



Life Skills Elective Outline 2022-2023

Week #	Topic/Main Idea
1-10	<p>Resilience Discuss ways to cope through hardships and challenges. Work with students to help them grow academically, socially, and emotionally.</p> <p> A Guided Meditation for Getting Back into Meditation</p> <p> Anxiety-help-book-for-Teens.pdf</p> <p>https://www.instructables.com/How-to-Make-a-Stress-Ball/</p>
11-20	<p>Decision Making and Problem Solving Work with students on healthy ways to resolve conflict and help build self composure. This will help build self-esteem and self confidence.</p>
21-30	<p>Personal Skills Help students maintain a healthy lifestyle in body and mind. Teach strategies to set goals to realize and maximize their potential.</p>
31-40	<p>Communication and Interpersonal Skills Provide students with the skills and strategies to understand themselves and others better as they navigate the social world, foster relationships, and improve their performance at school, at home, and in the community.</p>