

SELENA

Kindergarten

Workbooks English

1. Kindergarten

One-To-Ones

- a. Active Listening
- b. Benefits of Gratitude
- c. Capturing Controlling Thoughts
- d. Dealing with Issues and Conflict
- e. Diversity
- f. Facing Procrastination
- g. Facing Sadness
- h. Growth Mindset
- i. Self Talk
- j. Setting Goals and Discovering Inspiration
- k. Sleep, Diet, and Exercise
- l. Staying Positive

SELENA Primary

Lesson Plans English

1. Self Awareness & Self-Management Classes:

- a. The Growth Mindset
- b. The Growth Mindset Quiz
- c. Mindfulness
- d. Mindfulness Quiz
- e. Fear & Anxiety
- f. Fear & Anxiety Quiz
- g. Managing Anger
- h. Managing Anger Quiz
- i. Focused Mindset
- j. Focused Mindset Quiz
- k. Self-Talk
- l. Self-Talk Quiz
- m. Gratitude (Required for all schools)
- n. Gratitude Quiz

2. Social Awareness & Relationship Management Classes:

- a. Diversity
- b. Diversity Quiz
- c. Social Communication Skills
- d. Social Communication Skills Quiz
- e. The Golden Rule
- f. The Golden Rule Quiz
- g. Apologies - Giving & Accepting
- h. Apologies - Giving & Accepting Quiz
- i. Empathy vs Sympathy (Required for all schools)
- j. Empathy vs Sympathy Quiz

3. Effective Decision Making Classes:

- a. Setting Goals & Discovering Inspiration
- b. Setting Goals & Discovering Inspiration Quiz

4. Lesson Plans

- a. Active Listening
- b. Asking for Help
- c. Be The Change
- d. Benefits of Gratitude
- e. Building Community
- f. Building Your Identity
- g. Capturing and Controlling Thoughts
- h. Climate Change and Managing Future Uncertainty
- i. Cutting Doubt and Fear to Pieces

4. Lesson Plans (Continued)

- j. Dealing with Issues and Conflict
- k. Diversity
- l. Facing Procrastination
- m. Facing Sadness
- n. Growth Mindset
- o. Healthy vs. Unhealthy Disagreements
- p. Identifying and Fulfilling Your Core Needs
- q. Memory and Focus
- r. Navigating Inequality
- s. Preventing and Repairing Harm
- t. Recognizing and Avoiding Negativity
- u. Self-Talk
- v. Setting Goals & Discovering Inspiration
- w. Sleep, Rest, Diet, and Exercise

5. Summer Lesson Plan

- a. Aiming for Personal Resilience
- b. Apologies
- c. Blame vs. Responsibility
- d. Cultural Awareness and Respect
- e. Developing Social Awareness
- f. Doubt and Fear
- g. Empathy vs. Sympathy
- h. Establishing and Nurturing Relationships
- i. Establishing Commonality
- j. Handling Peer Pressure
- k. How to Prioritize
- l. How Your Brain Works
- m. Identifying Emotions
- n. Journaling Events & Emotions
- o. Knowing and Noticing Your Own Emotions
- p. Maintaining Your Environment

5. Summer Lesson Plan (Continued)

- q. Managing Your Anger
- r. Mindfulness
- s. Neurodiversity and Disability
- t. Peer Pressure
- u. Problem-Solving Techniques
- v. Seeking Compromise
- w. Social Communication Skills
- x. State of Mind
- y. The Math of Negative Emotions
- z. The Power of Forgiveness
- aa. Thinking Small = Thinking Big
- bb. Teamwork and Great Teams
- cc. Foundations of Relationships

SELENA Primary Workbooks English

1. Primary One-To-Ones

- a. Apologies
- b. Active Listening
- c. Benefits of Gratitude
- d. Blame vs. Responsibility
- e. Capturing and Controlling Thoughts
- f. Critical Thinking
- g. Dealing with Issues and Conflict
- h. Diversity
- i. Embracing Change
- j. Facing Procrastination
- k. Facing Sadness
- l. Growth Mindset

