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TEACHER GUIDE

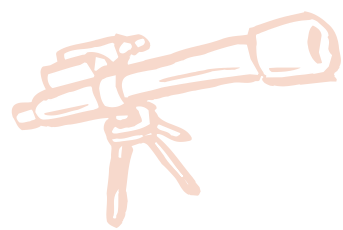
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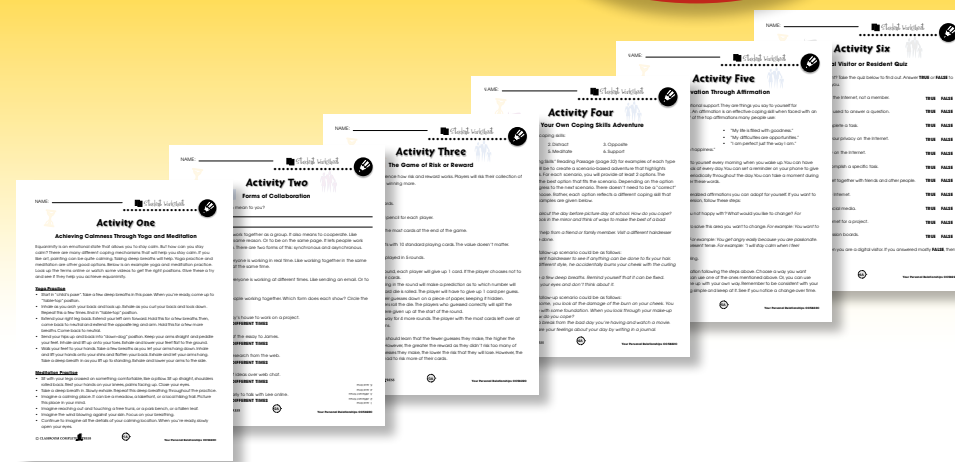
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Assertiveness & Equanimity

1. Souta is making weekend plans with his friends. He wants to go bowling. His friends all want to do something else. They all went bowling the weekend before and want to try something new. Audrey suggests playing mini putt. Souta tells her that's a dumb idea. He tells the group they are going bowling.



Is Souta passive or aggressive? Passive Aggressive

Explain how.

2. Hala and Isaac work together. Isaac is feeling sad. His cat just died. His co-workers chip in to get him some flowers. Hala doesn't want to sign the card. She doesn't like cats. She doesn't understand why he's upset over a pet. Does Hala have empathy? Why or why not?

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

confident **passive** **pushover** **empathy** **self-esteem** **meditation**

- Cody didn't want people to think he was a _____.
- Hussa was being _____ when she said "yes" instead of "no".
- Joel felt he had no friends because of his low _____.
- Ji-ho had _____, so he understood how Michelle felt.
- Liu felt _____ when going in for the interview.
- Nala liked to relax with a quick _____ after work.



Collaboration

Healthy relationships with others need some level of collaboration. Even when working with strangers. You will be more successful if everyone works together.

Collaboration is being able to work with others for a common goal or purpose. It will help you solve problems by learning from one another. It will give you a sense of community. It will make you a more **efficient** worker.

Successful collaboration includes:

- Looking for solutions.
- Knowing what your group members are good at.
- Owning mistakes.
- Giving credit to group members.
- Listening to others.

A collaborator is someone who can lead. They understand their role in the group. They are **consistent**. They don't keep changing their minds. They speak clearly and often. Above all, they are focused on the goal of the group.



Keys to Collaboration:

- | | |
|---------------|-------------------|
| 1. Efficiency | 3. Empathy |
| 2. Trust | 4. Positivity |
| | 5. Clarity |
| | 6. Accountability |

Luca and Jilpa are working together on a project. They only have a short time to work on it. They decide to each work on a different part. That way they'll be able to get it done twice as fast. They both know that the other person's part will be excellent.

