



TEACHER GUIDE

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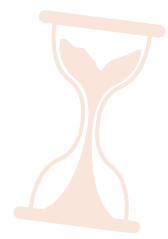
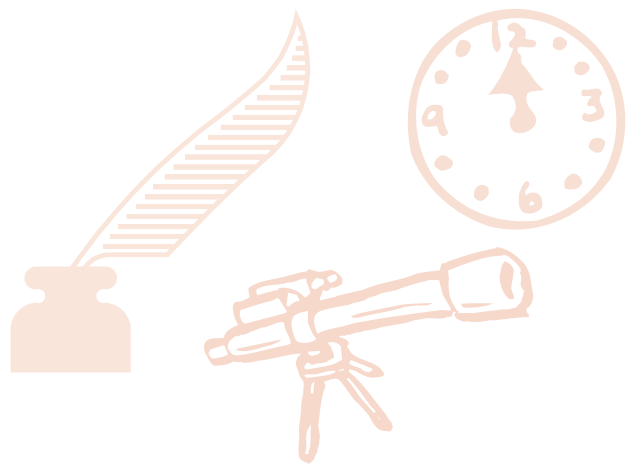
STUDENT HANDOUTS

Applying Life Skills - Your Personal Development

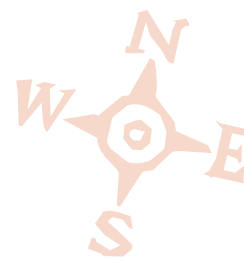
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FREE!

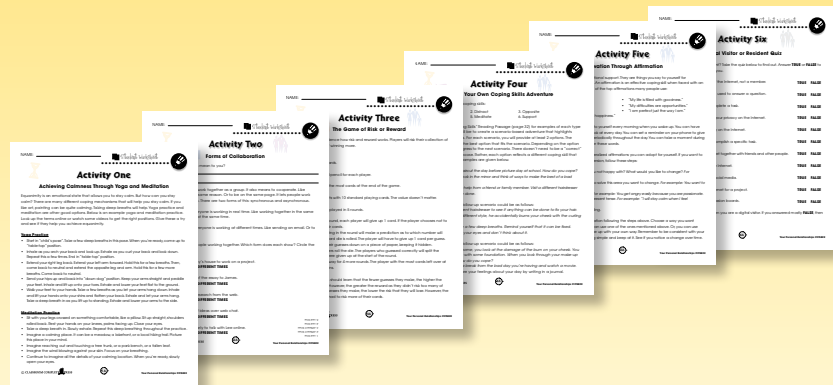
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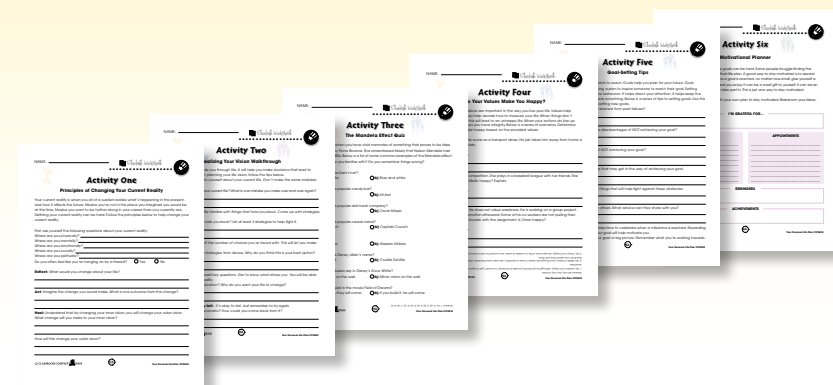
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Understanding Social Situations

1. Ibrahim is visiting a friend out of town. His friend has a roommate, named Grace. Ibrahim introduces himself. Grace rolls her eyes and walks away. What can Ibrahim learn from this social situation?



2. Bethsheba is giving a presentation to her class. At the end, she asks if anyone has any questions. Andreas raises his hand. He starts to ask Bethsheba a question. Allison interrupts with her own question. What should Allison have done?

3. Write each term beside its meaning.

empathy cognitive emotional compassionate social cues

- a) Understanding through thought and experience.
- b) Able to read other people and react to them.
- c) Share the feelings of others.
- d) Caring about others. Being kind.
- e) Feeling different things, like sadness or happiness.