1. Primary One-To-Ones (Continued)

- m. How to Prioritize
- n. Mindfulness
- o. The Power of Forgiveness
- p. Self-Talk
- q. Setting Goals & Discovering Inspiration
- r. Sleep, Rest, Diet, and Exercise
- s. Spotting Hidden Emotions
- t. State of Mind
- u. Staying Positive
- v. Teamwork and Great Teams

SELENA Primary School Audio Exercises English

1. Audio Scripts

- a. Aiming for Personal Resilience (90 sec)
- b. Apologies (90 sec)
- c. Asking for Help
- d. Be the Change
- e. Benefits of Gratitude
- f. Blame vs Responsibility (90 sec)
- g. Building Your Identity
- h. Climate Change and Managing Future Uncertainty
- i. Critical Thinking (90 sec)

1. Audio Scripts (Continued)

- j. Critical Thinking (2 parts)
- k. Cultural Awareness and Respect (90 sec)
- l. Dealing with Peer Pressure (90 sec)
- m. Doubt and Fear (5 min video)
- n. Doubt and Fear (90 sec)
- o. Empathy vs. Sympathy
- p. Establishing and Nurturing Relationships (90 sec)
- q. Establishing Commonality
- r. Foundations of a Relationship
- s. Healthy vs. Unhealthy Disagreements (90 sec)
- t. How to Prioritize (90 sec)
- u. How Your Brain Works
- v. Identifying and Fulfilling Your Core Needs
- w. Journaling Events & Emotions
- x. Knowing and Noticing Your Own Emotions

1. Audio Scripts (Continued)

- y. Managing Anger (90 sec)
- z. Memory and Focus (90 sec)
- aa. Mindfulness (90 sec)
- bb. Navigating Inequality
- cc. Neurodiversity and Disability
- dd. Power of Forgiveness
(2 parts) (90 sec)
- ee. Prioritizing (90 sec)
- ff. Problem solving (90 sec)
- gg. Social Communication
Skills (90 sec)
- hh. Teamwork and Great
Teams (90 sec)
- ii. Teamwork and Great
Teams (2 parts) (90 sec)
- jj. The Power of Forgiveness (90 sec)
- kk. Thinking Small = Thinking Big
- ll. Topics 1-12

SELENA Primary Cartoon Videos English

1. Cartoon Lessons (1-12)

- a. 2. Capturing and
Controlling Thoughts
- b. 7. Diversity
- c. 10. Growth Mindset
- d. 11. Benefits of Gratitude

2. Cartoon Lessons

Spring 2022

- a. 15. Dealing with Peer Pressure
- b. 16. Managing Anger
- c. 18. Establishing and Nurturing Relationships
- d. 19. Healthy vs. Unhealthy Disagreements
- e. 22. Asking for Help
- f. 23. How to Prioritize
- g. 24. Relationships
- h. 28. Identifying and Fulfilling Your Core Needs
- i. 29. Memory and Focus

SELENA Primary Italian

1. Italian Lessons

- a. Capturing and Controlling Thoughts
- b. Facing Procrastination
- c. Setting Goals & Discovering Inspiration
- d. Sleep, Rest, Diet and Exercise
- e. Growth Mindset
- f. Benefits of gratitude
- g. Recognizing Negativity

SELENA Primary PowerPoints English

1. PowerPoints

- a. Active Listening
- b. Aiming for Personal Resilience
- c. Apologies
- d. Asking for Help
- e. Benefits of Gratitude
- f. Blame vs. Responsibility
- g. Capturing and Controlling Thoughts
- h. Dealing With Issues and Conflict
- i. Dealing with Peer Pressure
- j. Developing Social Awareness
- k. Diversity
- l. Embracing Change
- m. Empathy vs. Sympathy
- n. Establishing and Nurturing Relationships