Which of the following keys to collaboration are Luca and Jilpa showing? Circle all that apply.

efficiency

trust

empathy

positivity

clarity

accountability



Risk vs. Reward

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

- a) What is the first step in balancing the relationship of risk and reward?
- Level of risk.
 - Level of reward.
 - Level of stress.
 - Level of opportunity.

b) What is the second step in balancing the relationship of risk and reward?

- Level of risk.
- Level of reward.
- Level of stress.
- Level of opportunity.



2. Match the level of risk-taking to the scenario.

- Low
- Medium
- High

- Breaking a promise to a friend.
- Using your friends' collected campsite rental money on a bet at the casino.
- Ordering pineapple on a pizza for a group of friends.



Decision-Making & Problem Solving

3. To solve a problem, you need to be a good decision-maker. A good decision-maker uses both irrational and rational decision-making. Think of a problem you have, or one you've had in the past. Think about how you solved it. Describe how you used both irrational and rational decision-making. How was the problem solved?



Graphic Organizer

4. Use the graphic organizer on page 30 to help make good decisions.

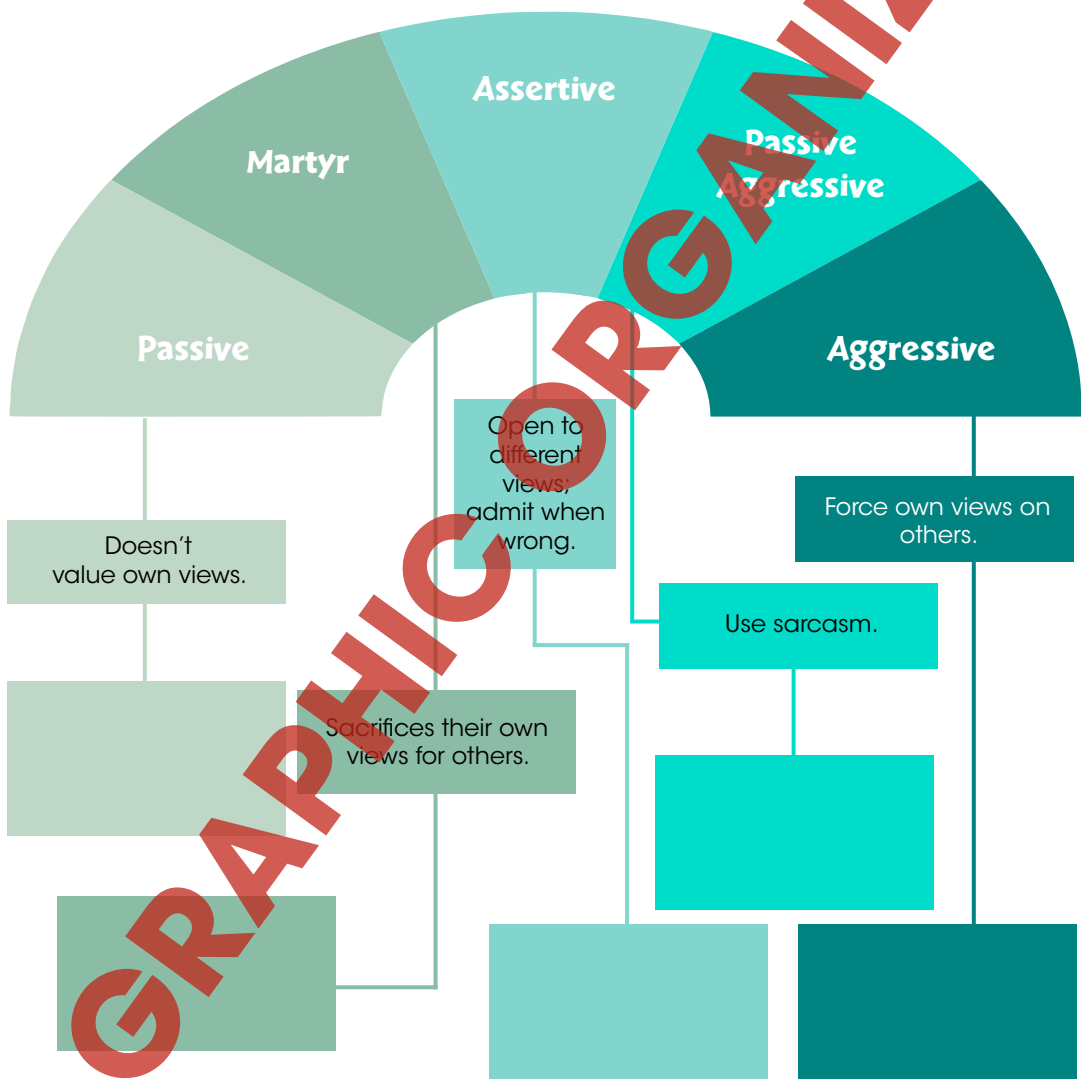
Making decisions can be hard. Sometimes you need to weigh your options. A graphic organizer can help lay out all the options. Write your goals at the top. Then, brainstorm possible solutions. For each solution, gather information. Identify the pros and cons for each solution. Review this information before coming up with a decision. List your final decision on the bottom.



