

## LESSON 1: My Strengths and My Team

*This lesson is where the student begins the course. Students are asked to identify and reflect on their team, support system, and relationship. It also asks them to reflect on their strengths and to consider how their strengths help them achieve goals and persevere through struggles. They also learn about their EmpowerU instructor.*

Essential Learnings	CASEL Competencies	National Health Education Standards
Students will learn the Gratitude calming tool.		2.2.1 Identify how the family influences personal health practices and behaviors.
Students will learn about and identify the people on their team and how their team can help them.	<b>Self-Awareness</b> <b>Self-Management</b> <b>Social Awareness</b>	3.2.1 Identify trusted adults and professionals who can help promote health.
Students will demonstrate an understanding of their personal strengths and how to use their strengths to meet goals.		3.2.2 Identify ways to locate school and community health helpers.
Students will see EmpowerU characters apply the concepts of their team and strengths in a digital story.		
Students will answer questions about themselves (their team, strengths, things they want to get better at, and more) in order to start the relationship building with their EmpowerU instructor.		5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

## LESSON 2: I Am in Charge of Making Change

*This lesson introduces the character Charge™, a lovable character representing our internal locus of control. Charge narrates many of the videos throughout EmpowerU. In this lesson, Charge explains that each of us has the power to take charge of our thoughts, emotions, and actions. The lesson also introduces Breathe and Check In, a calming tool that is mentioned regularly throughout the course as a quick, easy way to take charge. Taking charge can help us become better problem-solvers, especially in difficult moments when the only thing we can control is ourselves. Students will complete the Starting Point Assessment in this lesson and again at the end of the course. This will allow us to collect data on growth.*

Essential Learnings	CASEL Competencies	National Health Education Standards
Students will learn the Breath & Check In calming tool.		
Students will learn that each of us has the power to take charge of our thoughts and emotions.	<b>Self-Awareness</b> <b>Self-Management</b> <b>Social Awareness</b> <b>Relationship Skills</b> <b>Responsible Decision-Making</b>	5.2.1 Identify situations when a health-related decision is needed.
Students will know how to take charge and be a problem-solver when things are hard.		
Students will watch EmpowerU characters apply these concepts to themselves in a digital story.		
Students will complete the Starting Point Assessment. This will help their EmpowerU instructor get to know the student better and will help support data given to the school at the end of the course. This information is used in this lesson to help support the goal making process.		7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

### LESSON 3: Small Steps to Meet My Goals

*This lesson is about learning HOW to make effective personal change. It introduces the strategy of taking small steps to learn something new. Small steps can also help us try again when learning new things, which builds resilience and leads to lasting change. Students will reflect on times when they worked hard to improve or master a skill, and how they used small steps to ultimately reach their goal. This lesson also introduces the 5-4-3-2-1 calming tool.*

Essential Learnings	CASEL Competencies	National Health Standards
Students will learn and practice the 5-4-3-2-1 calming tool as a way to take charge.	<b>Self-Awareness</b> <b>Self-Management</b> <b>Social Awareness</b> <b>Responsible Decision-Making</b>	6.2.1 Identify a short-term personal health goal and take action toward achieving the goal.  7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
Students will recognize that taking charge is something that can help them take small steps to learn something new.		
Students will demonstrate an understanding of how small steps can help them try again when learning new things.		
Students will watch EmpowerU characters apply these concepts to themselves in a digital story.		

### LESSON 4: Giving Myself a Pep Talk With My Inner Coach

*This lesson is all about our Inner Coach! Our Inner Coach helps us focus on positive, helpful thoughts instead of negative, hurtful thoughts. It can give us pep talks when we need it, using words like “probably,” “maybe,” and “not yet.” This lesson also introduces the concept of an Inner Critic, or the voice in our brains that is often loud and says things that make us feel badly. In this lesson, students will learn how to use their Inner Coach to combat negative, hurtful Inner Critic thoughts. They will learn about the power of thoughts and how thoughts affect emotions. Then, they will practice using their Inner Coach to give themselves a pep talk.*

Essential Learnings	CASEL Competencies	National Health Education Standards
Students will learn the Self-Hug calming tool.	<b>Self-Awareness</b> <b>Self-Management</b> <b>Social Awareness</b> <b>Responsible Decision-Making</b>	5.2.1 Identify situations when a health-related decision is needed.  7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
Students will demonstrate an understanding of the power of thoughts and how they affect our emotions (Inner Coach vs. Inner Critic).		
Students will practice taking charge by using their Inner Coach to give themselves a pep talk.		
Students will understand how to listen to their Inner Coach by using words like “probably,” “maybe,” and “not yet.”		
Students will watch EmpowerU characters apply these concepts in their own lives through a digital story.		

## LESSON 5: Stopping ANTs (Automatic Negative Thoughts)

*This lesson introduces the concept of ANTs, or Automatic Negative Thoughts. These are thoughts that get stuck in our brain, and they are often untrue. In this lesson, families will learn about ANTs and how they make us feel. Then, they will learn how to notice their ANTs early and take charge. By using strategies like BACK, families will know how to take steps to get their Inner Coach back when ANTs take over.*

Essential Learnings	CASEL Competencies	National Health Education Standards
Students will learn the Palm Pushes calming tool.	<b>Self-Awareness</b> <b>Self-Management</b> <b>Social Awareness</b> <b>Relationship Skills</b> <b>Responsible Decision-Making</b>	5.2.1 Identify situations when a health-related decision is needed.
Students will demonstrate an understanding of ANTs and how they make us feel. They learn about the Think-Feel-Do cycle.		7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
Students will recognize how taking charge can help them notice and stop ANTs.		
Students will know how to use strategies like BACK to get their Inner Coach back when ANTs take over.		
Students will watch EmpowerU characters apply these concepts to themselves in a digital story.		