1. PowerPoints (Continued)

- o. Facing Procrastination
- p. Facing Sadness
- q. Growth Mindset
- r. How to Prioritize
- s. How Your Brain Works
- t. Journaling Events & Emotions
- u. Learning to Compromise
- v. Maintaining Your Environment
- w. Mindfulness
- x. Neurodiversity and Disability
- y. Problem-Solving Techniques
- z. Recognizing and Avoiding Negativity
- aa. Self-Talk
- bb. Setting Goals & Discovering Inspiration
- cc. Social Communication Skills
- dd. Sleep, Rest, Diet, & Exercise
- ee. Spotting Hidden Emotions
- ff. State of Mind
- gg. Teamwork and Great Teams
- hh. The Foundations of a Relationship

SELENA Primary Spanish

1. Lesson Plans

- a. Diversity
- b. Recognizing and Avoiding Negativity
- c. Benefits of Gratitude
- d. Self-Talk
- e. Facing Sadness
- f. Growth Mindset
- g. Active Listening
- h. Setting Goals & Discovering Inspiration
- i. Sleep, Rest, Diet, and Exercise
- j. Dealing with Issues and Conflict
- k. Capturing and Controlling Thoughts
- l. Facing Procrastination

2. Video Scripts

- a. Diversity
- b. Recognizing and Avoiding Negativity
- c. Benefits of Gratitude
- d. Self-Talk
- e. Facing Sadness
- f. Growth Mindset
- g. Active Listening
- h. Setting Goals & Discovering Inspiration
- i. Sleep, Rest, Diet, and Exercise
- j. Dealing with Issues and Conflict
- k. Capturing and Controlling Thoughts
- l. Facing Procrastination

3. Audio Exercise

- a. Diversity vs. Prejudice
- b. Capturing and Controlling Thoughts
- c. Dealing with Issues and Conflict
- d. Sleep, Rest, Diet, Exercise
- e. Setting Goals and Discovering Inspiration
- f. Active Listening
- g. Growth Mindset
- h. Facing Sadness
- i. Self-Talk
- j. Benefits of Gratitude
- k. Recognizing and Avoiding Negativity

4. One To One

- a. Diversity
- b. Recognizing and Avoiding Negativity
- c. Benefits of Gratitude
- d. Self-Talk
- e. Facing Sadness
- f. Growth Mindset
- g. Active Listening
- h. Setting Goals & Discovering Inspiration
- i. Sleep, Rest, Diet, and Exercise
- j. Dealing with Issues and Conflict
- k. Capturing and Controlling Thoughts
- l. Facing Procrastination

SELENA Primary Selfie Videos English

1. Selfie Video Lessons (1-12)

- a. 1. Active Listening
- b. 2. Capturing and Controlling Thoughts
- c. 3. Dealing with issues and Facing Conflict
- d. 4. Facing Sadness
- e. 5. Facing Procrastination
- f. 6. Self Talk
- g. 7. Diversity
- h. 8. Setting Goals and Inspiration
- i. 9. Sleep, Rest, Diet and Exercise
- j. 10. Growth Mindset
- k. 11. Benefits of Gratitude
- l. 12. Staying positive

SELENA Primary French

1. French Lessons

- a. Active Listening
- b. Facing Sadness
- c. Dealing with Issues and Conflict
- d. Self-Talk
- e. Fear and Anxiety
- f. Diversity
- g. Focused Mindset
- h. Gratitude
- i. Mindfulness
- j. Mental Focus
- k. The Golden Rule
- l. Social Communication Skills
- m. Control Anger

SELENA Primary Mandarin

1. Simplified Mandarin Lessons

- a. The Growth Mindset
- b. Apologies and Forgiveness
- c. Empathy vs Sympathy
- d. Fear and Anxiety
- e. Diversity
- f. Focused Mindset
- g. Gratitude
- h. Mindfulness
- i. Self-Talk
- j. Demo Quiz

2. Traditional Mandarin Lessons

- a. The Growth Mindset
- b. Apologies and Forgiveness
- c. Empathy vs Sympathy
- d. Fear and Anxiety
- e. Diversity
- f. Focused Mindset
- g. Gratitude
- h. Mindfulness
- i. Self-Talk

