

Relationship Skills' Lesson Plan (Chapter 3, Module 2, Lesson 9)

Duration	Objective	Activity
5 mins	<ol style="list-style-type: none"> 1. Foster a sense of community where all know each other and feel comfortable in each other's presence 2. Establish guidelines for respectful and effective communication and collaboration within the group. 	Introduce yourself and have students introduce themselves if they do not know each other. Start with a list of rules and have students add (large group activity).
10 mins	Define different self-regulation and emotional intelligence skills	<p>Questions and discussion: Ask the pre-assessment questions. If youth cannot provide the answers, fill the gaps with a lecture/video.</p> <p>Pre-assessment questions:</p> <ul style="list-style-type: none"> • What does it mean to be self-aware? • How do you think understanding your own feelings can help you in your relationships with others? • How do you think empathy can help prevent conflicts? • What are some ways you can calm yourself down when you're feeling angry or upset?
10 mins	Explore Emotional Intelligence and how it helps us build strong, positive relationships.	Small group discussion about emotional intelligence and real life scenarios
5 mins	Each student is able to state at least one thing they will take away from the lesson	Ask students "What is one thing you learned today? How will you use what you learned? Ask everyone to name one thing. Show a video highlighting key concepts.

Materials Required: Flip Chart/Whiteboard/Blackboard + Pen/Marker