Assertiveness & Equanimity



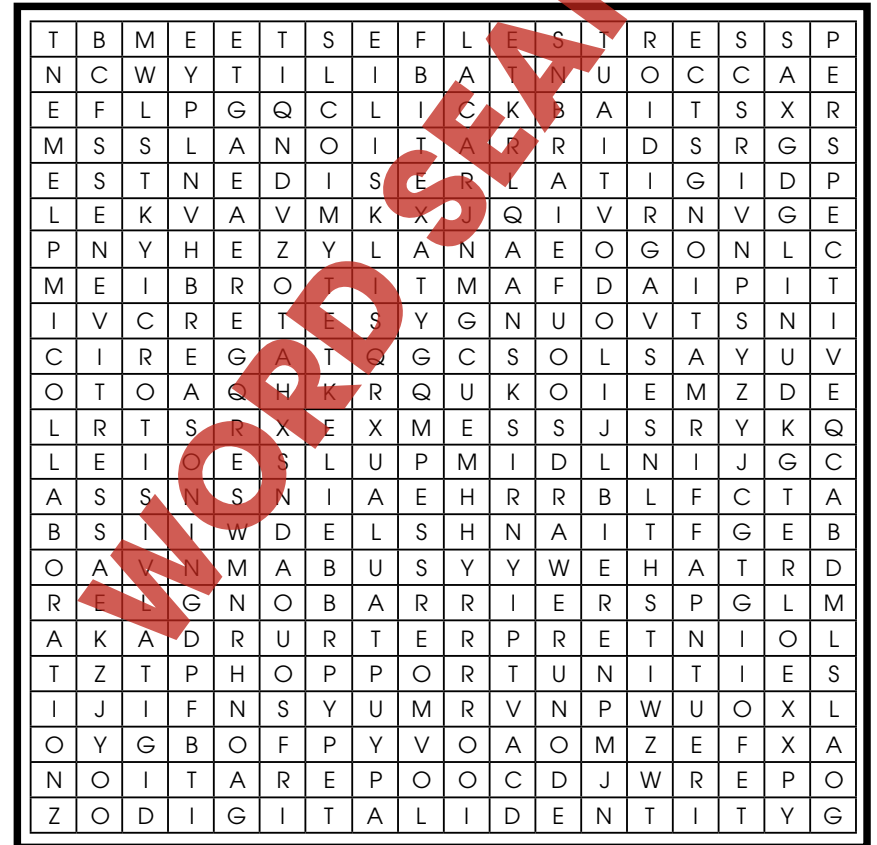
Assertiveness Scale



Word Search

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

- | | | | |
|----------------|------------------|--------------------|-----------------|
| accountability | compromise | goals | perspective |
| affirmation | cooperation | implement | problem solving |
| analyze | coping | impulse | reasoning |
| assertiveness | decision-making | interpret | rewards |
| barriers | digital identity | irrational | risks |
| clickbait | digital resident | opportunities | self-esteem |
| collaboration | digital visitor | passive aggressive | stress |