SELENA Primary One-to-Ones English

1. Primary One-To-Ones

- a. Active Listening
- b. Aiming for Personal Resilience
- c. Apologies
- d. Being Mindful
- e. Benefits of Gratitude
- f. Blame vs. Responsibility
- g. Capturing and Controlling Thoughts
- h. Cutting Doubt and Fear to Pieces
- i. Dealing with Issues and Conflict
- j. Dealing with Peer Pressure
- k. Developing Social Awareness
- l. Diversity
- m. Embracing Change
- n. Empathy vs. Sympathy
- o. Establishing and Nurturing Relationships
- p. Establishing Commonality
- q. Facing Procrastination

1. Primary One-To-Ones (Continued)

- r. Facing Sadness
- s. Finding an Outlet
- t. Foundations of a Relationship
- u. Goal Setting & Discovering Inspiration
- v. Growth Mindset
- w. How to Prioritize
- x. How Your Brain Works
- y. Journaling Events and Emotions
- z. Maintaining Your Environment
- aa. Managing Anger and Other Tough Emotions
- bb. Neurodiversity and Disability
- cc. Problem-Solving Techniques
- dd. Recognizing and Avoiding Negativity
- ee. Seeking Compromise
- ff. Self-Talk
- gg. Sleep, Rest, Diet, and Exercise
- hh. Social Communication Skills
- ii. Spotting Hidden Emotions
- jj. Team Work and Great Teams
- kk. The Power of Forgiveness
- ll. Thinking Small = Thinking Big

SELENA Intermediate Workbooks English

1. Intermediate Workbook

- a. Active Listening
- b. Apologies
- c. Benefits of Gratitude
- d. Blame vs. Responsibility
- e. Capturing & Controlling Thoughts
- f. Critical Thinking
- g. Dealing with Issues and Conflict
- h. Diversity
- i. Embracing Change
- j. Facing Procrastination
- k. Facing Sadness

1. Intermediate Workbook (Continued)

- l. Growth Mindset
- m. How to Prioritize
- n. Mindfulness
- o. Power of Forgiveness
- p. Setting Goals and
Discovering Inspiration
- q. Sleep, Rest, Diet, and Exercise
- r. Spotting Hidden Emotions
- s. State of Mind
- t. Staying Positive
- u. Teamwork & Great Teams

SELENA

Intermediate Spanish

1. Curriculum

- a. Thinking Small= Thinking Big
- b. Social Communication Skills
- c. Sleep, Rest, Diet, and Exercise
- d. Setting Goals & Discovering Inspiration
- e. State of Mind
- f. Teamwork and Great Teams
- g. Growth Mindset
- h. How to Prioritize
- i. Identifying and Fulfilling Your Core Needs
- j. Knowing and Noticing Your Own Emotions
- k. Managing Anger and Other Tough Emotions
- l. Recognizing and Avoiding Negativity
- m. Spotting Hidden Emotions

1. Curriculum (Continued)

- n. Capturing and Controlling Thoughts
- o. Embracing Change
- p. Pump Up the Volume: Expand Positive Emotions
- q. Establishing and Nurturing Relationships
- r. Building Your Identity
- s. Dealing With Peer Pressure
- t. Developing Social Awareness
- u. Facing Sadness
- v. Foundations of a Relationship
- w. Memory & Focus
- x. Mindfulness
- y. The Golden Rule
- z. The Power of Forgiveness
- aa. Cutting Doubt and Fear to Pieces
- bb. How Your Brain Works
- cc. Journaling Events and Emotions
- dd. Aiming at Personal Resilience
- ee. Seeking Compromise

