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TEACHER GUIDE

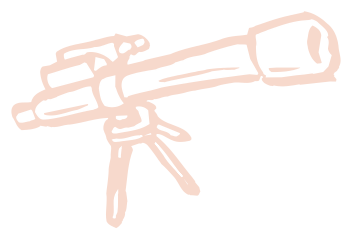
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STUDENT HANDOUTS

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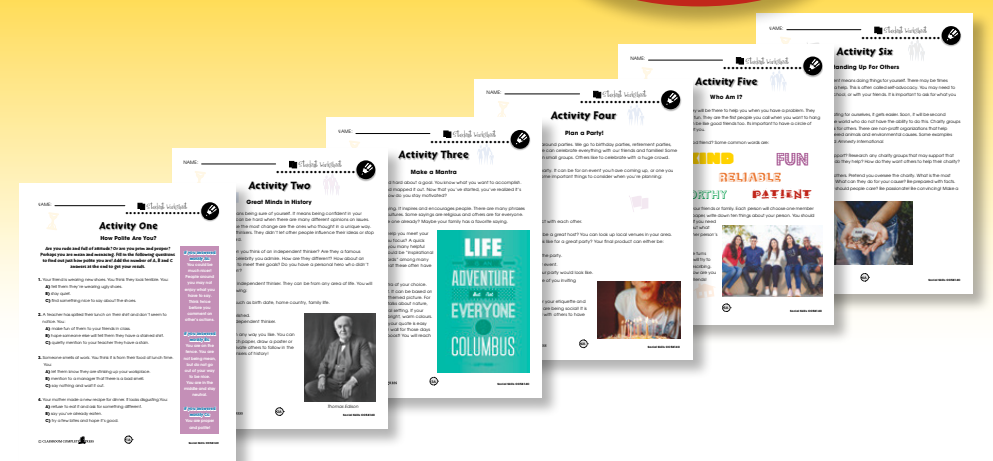
EASY MARKING™ ANSWER KEY 21

MINI POSTERS 23

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Self-Reliance

1. Caleb's mother always books his dentist appointments. Now that he lives alone, Caleb wants his mother to keep booking them. Is Caleb being independent?



2. All of Emika's friends are going to the movies. When they get there, her friends want to sneak in without paying. Emika doesn't want to. Should she go along with the group?

3. Fill in the blank with a word from the list.

independent opinions reflection neutral accomplish

- a) Staying _____ when two friends are arguing is a good choice.
- b) I wrote a _____ paper on the novel for class.
- c) She was very _____ after she graduated high school.
- d) Their _____ were written in the school newspaper.
- e) It's easy to _____ a goal when you have a plan.



Self-Reliance



Being **independent** is more than just taking care of yourself. As you get older, you will become more independent. You will have more **responsibilities**. You may find yourself making more choices and thinking for yourself. How can you know what you need to do? It is important to think for yourself. You will need to decide what you think, and what you are going to do about it.

It can be easy to do what others are doing. If you have a good friend group, it will be easy to follow them. They will like doing what you do. They will act in a way that you like. However, sometimes you may not agree with the people around you. What should you do then? You will need to be an independent thinker.

How to be an Independent Thinker:

Don't be afraid to go against others if you're doing what you think is right.

Knowing how you feel in a situation takes a lot of **self-reflection**. Identifying your emotions and **opinions** can help make a solution clearer. For example, if you know scary movies terrify you, it would be easy to suggest a different movie. If you absolutely hate spinach, you would avoid it when ordering a meal at a restaurant. While trying new things can be fun, knowing what you enjoy can make things easier.

Having **confidence** and independence is a great life skill. It can make your friendships and relationships stronger. Keep in mind that you should still be friendly and kind when telling others what you want. Be wary of being too bossy or aggressive. A happy medium will keep everyone happy!

Below are some statements. Some of them show an independent thinker. Some do not. Which of these statements are examples of an independent thinker? Circle YES or NO.

- YES NO** a) Eating something that always makes you feel sick because your friends like it.
- YES NO** b) Staying home to do homework instead of hanging out with friends.
- YES NO** c) Not wearing a shirt because someone made fun of it.
- YES NO** d) Going alone to board game night because you really love chess.



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.

Self-Reliance



3. Zoe is excited to hang out with her new friend, Tamar. They met at an exercise class. After a few times of meeting up, Zoe notices Tamar putting a magazine in her purse at the store. She hoped Tamar would pay for the magazine on her way out, but Tamar didn't. Zoe stayed quiet. The next time they were out, Tamar took a chocolate bar without paying. Zoe doesn't want Tamar to get caught. She doesn't want to get in trouble either. She's worried Tamar won't want to spend time with her if she says something. They are new friends, and Zoe doesn't want any problems. What should she do?

Graphic Organizer

4. Use the graphic organizer on page 12 to create a list of workplace rules.

Being your own person can be challenging. It can be hard to decide on things when your friends may think differently than you do. You are the only person responsible for you. You can only control your own actions. How do you want to conduct yourself? What do you value in your daily routine?

