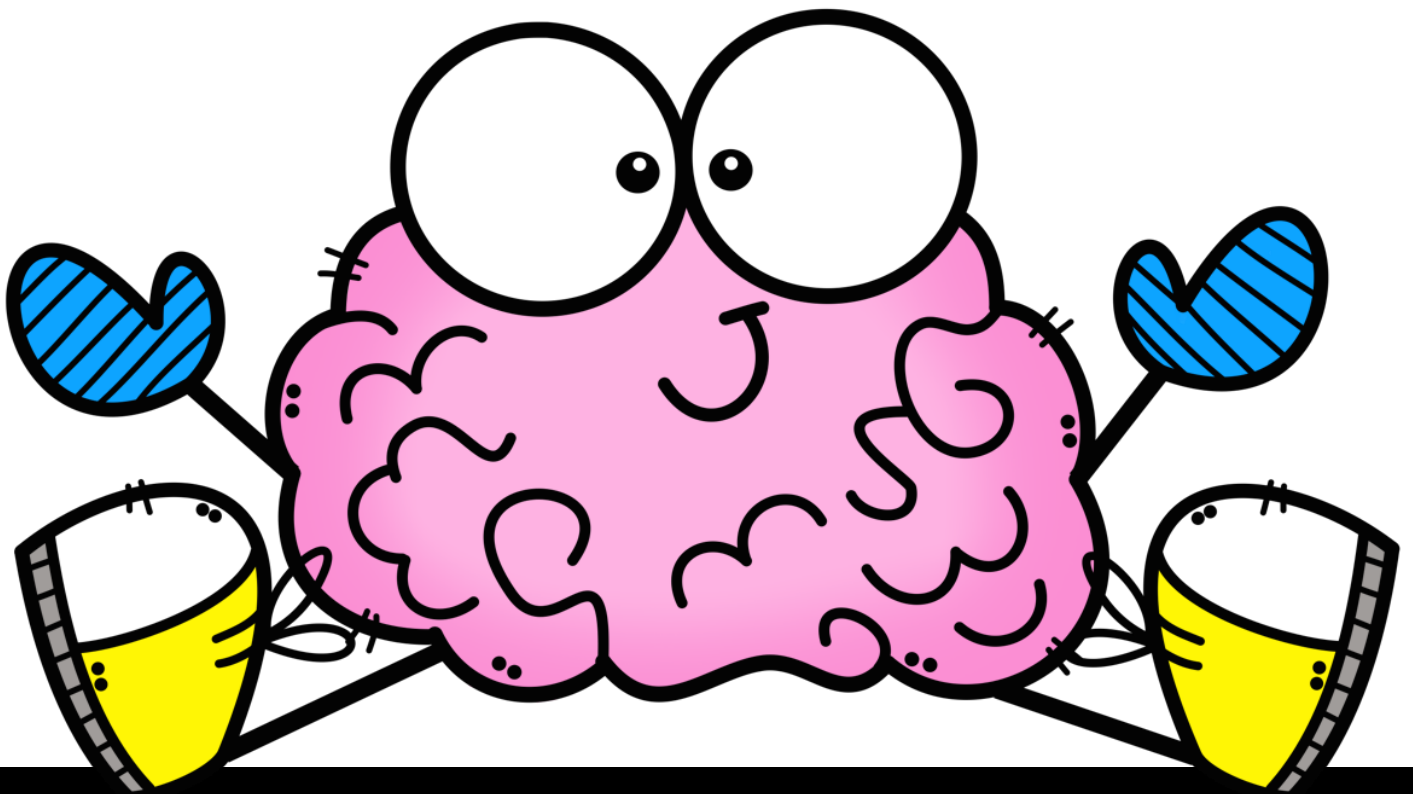


Use your Brain

to handle
big and
small problems



Lesson Plans

Use Your Brain to Handle Big and Small Problems

SEL Focuses:

Self Management:

- Impulse Control
- How to Manage Emotions
- Self-Discipline

Relationship Skills:

- Communication
- How to Communicate and Build Relationships

Responsible Decision Making

- Identifying Problems
- Analyzing situations
- Solving Problems

Day #1: Introducing big and small problems (Slides 2-17)

Activity Materials:

1. PowerPoint slides
2. one copy of "Sort out Your Problems" for each student
3. scissors
4. glue

Engage:

1. Class Discussion: Have you ever faced a problem?
2. Explain that we can use our brain to handle the problems that we face in our lives.

Explore:

1. Pose Question: Where are some places that you face problems?
2. Explore types of problems that one might face in each place.

Explain & Elaborate:

1. Introduce the difference between big & small problems.
2. Introduce body cue that you can use to tell the difference.

Evaluate:

1. "Sort out Your Problems" activity page.