SELENA Intermediate Lesson Plans English

1. Summer Lesson Plans
2. Active Listening
3. Aiming for Personal Resilience
4. Apologies
5. Asking for Help
6. Be The Change
7. Benefits of Gratitude
8. Blame vs. Responsibility
9. Building Community
10. Building Your Identity
11. Capturing and Controlling Thoughts
12. Climate Change and Managing Future Uncertainty
13. Cultural Awareness and Respect
14. Cutting Doubt and Fear to Pieces
15. Dealing With Issues and Conflict
16. Dealing with Peer Pressure
17. Developing Social Awareness
18. Diversity
19. Empathy vs. Sympathy
20. Establishing and Nurturing Relationships
21. Establishing Commonality
22. Facing Procrastination
23. Facing Sadness
24. Growth Mindset
25. Healthy vs. Unhealthy Disagreements
26. How to Prioritize
27. How Your Brain Works
28. Identifying Your Core Needs
29. Journaling Events & Emotions
30. Knowing and Noticing Your Own Emotions
31. Managing Anger
32. Mindfulness
33. Navigating Inequality
34. Neurodiversity and Disability
35. Preventing and Repairing Harm
36. Problem-Solving Techniques
37. Seeking Compromise
38. Setting Goals & Discovering Inspiration
39. Sleep, Rest, Diet, & Exercise
40. Social Communication Skills
41. Spotting Hidden Emotions
42. State of Mind
43. Staying Positive
44. Teamwork and Great Teams
45. The Foundations of a Relationship
46. The Math of Negative Emotions
47. The Power of Forgiveness
48. Thinking Small = Thinking Big

SELENA

Intermediate

One-To-Ones English

1. Intermediate

One-To-Ones

- a. Cutting Doubt and Fear to Pieces
- b. Dealing with Peer Pressure
- c. Developing Social Awareness
- d. Embracing Change Copy
- e. Establishing and Nurturing Relationships Copy
- f. Foundations of a Relationship
- g. Growth Mindset

1. Intermediate

One-To-Ones (Continued)

- h. How to Prioritize
- i. Journaling Events and Emotions
- j. Mindfulness
- k. Problem-Solving Techniques
- l. Seeking Compromise
- m. Spotting Hidden Emotions
- n. State of Mind
- o. Teamwork and Great Teams
- p. The Power of Forgiveness

SELENA

Intermediate

PowerPoints English

1. PowerPoints

- a. Active Listening
- b. Apologies
- c. Benefits of Gratitude
- d. Capturing and Controlling Thoughts
- e. Dealing With Issues and Conflict
- f. 30 minutes
- g. Dealing with Peer Pressure
- h. Developing Social Awareness
- i. Diversity
- j. Embracing Change
- k. Establishing and Nurturing Relationships

1. PowerPoints (Continued)

- l. Establishing Commonality
- m. Facing Procrastination
- n. Facing Sadness
- o. Foundations of a Relationship
- p. Growth Mindset
- q. How to Prioritize
- r. Journaling Events & Emotions
- s. Knowing and Noticing Your Own Emotions
- t. Maintaining Your Environment
- u. Managing Anger
- v. Problem-Solving Techniques
- w. Seeking Compromise
- x. Setting Goals and Discovering Inspiration
- y. Sleep, Rest, Diet, & Exercise
- z. Spotting Hidden Emotions
- aa. Staying Positive
- bb. Teamwork and Great Teams

SELENA Middle School Activity Guides English

1. Middle School Activity Guides

- a. Active Listening
- b. Apologies
- c. Benefits of Gratitude
- d. Blame vs. Responsibility
- e. Capturing & Controlling Thoughts
- f. Critical Thinking
- g. Dealing with Issues and Conflict
- h. Diversity
- i. Facing Procrastination
- j. Facing Sadness

1. Middle School Activity Guides (Continued)

- k. Growth Mindset
- l. Mindfulness
- m. Power of Forgiveness
- n. 30 minutes
- o. Self-Talk
- p. Setting Goals and Discovering Inspiration
- q. Sleep, Rest, Diet, and Exercise
- r. Spotting Hidden Emotions
- s. State of Mind
- t. Staying Positive
- u. Teamwork & Great Teams

SELENA Middle School One-to-Ones English

1. Middle School One-To-Ones

- a. Active Listening
- b. Apologies
- c. Being Mindful
- d. Benefits of Gratitude
- e. Blame vs. Responsibility
- f. Cutting Doubt and Fear to Pieces
- g. Dealing with Issues and Conflict
- h. Dealing with Peer Pressure
- i. Developing Social Awareness
- j. Diversity
- k. Empathy vs Sympathy
- l. Facing Procrastination