Self-Awareness

There are many ways to help support self-awareness. Here are the top 7 tips on how to do this:

Curiosity	Be curious about yourself.
Lower Your Guard	See yourself in a less than positive light.
Reflection	Look in a mirror. Understand how your emotions are shown on your face.
Journaling	Write down events that happened to you. How do these things make you feel? For negative feelings, find what triggered them. Same for positive feelings.
Put Down the Device	Replace screen time with exchanges with people.
Other Perspectives	Find out how others see you. Don't just assume. Get it from the source.
Check-in With Yourself	Take the time for self-reflection . How are you feeling at a specific moment?

Indexical self-awareness:
How you see yourself within a certain situation.

Detached self-awareness:
How you see yourself without any background.

Social self-awareness:
Know your own emotions and those of others.

Self-consciousness happens when you become too self-aware. You become **nervous** and believe people are judging you. For example, if you are self-conscious about your nose, you might think that's what people see when they look at you. In truth, they might not notice it at all. This sort of hyper-awareness can lead to a **social anxiety disorder**. It's important to have self-awareness, but you don't want to go too far.

Sort the following scenarios as examples of indexical, detached, or social self-awareness.

- | | | | |
|---|---|-----------|---|
| 1 | Zuri sees someone is upset and decides to comfort them. | indexical | A |
| 2 | Gavin thinks he's a hero for scoring the winning goal. | detached | B |
| 3 | Ji-ah imagines how others would react to her actions. | social | C |



Collaboration

1. Three scenarios are given. Identify each as an example of **collaboration, cooperation or compromise**. When you're done, write your own example where you collaborated, cooperated, or compromised in your own life.

- a) Ola and Ian are working on an art project together. Ola really wants to do pottery. Ian does not. Ian really wants to do a painting. Ola does not. They are both good at photography. They decide to do a multi-media presentation using photographs.

Circle one: collaboration cooperation compromise

- b) Christos and Gho want to transform an empty lot into a community garden. They start by cleaning up the debris. Then they brainstorm how they want the garden to look. They decide on the best layout. They separate all the tasks in half. Within a month their community garden is finished.

Circle one: collaboration cooperation compromise

- c) Ha-eun and Femi are working together to build a house. Femi holds the boards in place while Ha-eun nails them together. Femi hands bricks to Ha-eun so she can place them properly. Femi mixes the paint so Ha-eun can apply it to the walls. Femi helps Ha-eun move in furniture.