Comprehension Quiz

Part A

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

- TRUE FALSE** a) When two people collaborate on something, one person is helping the other achieve their goal.
- TRUE FALSE** b) It's better to never take any risks.
- TRUE FALSE** c) Exercise is a great way to help cope with stress or anxiety.
- TRUE FALSE** d) A collaborator is someone who can lead.
- TRUE FALSE** e) Rational decision-making uses intuition.
- TRUE FALSE** f) Task-based coping is when you talk out something in your life that causes stress.

Part B

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

- a) What is NOT a form of successful collaboration?
- A Looking for solutions.
 - B Owning mistakes.
 - C Listening to others.
 - D Taking credit of others' work.
- b) What will a good problem solver NOT have?
- A Emotional intelligence.
 - B Lack of emotional control.
 - C Creative mindset.
 - D Risk management.

Stages of Meditation



1. Sit still and cross legs.
2. Breathe in and out slowly. Count to five as you inhale. Count to five as you exhale.
3. Close your eyes. Focus your attention on your breath.
4. Check in with your body. Reflect on anything you might be feeling. Start from the bottom up. Breathe into any part of your body that feels tense.
5. Clear your mind. Think of one thing, like a fire or waterfall. Focus on your breath.
6. Do this for 5-10 minutes. Open your eyes when you're ready to finish the practice.



Risk vs. Reward

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

a) What is the first step in balancing the relationship of risk and reward?

- A Level of risk.
- B Level of reward.
- C Level of stress.
- D Level of opportunity.

b) What is the second step in balancing the relationship of risk and reward?

- A Level of risk.
- B Level of reward.
- C Level of stress.
- D Level of opportunity.



2. Match the level of risk-taking to the scenario.

- 1
- 2
- 3

- A Breaking a promise to a friend.
- B Using your friends' collected campsite rental money on a bet at the casino.
- C Ordering pineapple on a pizza for a group of friends.

1.

a) A

b) C

2.

1 C

2 A

3 B

22

1.

Samuel is using irrational decision-making. He could be rational by doing research to find the best TV.

2.

Hana is using rational decision-making. She could be irrational by yelling at her co-worker, or stealing her co-worker's lunch.

3.

a) irrational

b) reasoning

c) intuition

d) goals

e) rational

f) barriers

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A good decision-maker has the following skills: Active Listener, Critical Thinker, Flexible, Investigates, Leadership, Strategy, and Time Management. A good problem-solver has the following skills: Creativity, Emotional Intelligence, Research, and Risk Management.

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The goal to Tao's problem is to eat something. The barrier to his problem is that there's no food in the house. The solution is for Tao to go to the grocery store or order from a food delivery service.

27

Answers will vary, but should include the student's description of a problem they experienced, how they used both rational and irrational decision-making, and what the solution was.

29

1.

Answers will vary, but may include:



a) Goals: To pass the exam. Barriers: Not enough time to study. Solutions: Review the entire unit, and focus on the areas she needs help on.

b) Goals: To finish styling all the hair before the ceremony. Barriers: Too many people in a short amount of time. Solutions: Ask a colleague to help, or designate no more than 30 minutes for the bride, and 20 minutes for each bridesmaid.

c) Goals: To go on the class trip. Barriers: Doesn't have enough money. Solutions: Ask to borrow the money from a parent or friend.

d) Goals: For his puppy to stop having accidents in the house. Barriers: His puppy doesn't listen to his commands. Solutions: Take the puppy to training school.