1. Middle School One-To-Ones (Continued)

- m. Facing Sadness
- n. Foundations of a Relationship
- o. Goal Setting & Discovering Inspiration
- p. Growth Mindset
- q. How to Prioritize
- r. How Your Brain Works
- s. Journaling Events and Emotions
- t. Maintaining Your Environment
- u. Managing Anger and Other Tough Emotions
- v. Neurodiversity and Disability
- w. Problem-Solving Techniques
- x. Recognizing and Avoiding Negativity
- y. Sleep, Rest, Diet, and Exercise
- z. Social Communication Skills
- aa. Spotting Hidden Emotions
- bb. Teamwork and Great Teams
- cc. The Power of Forgiveness
- dd. Thinking Small = Thinking Big

SELENA

Middle School

Lesson Plans English

1. Summer Lesson Plans

- a. Active Listening
- b. Benefits of Gratitude
- c. Blame vs. Responsibility
- d. Capturing & Controlling Thoughts
- e. Cutting Doubt and Fear to Pieces
- f. Dealing with Issues & Conflict
- g. Dealing with Peer Pressure
- h. Developing Social Awareness
- i. Diversity
- j. Empathy vs. Sympathy
- k. Establishing and Nurturing Relationships
- l. Facing Procrastination

1. Summer Lesson Plans (Continued)

- m. Growth Mindset
- n. How to Prioritize
- o. How Your Brain Works
- p. Journaling Events & Emotions
- q. Knowing and Noticing Your Own Emotions
- r. Maintaining Your Environment
- s. Mindfulness
- t. Neurodiversity and Disability
- u. Problem-Solving Techniques
- v. Seeking Compromise
- w. Social Communication Skills
- x. Spotting Hidden Emotions
- y. State of Mind
- z. Teamwork and Great Teams
- aa. The Foundations of a Relationship
- bb. The Power of Forgiveness
- cc. cc. Thinking Small = Thinking Big
- dd. dd. Managing Anger
- ee. Healthy vs. Unhealthy Disagreements

SELENA Middle School

PowerPoints English

1. PowerPoints

- a. Apologies
- b. Asking For Help
- c. Benefits of Gratitude
- d. Be the Change
- e. Building Community
- f. Building Your Identity
- g. Capturing and Controlling Thoughts
- h. Climate Change and Managing Future Uncertainty
- i. Cultural Awareness and Respect
- j. Dealing with Issues & Conflict
- k. Dealing with Peer Pressure
- l. Developing Social Awareness
- m. Diversity
- n. Doubt and Fear
- o. Empathy vs. Sympathy
- p. Establishing Commonality
- q. Establishing and Nurturing Relationships
- r. Facing Procrastination

1. PowerPoints (Continued)

- s. Facing Sadness
- t. Foundations of a Relationship
- u. Growth Mindset vs. Fixed Mindset
- v. Healthy vs. Unhealthy Disagreements
- w. How the Brain Works
- x. How to Prioritize
- y. Identifying and Fulfilling Your Core Needs
- z. Journaling Events & Emotions
- aa. Knowing and Noticing Your Own Emotions
- bb. Managing Anger
- cc. Memory and Focus
- dd. Mindfulness
- ee. Navigating Inequality
- ff. Neurodiversity and Disability
- gg. Preventing and Repairing Harm
- hh. Problem-Solving Techniques
- ii. Seeking Compromise
- jj. Teamwork and Great Teams
- kk. Thinking Small = Thinking Big
- ll. Self-Talk
- mm. Setting Goals & Discovering Inspiration
- nn. Sleep, Rest, Diet, & Exercise
- oo. Social Communication Skills
- pp. Spotting Hidden Emotions
- qq. State of Mind
- rr. Staying Positive

SELENA Middle School Audio Exercises English

1. Audio Scripts

- a. Aiming for Personal Resilience
- b. Apologies
- c. Asking for Help
- d. Be the Change
- e. Blame vs. Responsibility
- f. Building Your Identity
- g. Climate Change and Managing Uncertainty
- h. Cultural Awareness and Respect
- i. Cutting Doubt and Fear to Pieces
- j. Dealing with Issues and Conflict
- k. Dealing with Peer Pressure
- l. Developing Social Awareness
- m. Empathy vs. Sympathy

