

Targeted Program Guide – Overview				
Key:	CB: Community Builder	MA: Main Activity	AA: Alternative Activity	FR: Family Resource
		Grades K-2	Grades 3-5	Grades 6-8
Unit 1: Self-Awareness	Session 1: Building Group Agreements	CB: Name Warrior MA: Building Your Group Agreements	CB: Name Warrior MA: Building Your Group Agreements	CB: Name Warrior MA: Building Your Group Agreements
	Session 2: Identifying Emotions	CB: Candy Check-In MA: Feelings Faces AA: Emotion 4 Corners	CB: Candy Check-In MA: Practice Recognizing Emotions AA: Imaginary Family Story	CB: Candy Check-In MA: Emotion Charades AA: Peer Story
	Session 3: How Emotions Feel	CB: Fist of Five MA: Emotions Head to Toe FR: On-Site Family Night	CB: Food Moods MA: Emotions in My Body AA: Body Labeling FR: On-Site Family Night	CB: Rose, Bud, Thorn MA: Emotions in My Body AA: Emotion Dice FR: On-Site Family Night
	Session 4: Emotions Change	CB: Internal Weather Report MA: Time Travelers AA: Book About Me	CB: Emoji Check-In MA: Comic Strips AA: How Would You Feel?	CB: Emotion Ball Check-In MA: Emotion Plays
Unit 2: Self-Management	Session 5: Mindful Coping Strategy	CB: Birthday Candle Breathing MA: Guided Imagery AA: The Five Senses	CB: Belly Breathing MA: Guided Imagery AA: The Five Senses	CB: 4-7-8 Breathing MA: Guided Imagery AA: The Five Senses
	Session 6: Self-Talk Coping Strategy	CB: Still in Music MA: My Superhero Self	CB: Still in Music MA: Changing Impossible to I'm Possible	CB: Still in Music MA: Positive Self-Talk Bracelets
	Session 7: Mindful Coping Strategy	CB: Progressive Relaxation MA: Rain Stick Relaxation Variation: Glitter Jar Video	CB: Progressive Relaxation MA: Calming Bottles	CB: Progressive Relaxation MA: Calming Lamps Variation: Lava Lamp Video
	Session 8: Self-Care Plan	CB: Five Senses Grounding MA: "I Can" Plans AA: Coping Toolbox FR: Discussion Guide	CB: Five Senses Grounding MA: "I Can" Plan AA: Coping Recipes FR: Discussion Guide	CB: Five Sense Grounding MA: Mind, Body and Soul AA: Soothing Stone Garden FR: Discussion Guide
Unit 3: Social Awareness/ Application	Session 9: Social Scenarios	CB: Yoga Poses MA: Coping Strategies Game FR: Extension Activity	CB: I Feel Game MA: Coping Blocks FR: Extension Activity	CB: What I Like About You MA: Coping Quiz Game FR: Extension Activity
	Session 10: Teaching Peers	CB: Movement and Mood MA: Coping Strategies Galleries	CB: Movement and Mood MA: Coping Strategies Carnival	CB: Movement and Mood MA: Creating Coping Messages
	A Closing Celebration	The Journey Continues	The Journey Continues	The Journey Continues