



# Contents



## TEACHER GUIDE

- Assessment Rubric ..... 4
- How Is Our Resource Organized? ..... 5
- Bloom’s Taxonomy for Reading Comprehension ..... 6
- Vocabulary ..... 6



## STUDENT HANDOUTS

### READING COMPREHENSION

- *Active Listening Skills* ..... 7
- *Understanding Social Situations* ..... 7
- *Self-Advocacy* .....
- *Adaptability* .....
- *Self-Awareness* .....
- *Emotional Intelligence* .....
- Hands-on Activities ..... 13
- Crossword ..... 17
- Word Search ..... 18
- Comprehension Quiz ..... 19



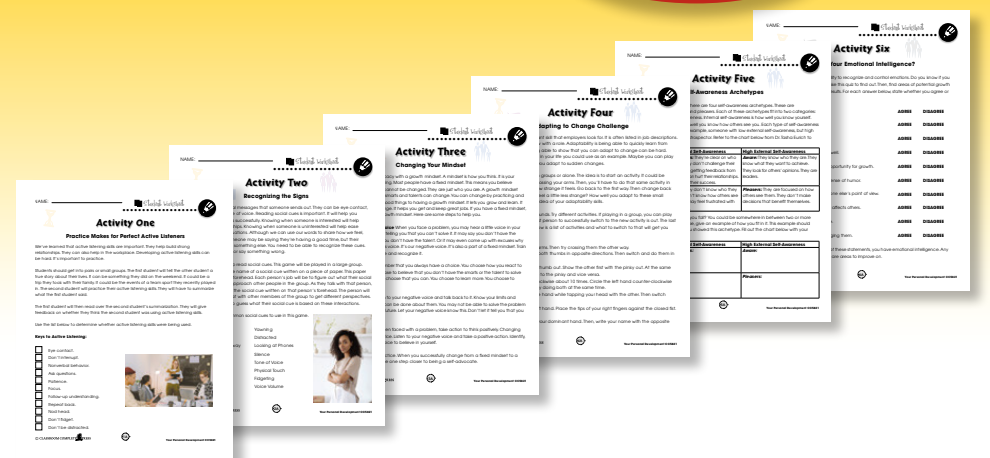
## EASY MARKING™ ANSWER KEY ..... 21

## MINI POSTERS ..... 23

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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.



## 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 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:

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

<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.



## Understanding Social Situations

1. Circle the word **VERBAL** if the scenario is an example of verbal communication. Circle the word **NONVERBAL** if it is an example of nonverbal communication.

- a) Zixuan is telling a story to a group of people. Suddenly they all laugh.  
VERBAL                      NONVERBAL
- b) Alea is smiling while her friend Ema is talking. Suddenly, Alea is frowning.  
VERBAL                      NONVERBAL
- c) Catalina is listening to her friend's speech with her arms crossed.  
VERBAL                      NONVERBAL
- d) Daniel is texting a message to his friend. He wants to meet up at the movies. He ends his message with the winking face emoticon.  
VERBAL                      NONVERBAL

2. Fill in each blank with the correct word from the reading.

\_\_\_\_\_ are times when you find yourself in a place with others. You may have to \_\_\_\_\_ with these people. The idea is to have a good \_\_\_\_\_. You may be working in a group on a class project. In this situation, it's important that everyone feels like their \_\_\_\_\_ is heard. You don't want to \_\_\_\_\_ anyone. It's common for people to \_\_\_\_\_ others. When this happens, stay calm. Don't become \_\_\_\_\_ or show your anger.



## Understanding Social Situations

3. Some people have empathy naturally. However, there are ways to learn it. It just takes practice. The key is to really pay attention to others. Then, see their reactions in yourself.
- Pay attention to their view. Can you relate? Can you put yourself in their shoes?
  - Are they showing an emotion? Can you name it? Remember how you feel with that emotion.
  - Don't judge. You may not agree, but that doesn't mean they are wrong.

Get into pairs or groups of three. Practice these steps while having a conversation. Write down the other person's views, opinions and emotions. Compare these lists. Did you read your partner correctly? If yes, you have empathy. If no, keep practicing!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Graphic Organizer

4. Use the quiz on page 12 to see how well you can read social cues.

As you've learned, social cues are the combination of reading other people's expressions, body language, tone of voice, and personal space. You can read these by knowing when to leave a conversation, when they're interested, when to change the subject, when they want to speak, when they're joking, when they're awkward, and when they're angry. It's important to focus on the eyes and mouth.

The quiz gives several scenarios. For each one, choose the best option. Then, use the provided answer key at the end of this resource to check how many you got right. Follow the chart to see if you can read social cues.