1. Audio Scripts (Continued)

- n. Establishing and Nurturing Relationships
- o. Establishing Commonality
- p. Healthy vs. Unhealthy Disagreements
- q. How to Prioritize
- r. Identifying and Fulfilling your Core Needs
- s. Journaling Events & Emotions
- t. Knowing and Noticing Your Own Emotions
- u. Managing Anger
- v. Memory and Focus
- w. Mindfulness
- x. Neurodiversity and Disability
- y. Power of Forgiveness
- z. Preventing and Repairing Harm
- aa. Problem Solving
- bb. Seeking Compromise
- cc. Social Communication Skills
- dd. Spotting Hidden Emotions
- ee. Teamwork and Great Teams
- ff. Thinking Small = Thinking Big

SELENA High School Audio Scripts English

1. High School Audio Scripts

- a. Aiming for Personal Resilience
- b. Apologies
- c. Asking for Help
- d. Be the Change
- e. Blame vs. Responsibility
- f. Building Your Identity
- g. Climate Change and Managing Future Uncertainty
- h. Cultural Awareness and Respect
- i. Cutting Doubt and Fear to Pieces
- j. Dealing with Peer Pressure
- k. Developing Social Awareness
- l. Empathy vs. Sympathy
- m. Establishing and Nurturing Relationships
- n. Establishing Commonality

1. High School Audio Scripts (Continued)

- o. Foundations of a Relationship
- p. Healthy vs. Unhealthy Disagreements
- q. How to Prioritize
- r. Identifying and Fulfilling Your Core Needs
- s. Journaling Events & Emotions
- t. Knowing and Noticing Your Own Emotions
- u. Maintaining Your Environment
- v. Managing Anger
- w. Memory and Focus
- x. Mindfulness
- y. Neurodiversity and Disability
- z. Power of Forgiveness
- aa. Preventing and Repairing Harm
- bb. Problem Solving
- cc. Seeking Compromise
- dd. Social Communication Skills
- ee. Spotting Hidden Emotions
- ff. Teamwork and Great Teams
- gg. Thinking Small = Thinking Big

SELENA High School Activity Guides English

1. High School Activity Guides

- a. Active Listening
- b. Apologies
- c. Benefits of Gratitude
- d. Blame vs. Responsibility
- e. Capturing & Controlling Thoughts
- f. Critical Thinking

1. High School Activity Guides (Continued)

- g. Dealing with Issues & Conflicts
- h. Diversity
- i. Facing Procrastination
- j. Facing Sadness
- k. Growth Mindset
- l. Mindfulness
- m. Power of Forgiveness
- n. Self-Talk
- o. Setting Goals & Discovering Inspiration
- p. Sleep, Rest, Diet, and Exercise
- q. Spotting Hidden Emotions
- r. State of Mind
- s. Staying Positive

SELENA High School Lesson Plans English

1. Non-Designed

- a. The Growth Mindset
- b. The Growth Mindset Quiz
- c. Treasure Hunt - Find the Positive
- d. Treasure Hunt - Find the Positive Quiz
- e. Practicing Empathy and Sympathy
- f. Practicing Empathy and Sympathy Quiz

1. Non-Designed (Continued)

- g. Identifying and Preventing Bullying
- h. Identifying and Preventing Bullying Quiz
- i. The Golden Rule
- j. The Golden Rule Quiz
- k. Finding Happiness
- l. Finding Happiness Quiz
- m. Addressing Fear and Anxiety
- n. Addressing Fear and Anxiety Quiz
- o. Benefits of Gratitude
- p. Benefits of Gratitude Quiz
- q. Setting Goals
- r. Setting Goals Quiz

2. Summer Lesson Plans

- a. Aiming for Personal Resilience
- b. Apologies
- c. Cultural Awareness and Respect
- d. Dealing with Peer Pressure
- e. Developing Social Awareness
- f. Empathy vs. Sympathy
- g. Establishing and Nurturing Relationships
- h. Healthy vs. Unhealthy Disagreements
- i. How to Prioritize
- j. Journaling Events & Emotions