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NAME: _____



Assertiveness & Equanimity

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Passive

Aggressive

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confident passive pushover empathy self-esteem meditation

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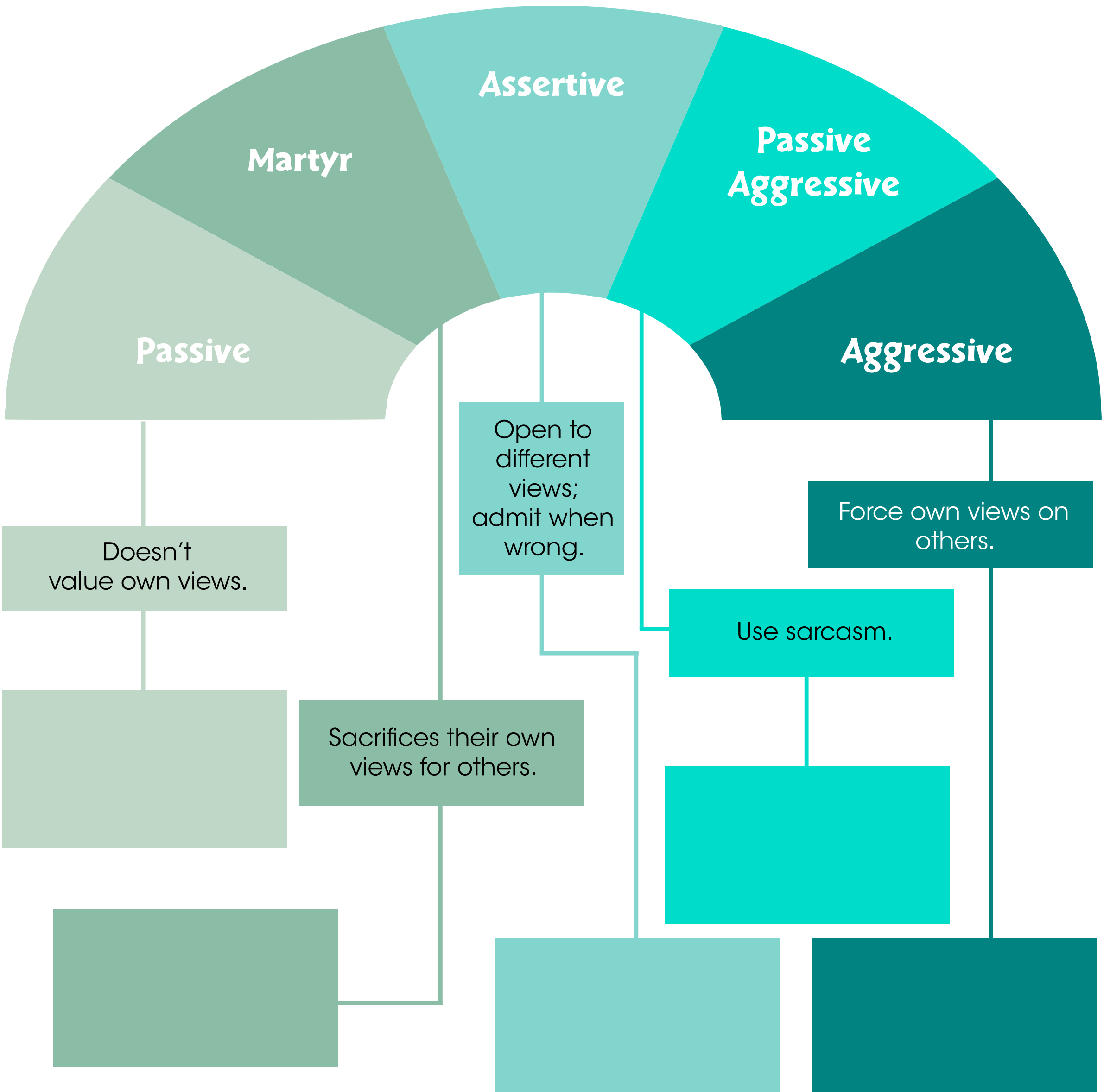




Assertiveness & Equanimity



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