

# Lions Quest *Skills for Growing and Skills for Adolescence*

Pre K – Grade 8 School Based Social Emotional Learning Programs



	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6	Topic 7	Topic 8
<b>Unit 1: A Positive Learning Community</b>	Making Introductions	Establishing Classroom Agreements	Building Relationships and Community					
<b>Unit 2: Personal Development</b>	Clarifying Your Values	Assessing Strengths and Growth Opportunities	Building Self-Confidence and Self-Respect	Motivating Yourself	Setting Positive Goals	Labeling Your Emotions	Managing Stress and Strong Emotions	Recognizing the Thoughts, Emotions, and Action Connection
<b>Unit 3: Social Development</b>	Listening	Respecting Others	Communicating with “What, Why, And How” Messages	Working Together	Building Healthy Relationships	Handling Conflict in Relationships	Dealing with Bullying Behaviour	Dealing with Bullying Behaviour
<b>Unit 4: Health and Prevention</b>	Choosing Healthy Living	PreK-2: Staying Away from Poison Substances 3-8: Staying Away from Alcohol	Growing in Responsibility	PreK-2: Being Careful Around Medicines 3-8: Staying Away from Tobacco	Making Good Decisions – Part 1	Making Good Decisions – Part 2 3-8: Staying Away from Other Drugs	Standing Up to Social Pressure	6-8 Only: Reinforcing and Modeling a Healthy, Drug-Free Lifestyle
<b>Unit 5: Leadership and Service</b>	Serving Your School and Community	Assessing Classroom Assets and Interests for Service-Learning	Identifying Classroom, School, and Community Issues and Needs	Deciding Together on a Service-Learning Project	Planning a Service-Learning Project to Meet School or Community Needs	Implementing the Service-Learning Project	Reflecting on and Demonstrating the Service-Learning Project	Demonstrating Service
<b>Unit 6: Reflection and Closure</b>	Reflecting on Learning, Experience, and Goals	Celebrating Class Successes and Acknowledging Contributions						