2. Summer Lesson Plans (Continued)

- k. Knowing and Noticing Your Own Emotions
- l. Maintaining Your Environment
- m. Managing Anger
- n. Mindfulness
- o. Neurodiversity and Disability
- p. Problem-Solving Techniques
- q. State of Mind
- r. Teamwork and Great Teams
- s. The Foundations of a Relationship
- t. Thinking Small = Thinking Big
- u. Spotting Hidden Emotions
- v. Social Communication Skills

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PowerPoints English

1. PowerPoints
2. Active Listening
3. Aiming for Personal Resilience
4. Apologies
5. Asking For Help
6. Benefits of Gratitude
7. Be the Change
8. Building Community
9. Building Your Identity
10. Capturing and Controlling Thoughts
11. Climate Change and Managing Future Uncertainty
12. Cultural Awareness and Respect
13. Dealing With Issues and Conflict
14. Dealing with Peer Pressure
15. Developing Social Awareness
16. Diversity
17. Empathy vs. Sympathy
18. Establishing and Nurturing Relationships
19. Establishing Commonality
20. Facing Procrastination
21. Facing Sadness
22. Foundations of a Relationship
23. Growth Mindset
24. Foundations of a Relationship
25. Healthy vs. Unhealthy Disagreements
26. How to Prioritize
27. Identifying and Fulfilling Your Core Needs
28. Journaling Events & Emotions
29. Knowing and Noticing Your Own Emotions
30. Managing Anger
31. Memory and Focus
32. Mindfulness
33. Navigating Inequality
34. Neurodiversity and Disability
35. Preventing and Repairing Harm
36. Problem-Solving Techniques
37. Recognizing & Avoiding Negativity
38. Self Talk
39. Sleep, Rest, Diet, and Exercise
40. Seeking Compromise
41. Setting Goals & Discovering Inspiration
42. Social Communication Skills
43. Spotting Hidden Emotions
44. State of Mind
45. Teamwork and Great Teams
46. The Math of Emotions
47. Thinking Small = Thinking Big

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One-to-Ones English

1. One-To-Ones

- a. Active Listening
- b. Aiming for Personal Resilience
- c. Apologies
- d. Being Mindful
- e. Benefits of Gratitude
- f. Blame vs. Responsibility
- g. Cutting Doubt and Fear to Pieces
- h. Dealing with Issues and Conflict
- i. Dealing with Peer Pressure
- j. Developing Social Awareness
- k. Diversity
- l. Empathy vs Sympathy
- m. Facing Procrastination
- n. Foundations of a Relationship
- o. Goal Setting & Discovering Inspiration
- p. Growth Mindset

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Selfie Videos English

1. Video Lessons 1-13 By Teacher Sarah

- a. 1) Growth Mindset
- b. 2) Benefits of Gratitude
- c. 3) Capturing and Controlling Thoughts
- d. 4) Facing Procrastination
- e. 5) Facing Sadness
- f. 6) Recognizing and Avoiding Negativity
- g. 8) Setting Goals
- h. 9) Sleep, Diet, & Exercise
- i. 11) Active Listening

SELENA Live Action Videos English

1. Video Lessons 1-13 By Teacher Sarah

- a. 1) Growth Mindset
- b. 2) Benefits of Gratitude
- c. 3) Capturing and Controlling Thoughts
- d. 4) Facing Procrastination
- e. 5) Facing Sadness
- f. 6) Recognizing and Avoiding Negativity
- g. 8) Setting Goals
- h. 9) Sleep, Diet, & Exercise
- i. 11) Active Listening

2. 2022 Live Action Videos

- a. 1) Active Listening
- b. 2) Mindfulness
- c. 3) Issues and Conflict
- d. 4) Facing Procrastination
- e. 5) Negativity
- f. 6) Diversity
- g. 7) Gratitude
- h. 8) Self-Talk
- i. 9) Setting Goals
- j. 10) The Importance of Mental and Emotional Resilience

