giving a presentation in class. Celine is looking into his eyes. She keeps her hands folded on top of her desk. When Riku is done, Celine raises her hand to ask a question. Is Celine an active listener? Why or why not?



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3. Complete each sentence with a word from the list.

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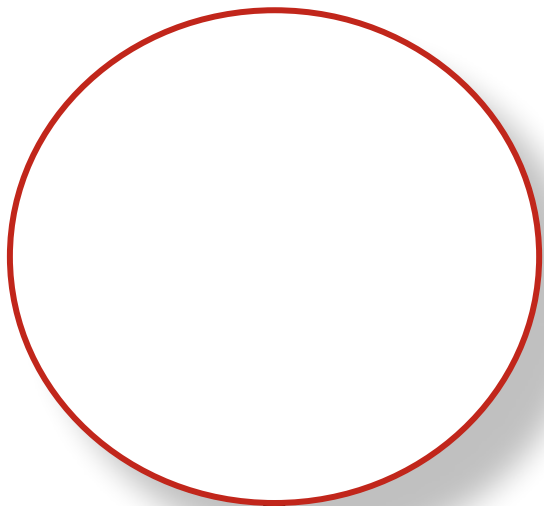


# Self-Advocacy



## Self-Advocacy Roadmap

List the problem.



**Acceptance**

**1.**

Help can be found all around. Ask someone in charge, like a teacher or a supervisor. Ask someone you trust, like a friend or your family. Ask the community. Find the answer online.

**Understanding**

**3.**

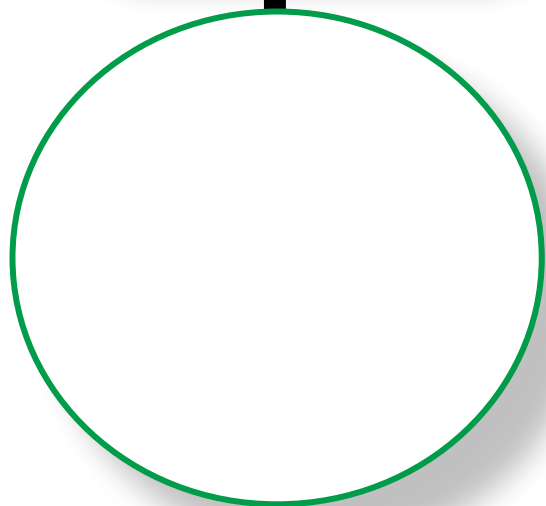
Know how to ask for help. Don't be frustrated. Be calm. You don't have the answer and that's okay. Be polite. Be patient. Be open.

**Vulnerability**

**5.**

**2.**

**Identification**



Limitations/Challenges  
Why do you need help?

**4.**

**Timing**

Know when to ask for help. Don't wait. Be confident in yourself. Ask for help as soon as you need it.

**6.**

**Follow-up**

Sometimes you can't find help right away. That's okay too. Look for help in other places.

# Metacognition: Developmental Stages of Self-Awareness

**Metacognition** is when you think about how you think and learn. **Self-awareness** is knowing yourself inside and out. There are different stages that lead to self-awareness. These are the **developmental stages**.

## Level 0: Confusion



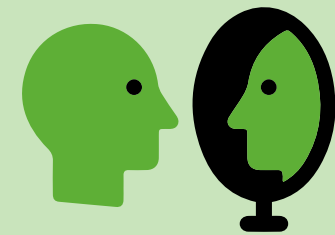
You have no self-awareness. You don't understand that a mirror reflects.  
Example: getting scared of your own reflection for a second.

## Level 1: Differentiation

You know that the mirror reflects things. You know the difference between movement in a mirror and in the environment.

## Level 2: Situation

You recognize movement in the mirror is your own body.



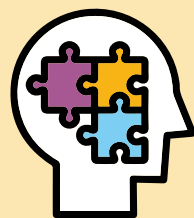
## Level 3: Identification

You know that what's in the mirror is yourself and not another person.

## Level 4: Permanence

You recognize yourself in pictures where you look different or younger.

## Level 5: Self-Awareness



You know how you are seen by others.

