

LESSON 1: Introduction- My Team & My Strengths

Essential Learnings	CASEL Competencies
Meet their EmpowerU instructor and review course logistics.	Self-Awareness Self-Management Social-Awareness Relationship Skills
Identify who is on their team.	
Learn to use their team to ask for help.	
Think about what they are good at (strengths).	

LESSON 2: Taking Charge of Me

Essential Learnings	CASEL Competencies
Learn to take charge of their thoughts, emotions, and actions.	Self-Awareness Self-Management Social-Awareness Relationship Skills Responsible Decision-Making
Practice becoming a problem solver, even when things are hard.	
Identify how they are feeling, thinking, and acting right now.	

LESSON 3: Small Steps to Meet My Goals

Essential Learnings	CASEL Competencies
Choose which tools work best for them and practice them.	Self-Awareness Self-Management Social-Awareness Responsible Decision-Making
Understand they can try again and take small steps to meet their goals.	
Identify strategies they can use to meet their goals.	

LESSON 4: My Inner Coach

Essential Learnings	CASEL Competencies
Learn that my Inner Coach can give me a pep talk.	Self-Awareness Self-Management Social-Awareness
Practice using their Inner Coach by using words like probably, maybe, and yet.	Responsible Decision-Making

LESSON 5: Automatic Negative Thoughts- ANTs

Essential Learnings	CASEL Competencies
Understand what ANTs are and how they impact their thinking.	Self-Awareness Self-Management Social-Awareness
Notice their ANTs early and how to take charge.	Responsible Decision-Making
Understand the steps to get their Inner Coach back.	

LESSON 6: Emotions As Signals

Essential Learnings	CASEL Competencies
Learn that emotions are signals to help.	Self-Awareness Self-Management Social-Awareness
Learn to manage their emotions using BACK.	Relationship Skills Responsible Decision-Making

LESSON 7: What To Do When I Flip My Lid

Essential Learnings	CASEL Competencies
Describe what happens when they flip their lid.	Self-Awareness Self-Management Social-Awareness Relationship Skills Responsible Decision-Making
Understand that everyone flips their lid when emotions get big quickly.	
Learn to use calming tools to bring their lids back down.	

LESSON 8: Lowering My Stress

Essential Learnings	CASEL Competencies
Discuss and identify how stress makes them feel.	Self-Awareness Self-Management Social-Awareness Responsible Decision-Making
Learn how to take a break to lower their stress.	

LESSON 9: Mindfulness

Essential Learnings	CASEL Competencies
Identify when their mind is full of things that distract them.	Self-Awareness Self-Management Responsible Decision Making
Describe mindfulness and know when they can use it.	
Use mindfulness tools to help them take charge and focus.	

LESSON 10: Empathy & Friendship

Essential Learnings	CASEL Competencies
Learn and identify what they need in a friend.	Self-Awareness Social-Awareness Self-Management
Understand how to treat others how they want to be treated.	Responsible Decision Making Relationship Skills

LESSON 11: Next Steps

Essential Learnings	CASEL Competencies
Review all they have learned in their EmpowerU lessons.	Self-Awareness Social-Awareness Self-Management
Choose which tools work best for them and practice them.	Responsible Decision Making Relationship Skills