

Drag and Drop

Finish each sentence with a word from the list. Drag and drop the words in the boxes.

feedback

judgment

observing

- a) Eric was worried about his grandma's _____.
- b) The astronomer was _____ the stars.
- c) Akber was waiting on his teacher's _____.

/3

Reading Passage

Active listening is listening, observing and providing feedback. In other words, you are giving the speaker your full attention. You are taking in what they are saying. Then, you are giving them helpful feedback on what they have just said. There are three key areas of active listening. These will help you become a better listener.

1. Paying Attention	You are not distracted. Don't interrupt. Look the speaker in the eyes. You are showing that you're listening. The speaker feels important. You understand what is being said. You understand the speaker's point of view.
2. Providing Feedback	Be positive. Be specific. Describe how you feel about what was said. Ask questions.

Comprehension Questions

Read the scenario below. Are they examples of good active listening? Explain why or why not for each. Type your answer in the box below.

- 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.

/2

Marking Rubric

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Total Score = /26

Drag and Drop

Match the term to its meaning. Drag and drop the words into the boxes.

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.

/5

Reading Passage

There are 3 types of empathy:

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

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

Comprehension Questions

Put the following social cues into their 4 categories. Drag and drop the words into the boxes.

eye contact	angry tone	smiling	crossed arms
proximity	facing away	voice volume	posture
yawning	frowning	physical touch	

/11

Expressions	Body Language	Tone of Voice	Personal Space

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Total Score = /50

Matching

📖 Match the word on the left with its meaning on the right. Type the number of the word next to its meaning.

- | | | | |
|---|---------------|--------------------------------|--|
| 1 | self-advocacy | Don't hold back. | |
| 2 | independence | Speak up for yourself. | |
| 3 | assertive | Able to take care of yourself. | |

□ /3

Reading Passage

📖 Don't be afraid to ask questions. Especially when it is about your life. If something isn't clear, just ask. Being clear on things shows that you're self-aware. You want to be involved in the decision process.

Strategies for self-advocacy:
communicate, convey, negotiate, assert own needs and rights.

How to learn self-advocacy. Become aware of your own strengths and challenges. Knowing yourself will allow you to know your limits. This leads to self-awareness. You will learn more about this in a later Chapter. Having a growth mindset will help with self-advocacy. A growth mindset means you believe anything can be learned. Skills can grow over time with hard work. A self-advocate isn't afraid to learn and grow.

True or False

📖 Are the following statements TRUE or FALSE?
Use the circles to answer.

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

□ /4

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Total Score = □ /44

Drag and Drop

Match the term to its meaning. Drag and drop the words into the boxes.

interpersonal	collaborative	resourcefulness
criticism	anticipate	

- a) What does it mean when you welcome others' ideas?
- b) What does it mean when you use creativity to solve a problem?
- c) What does it mean when you expect something to happen?
- d) What does it mean when someone doesn't like what you're doing?
- e) What does it mean when you get along well with others?

/5

Reading Passage

Adaptability is important. We see it in nature. For example, trees have adapted to lose their leaves in the winter. This is so that their branches are not heavy when snow and ice comes. This allows them to survive. With people, being able to adapt to changes means survival as well. We adapt to the weather changing by also changing our clothes. We adapt in the workplace by taking over a shift of a colleague who needs a day off.

How to show adaptability:

- Take on new responsibilities.
- Suggest how to make things better.
 - Ask for explanations.
- Stay positive in the face of changes.
 - Take risks.
 - Learn from mistakes.

Matching

Match the word on the left with its meaning on the right. Type the number of the word next to its meaning.

1 Collaborative	You listen to others. You give clear instructions. Others understand you.	<input type="text"/>
2 Strategic Thinking	You get along well with others.	<input type="text"/>
3 Communication	You use imagination and creativity to solve problems.	<input type="text"/>
4 Resourcefulness	You anticipate things. You use logic to make decisions.	<input type="text"/>
5 Interpersonal	You welcome others' ideas.	<input type="text"/>

/5

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Total Score = /33

Short-Answer Question

Carla is out with friends. The group is laughing and having a good time. Suddenly, Carla feels angry. She screams out in frustration. When asked what's wrong, Carla is not able to answer.