## LESSON 6: Using My Emotions as Signals

*This lesson elaborates on the concept of ANTs and the BACK strategy introduced in Lesson 5. Students will learn how to use their emotions as signals to take charge. They will discuss emotions and how to identify them in facial expressions and actions. Students will also deepen their understanding of BACK, specifically how using BACK can help us be aware of our emotions and solve problems.*

Essential Learnings	CASEL Competencies	National Health Education Standards
Students will learn the Body Scan calming tool.	<b>Self-Awareness</b> <b>Self-Management</b> <b>Social Awareness</b> <b>Responsible Decision-Making</b>	4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.
Students will practice identifying and naming emotions in both facial expressions and actions.		4.2.2 Demonstrate listening skills to enhance health.
Students will recognize that emotions are signals.		5.2.1 Identify situations when a health-related decision is needed.
Students will practice using BACK to calm their big emotions.		
Students will watch EmpowerU characters apply these concepts to themselves in a digital story.		

## LESSON 7: Calming Down When I Flip My Lid

*This lesson introduces the concept of “flipping our lids,” or losing control when our emotions get big quickly. When we flip our lids, we lose access to our Inner Coach when we need it most. This concept is demonstrated by using a hand model to show how big emotions can cause people to flip their lids. In this lesson, students will learn what happens when we flip our lids and know that it is normal to flip our lids sometimes. They will also identify calming tools and strategies that they can use to bring their lids back down.*

Essential Learnings	CASEL Competencies	National Health Education Standards
Students will learn the Mind Jar calming tool.	<b>Self-Awareness</b> <b>Self-Management</b> <b>Social Awareness</b> <b>Relationship Skills</b> <b>Responsible Decision-Making</b>	4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation.
Students will be able to demonstrate how big emotions can cause people to flip their lid using the hand model.		5.2.1 Identify situations where a health-related decision is needed.
Students will understand that everyone flips their lid when emotions get big quickly. We just have to learn to bring our lids back down.		7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
Students will identify strategies and calming tools to bring their lids back down.		
Students will watch EmpowerU characters apply these concepts to themselves in a digital story.		

## LESSON 8: Lowering My Stress

*This lesson is about stress, specifically how it manifests in the body. Students are asked to identify how stress feels in their own body. Then, they learn stress-management strategies and are reminded of the tools they have already learned to help them take charge and lower stress.*

Essential Learnings	CASEL Competencies	National Health Education Standards
Students will learn the Square Breathing calming tool.	<b>Self-Awareness</b> <b>Self-Management</b> <b>Social Awareness</b> <b>Responsible Decision-Making</b>	4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation.
Students will identify what stress feels like in their own bodies.		5.2.1 Identify situations when a health-related decision is needed.
Students will demonstrate an understanding of stress-management strategies, specifically how to take a break to lower stress.		7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
Students will watch EmpowerU characters apply these concepts to their own lives in a digital story.		
Students will Identify tools that can help them lower their stress.		

## LESSON 9: Mindfulness

*This lesson introduces mindfulness as a strategy to take charge and focus. It describes the importance of self-awareness and noticing when our minds are distracted and “full.” In this lesson, students learn what mindfulness means and how to practice it. Then, they apply it to their own lives, understanding how to use mindfulness to help them take charge when they’re distracted or overwhelmed.*

Essential Learnings	CASEL Competencies	National Health Education Standards
Students will learn the Tree Pose calming tool.	<b>Self-Awareness</b> <b>Self-Management</b> <b>Responsible Decision-Making</b>	5.2.1 Identify situations when a health-related decision is needed.
Students will describe how to notice when their mind is full of distracting things.		7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
Students will identify the tools that are right for them and understand how to use mindfulness as a strategy to take charge and focus.		
Students will watch EmpowerU characters apply these concepts to themselves in a digital story.		

## LESSON 10: Empathy & Friendship

*This lesson is all about friendship and empathy! Students will explore their own friendships and reflect on the qualities they look for in a friend. They will also think about how to be a good friend, specifically by treating others how they would want to be treated.*

Essential Learnings	CASEL Competencies	National Health Education Standards
Students will learn the Push-Pull-Dangle calming tool.	<p><b>Self-Awareness</b></p> <p><b>Self-Management</b></p> <p><b>Responsible Decision-Making</b></p>	4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.
Students will identify what they need in a friend and what qualities they look for.		4.2.2 Demonstrate listening skills to enhance health.
Students will demonstrate an understanding of what it means to be a good friend, especially through their actions and by treating others the way they would want to be treated.		
Students will watch the EmpowerU characters apply these concepts to themselves in a digital story.		
Students will review ANT traps and identify which ones might get in the way of their friendships.		



## LESSON 11: My Next Steps to Taking Charge of Me!

*This is the last EmpowerU lesson! Students will review all that they have learned and discuss how they can use their tools and strategies to be better problem-solvers with their EmpowerU instructor. They will then choose which tools and strategies that they will continue to use regularly. They will also complete a Next Point Assessment similar to the Starting Point Assessment taken at the start of the course, to reflect on their growth throughout EmpowerU. This information may be used in the student's final report.*

Essential Learnings	CASEL Competencies	National Health Education Standards
Students will demonstrate an understanding of all they have learned in EmpowerU, specifically how they can use their tools and strategies to be better problem-solvers.	<b>Self-Awareness</b>  <b>Self-Management</b>  <b>Responsible Decision-Making</b>	4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.
Students will choose which tools and strategies that they will continue to use regularly.		4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation.
Students will take a Next Point Assessment and will reflect on their individual growth throughout EmpowerU.		5.2.1 Identify situations when a health-related decision is needed.
		7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.