6-8 answers right	You can read social cues.
4-5 answers right	There's room to improve.
1-3 answers right	You need more practice.



# With Every Challenge Comes Opportunities

Being able to adapt well to changes is an important life skill. Changes happen throughout our lives. They can be small, like a new haircut. Or they can be big, like moving to a new city. Changes bring challenges. And challenges bring opportunities. How you react to these challenges will set you apart from others. Below is a list of challenges you may experience. Next to each challenge, come up with an opportunity that may come out of it. In the empty spaces, list some challenges you've personally experienced. Then, list the opportunities that came from them.

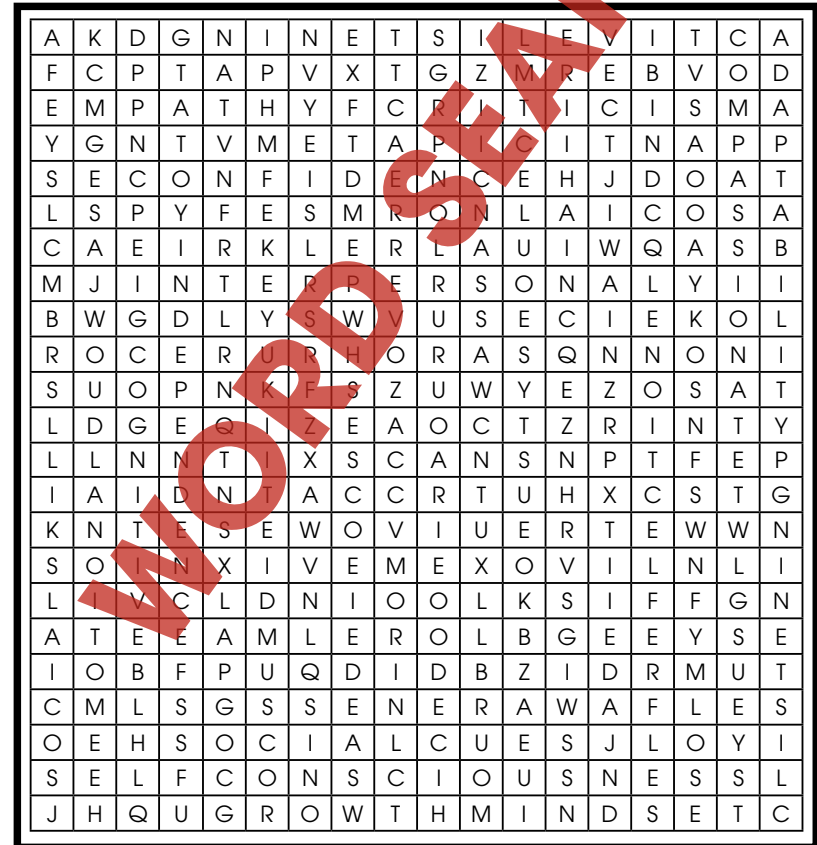
CHALLENGE	OPPORTUNITY
A snowstorm is scheduled on the day you plan to travel.	
You're scheduled to work on a day you have plans.	
Your power goes out.	
You missed your flight.	
It's raining and you forgot your umbrella at home.	



# 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 C

Answer each question in full sentences.

- How does understanding someone's point of view help make relationships strong? 4
- What are the 3 types of empathy? How are they different? 3
- What are some traits that show adaptability in the workplace? Why are they important? 4
- Why is self-awareness important? 3

# Nonverbal Communication Cues

FACIAL EXPRESSIONS		Happy	GESTURES		Agree	
		Sad			Disagree	
		Neutral			Peace	
		Angry			Stop	
		Surprised			Hello	
		Embarrassed			Nice to Meet You	
		Thinking		BODY LANGUAGE		Uncomfortable
		Confused				Dominant
		Scared				Focused
		Annoyed				Anxious
	Frustrated		Impatient			
	Excited		Nervous			



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become \_\_\_\_\_ or show your anger.

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



# EASY MARKING ANSWER KEY



# Understanding Social Situations

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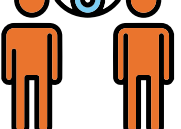



## FACIAL EXPRESSIONS

	Happy
	Sad
	Neutral
	Angry
	Surprised
	Embarrassed
	Thinking
	Confused
	Scared
	Annoyed
	Frustrated
	Excited

## GESTURES

	Agree
	Disagree
	Peace
	Stop
	Hello
	Nice to Meet You

## BODY LANGUAGE

	Uncomfortable
	Dominant
	Focused
	Anxious
	Impatient
	Nervous