Circle one: collaboration cooperation compromise



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

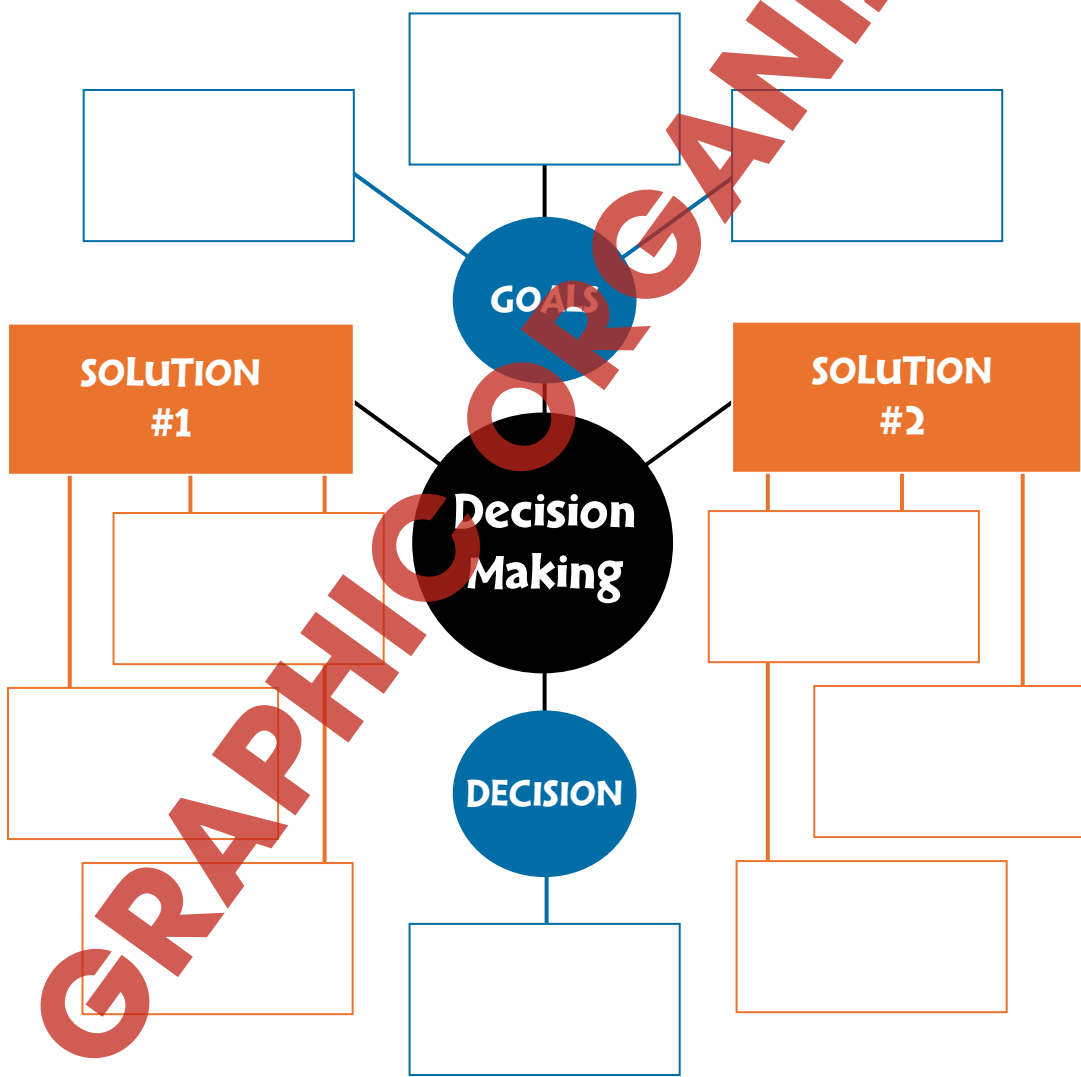
4. Use the graphic organizer on page 76 to help make good decisions.

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.



Decision-Making & Problem Solving

Decision-Making Mind Map



Crossword Puzzle!

Across

2. Keeping things secret.
3. To be counted on. Dependable.
7. Being sure of yourself.
9. To think deeply on something.
11. An emotional state that allows you to stay calm.
12. Your gut feeling.
14. A collection of different things.
15. Feeling panicked over something.

Down

1. Something is even or equal to another.
4. Finishing something quickly and well.
5. Understanding the feelings of others.
6. Downsides to something.
8. A plan of action.
10. Using logic and reasoning.
13. The reason behind someone's actions.

Word List

anxiety
balance
confident
consequences
diversity
efficient
empathy
equanimity
intuition
meditate
motive
privacy
rational
reliable
strategy



Comprehension Quiz

Part C

Answer each question in full sentences.

1. Wang Fang is working in a group. She stares at her phone when a group member is talking. She tells her group members which tasks to complete. She is constantly frowning and sharing negative comments. What traits show that Wang Fang is aggressive? How can she change this? 4

2. Rafael is trying to decide whether he should apply for a promotion at work. He hasn't been with the company for very long. However, he wants to move up. He's worried he will be rejected. Should Rafael take the risk? Explain why or why not. 4

3. Noa has a test coming up. She is worried. She is eating a lot more and sleeping less. She has a hard time paying attention when studying. She is suffering from headaches and stomach pain. Is Noa suffering from stress or anxiety? What are some tips to help Noa? 4

4. Carson likes to use social media. He shares his daily routines. He posts pictures of himself on adventures. He shares where he lives and what schools he went to. Is Carson a digital visitor or resident? Explain why. What tips would you share with Carson to make sure he's being safe online? 4



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.

- a) cognitive
- b) social cues
- c) empathy
- d) compassionate
- e) emotional

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1.
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
2.
Answers will vary. Students should make a list of their partner's views, opinions and emotions that were shared during their conversation.

