

MP4
2.2.4.A.1
2.2.4.A.2

Footprints *for life*

Lesson 1 Feelings/I Messages

Student Name _____

During Story 1, Coach Katrina Kangaroo taught her team how to express their feelings in a positive way by using "I Messages".

1. Tell about an "I Message" you gave this week.

2. Pretend you are mad at one of your friends. Write an "I Message" following this format: I feel _____ when _____ because _____.

3. Tell about a time when you could have used an "I Message" to help with a problem with your friends or family.

Parent/Guardian Signature: _____



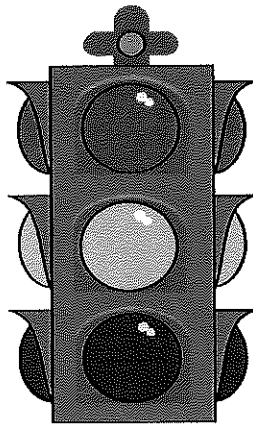
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Lesson 2 Conflict Resolution

Student Name _____

During the second story, Ricardo and Sarina learn to use the Solution Stoplight™ to work out their problem. Try to remember the important steps when you use this skill.



1. RED: Stop! Calm down and cool off.

2. YELLOW: Take your time! Think.
Talk.
Listen.

3. GREEN: Go! Choose the idea that works best for everyone!

1. List two ways you can calm down or cool off.

2. Tell about a conflict you had with a friend or brother/sister. How did you work it out? What type of solution was it: Win-Win? Win-Lose? Lose-Lose?

Parent/Guardian Signature: _____





Lesson 3 Making Decisions

Student Name _____

During story three, the members of the soccer team learned about making good and bad decisions. They learned that every decision they make has consequences.

1. What is the bad decision that Ricardo made? _____

2. What is peer pressure? _____

3. Describe a bad decision that you made. What were/should have been the consequences? _____

Parent/Guardian Signature: _____





Lesson 4
Nicotine and Other Drugs

Student Name _____

During story four, Coach Katrina Kangaroo teaches her team about cigarettes, other drugs, and their effects.

1. Why did Sarina smoke a cigarette?

2. List three consequences of smoking cigarettes.

1. _____
2. _____
3. _____

3. What did you learn about advertisements for cigarettes?

Parent/Guardian Signature: _____





Lesson 5 Coping Skills

Student Name _____

During story five, Betsy Beaver sprains her ankle and needs to learn how to cope with her feelings about not playing soccer. All of the players learn about choosing healthy coping skills to deal with disappointing feelings.

1. What is a coping skill? _____

2. List four healthy coping skills that you can try. _____

3. Pretend your best friend just moved away and you feel angry and sad.

What are some healthy coping skills you can do to help yourself feel better? _____

Parent/Guardian Signature: _____