Is Carla self-aware?

Yes No

Why or why not? Type your answer in the box below.

/3

Reading Passage

Self-awareness means to know yourself. This includes your traits, behaviors and feelings.

Self-awareness answers the questions: why you feel what you feel, and why you behave in a particular way. Researchers estimate that we become self-aware at 18 months of age. This is when we look in the mirror and recognize ourselves staring back. However, there's more to self-awareness than just recognizing yourself in the mirror.

Why is self-awareness important? It gives you **confidence** and creativity. It allows you to make better decisions. It helps you build stronger relationships. It allows you to communicate better.

Matching

Sort the following scenarios as examples of indexical, detached, or social self-awareness. Match the scenario on the left with its type of self-awareness on the right. Type the number of the scenario next to its type.

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

/3

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Drag and Drop

Finish each sentence with a word from the list. Drag and drop the words in the boxes.

overreact

relate

judge

- a) Try not to _____ others for their mistakes.
- b) Don't _____ when you do something wrong.
- c) It can be hard to _____ to others.

/3

Reading Passage

The second area of emotional intelligence is **self-regulation**. This means you can keep control of your emotions. You don't **overreact** to things. You tend to think before you act. You handle change very well. Someone who can self-regulate will see failures as a learning opportunity. One way to improve self-regulation is with deep breathing exercises. Try counting to 10 before you respond. Practice calming yourself down when your emotions are high.

Comprehension Questions

The fifth area of emotional intelligence is **social skills**. Having social skills means you can work well with others. The key to having social skills is **active listening**. This means you give the speaker your full attention. One way to improve social skills is by trying new things. Meet new people. Practice active listening.

Emotional intelligence can help in many settings. On this slide and the next slide are three different settings. Explain how emotional intelligence can help someone succeed in each.

1. Children on the playground.

/1

Marking Rubric

Name:

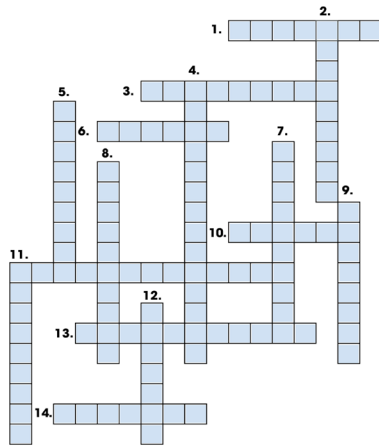
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Total Score = /30

Crossword

Word List

- anxiety
- assertive
- collaborative
- confident
- empathy
- feedback
- humble
- motivation
- nervous
- nonverbal
- observing
- point of view
- relate
- resilience
- self-regulation

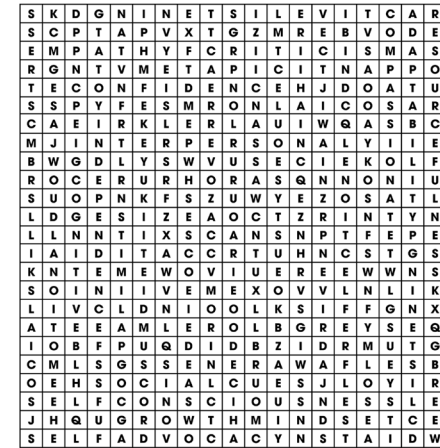


/15

Word Search

Drag the red circles over top of the words you find in the word search.

/25



Comprehension Quiz

Comprehension Quiz

Are the following statements TRUE or FALSE?

- When someone interrupts you, you should get angry.
TRUE FALSE
- Knowing yourself will allow you to know your limits and lead to self-awareness.
TRUE FALSE
- You can show adaptability by taking risks.
TRUE FALSE

/3

Comprehension Quiz

Answer the following questions. Drag the checkmark to the answer that is the most correct.

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

/2