

High School STUDY SKILLS –1st and 2nd Periods

Week 8

	<u>MONDAY 10/2</u>	<u>TUESDAY 10/3</u>	<u>WEDNESDAY 10/4</u>	<u>THURSDAY 10/5</u>	<u>FRIDAY 10/6</u>
OBJECTIVE	Students will work on missing/incomplete assignments.	To learn problem-solving skills to correct actions taken as a result of negative thinking.	NO 1 ST PERIOD	NO 2 ND PERIOD To demonstrate how feeling good about ourselves offers an “anchor” that maintains positive self-concept during stressful periods.	Students will complete a missing assignment sheet.
BELL WORK	What is your good thing from the weekend?	Why should we increase our number of positive thoughts?		Why is consistently doing positive actions so important? <-----	What went well this week?
CLASSWORK	After good things, students will take out their missing assignment forms that they completed in class on Friday. --Students will work on missing assignments (Sub today and tomorrow).	We will complete Lesson 12: What Can I do? *students will complete the “ten positive actions” activity as a journal entry*		We will complete Lesson 13: How Do We Feel About Ourselves? *students will complete the “How Do I Feel About Myself?” activity.	Students will work on their class monitoring/missing assignments sheet. I will support students as they work on current and/or missing work.
VOCABULARY		Temptation		Sensitivity	
HOMEWORK	*Complete missing/current assignments.*	*Complete missing/current assignments.*		*Complete missing/current assignments.*	