Pretend you are a boss of a company. What rules would you want your "company" to follow? Do employees have to arrive on time every day? Do they have to say "good morning" to their co-workers? Think of at least five rules you want to live by. They can be based in your religion or culture. They can be things you hope to do in the future. For example, maybe you want to arrive five minutes early for work shifts. Complete the list in the graphic organizer. Post it in a place you will see every day. It will remind you that you're the boss!



Collaboration Choir

An important life skill is the ability to collaborate well with others. It isn't always easy to work in a group. You may not like everyone that you're paired with. Other times, working with close friends can be tricky. We don't want to upset them if we disagree. How a group gets along is often referred to as **group dynamic**. No matter who you are working with, you are the only person whose actions you can control.

The first part of this task is to find a group of peers to work with. Have your group be randomly assigned. You can do this by drawing numbers, dividing a card deck to pull similar suits, or pulling straws. Try to avoid working with your friends. Picking a variety of people will be the best way to see how well you can collaborate.

Your group will be responsible for creating an original song. The focus of the song should be collaboration and good group work. It should be at least 1 minute long. The song should include verses and a chorus. If you want to be more creative, make your own instruments to play along with your lyrics. Lyrics should be written down so your whole group can sing along!

After the song is created, reflect on how you worked with the group. Some questions to consider:

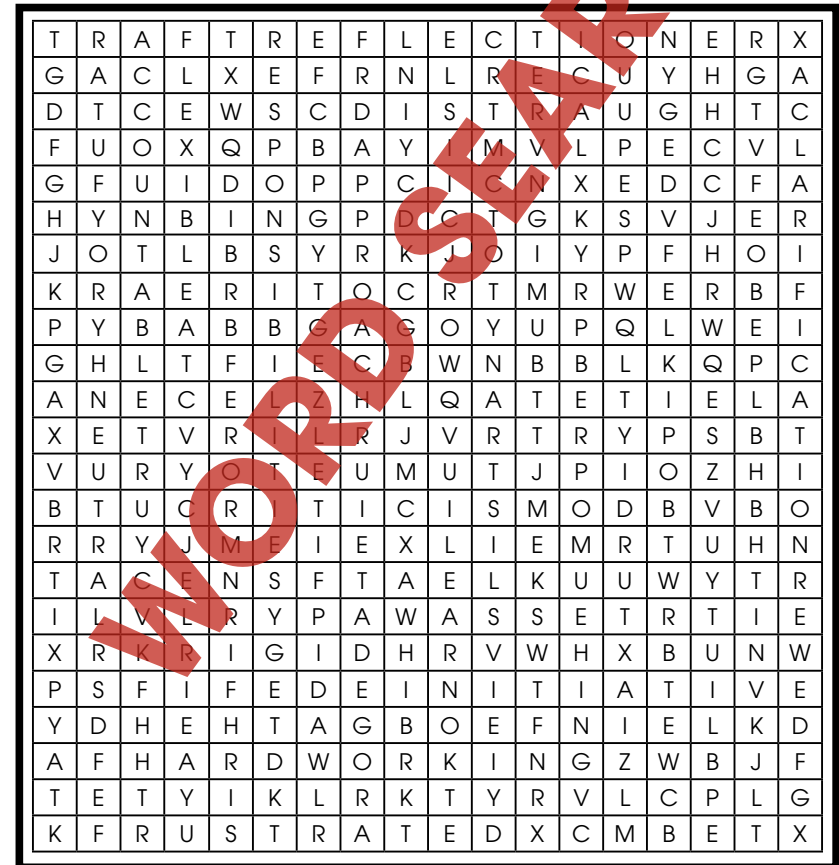
- Did I get along with all of my group members?
- What worked well in our group?
- What didn't work well in our group?
- What were my responsibilities in the group?
- How can I have a more positive group experience next time?



Word Search

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

- | | | | |
|-------------|---------------|-------------|------------------|
| accomplish | clarification | flexible | neutral |
| accountable | contribute | frustrated | reflection |
| approach | criticism | hardworking | responsibilities |
| asset | distraught | initiative | rigid |



Comprehension Quiz

Part C

Answer each question in full sentences.

- Why is taking responsibility for your actions important? 3

- What can you do to make a difficult conversation easier? 2

- If you are irresponsible with money, what could happen? 3

- How can you show responsibility at work? 2

Code of Conduct at Work





Self-Reliance



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

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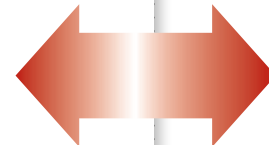
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1.

- b) Paying your cell phone bill.
- c) House sitting for a friend.
- f) Exercising daily.

2.

a) C

b) C

c) B

10



EASY MARKING ANSWER KEY



Self-Reliance



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Code of Conduct at Work



COMPANY POLICY

- ✓ **All employees must wear a uniform that reflects the professional image of the company.**

- ✓ **Employees can eat their meals in the breakroom or they may leave the premises to take lunch on an offsite location.**

- ✓ **Employees should arrive 15 minutes prior to their shift starting.**

- ✓ **Employees must clock in by the start of their assigned shift. Employees must clock out at the end of their assigned shift.**

Signed and dated by management July 31st.