In **Kindergarten**, during the **Growth Mindset** unit, students learn:

1. Watch, Listen, Learn
2. Why We Pay Attention
3. Mistakes are Okay!
4. Practice Makes Better

In **5th Grade**, during the **Emotion Management** unit, students learn:

1. What are Strong Emotions?
2. What is Stress?
3. Planning for Change
4. What Can I Change?
5. Making a Change

In **7th Grade,** during the **Managing Relationships and Social Conflict** unit, students learn:

1. What Makes Conflict Escalate?
2. Keeping Your Cool in Conflict
3. Conflicts and Perspectives
4. Resolving Conflict
5. Taking Responsibility for Your Actions

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