

Rise Up Lessons

August

Intro Lessons

September

K: Learning to Listen
1: Self Control
2: People I Can Talk To
3: Rules for Myself
4: Preventing Problems
5: Balancing Listening and Talking

October

K: Controlling Myself
1: Standing Up for Me
2: Major and Minor Problems
3: Assertiveness and Bullying
4: What is Bullying?
5: Conflict vs. Bullying

November

K: Understanding Other's Feelings
1: I Can Solve Problems
2: Controlling Emotions
3: Solving Conflict
4: Standing Up for Others
5: Tech Safety

December

Erin's Law Personal Body Safety

January

K: Why We Go to School
1: Setting Goals
2: Short Term Goals
3: Organizing and Prioritizing My Work
4: Long Term Goals
5: Character Helps Me Succeed

February

K: Using Kind Words and Manners
1: Showing My Feelings
2: What is Motivation
3: What I Can and Can't Control
4: How to Express Empathy
5: Empathy in Action

March

K: Working Together
1: Trying My Best
2: Including Others
3: Improving My School Work
4: Improving Myself
5: Results of Different Perspectives

April

K: When I Worry
1: Positive Mindset
2: When I Don't Get My Way
3: The Gift of Gratitude
4: Controlling My Thoughts
5: Being a Strong Team Leader