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

19

- 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: _____



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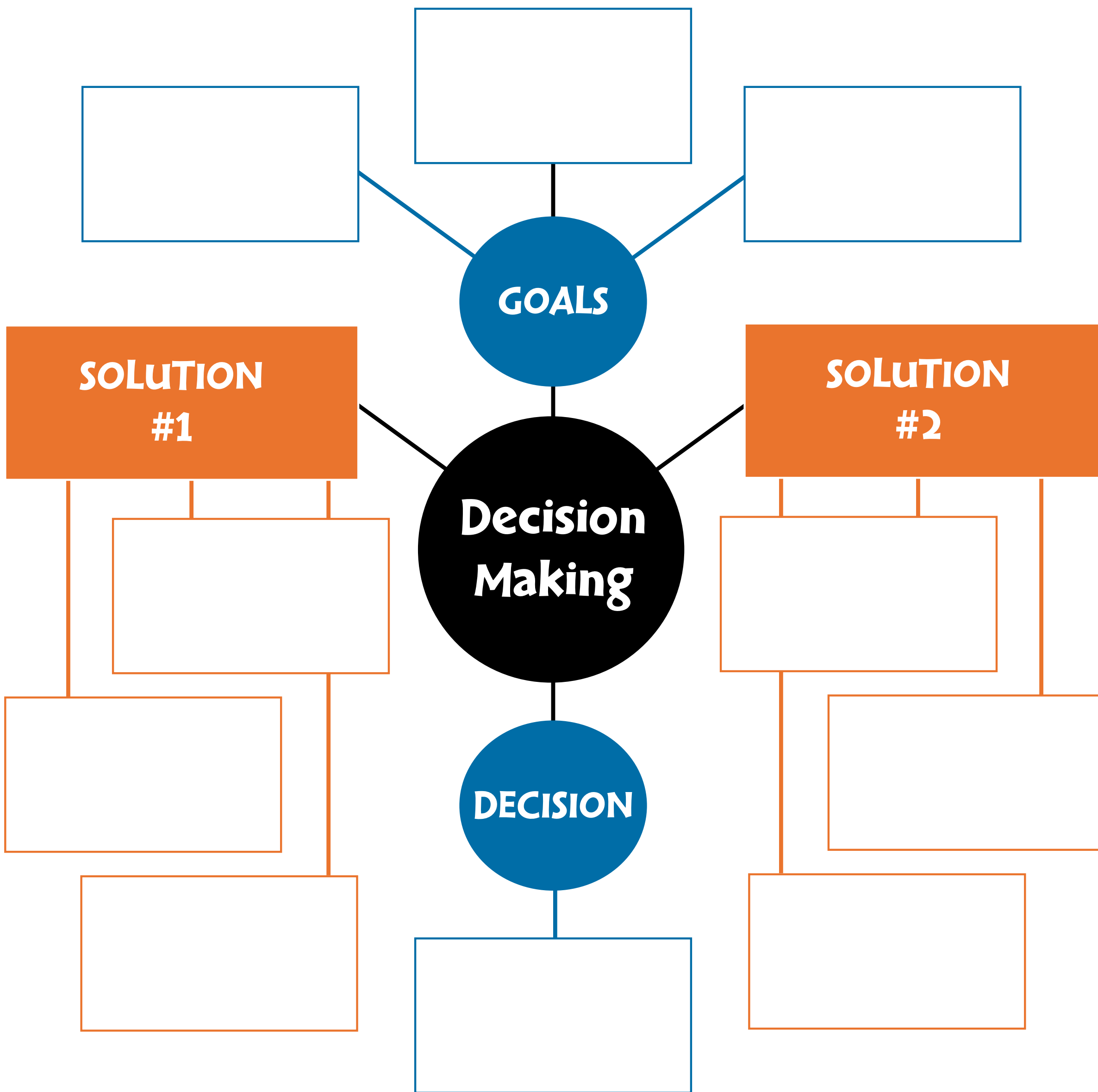
- indexical **A**
- detached **B**
- social **C**



Decision-Making & Problem Solving



Decision-Making Mind Map



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Confusion**



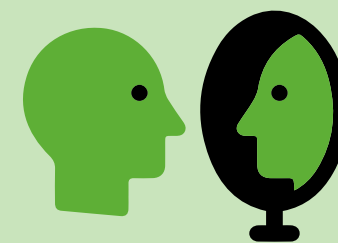
You have no self-awareness. You don't understand that a mirror reflects.
Example: getting scared of your own reflection for a second.

**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.



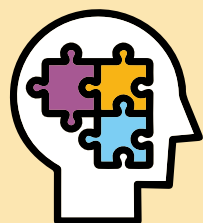
**Level 3:
Identification**

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.

