

## Mental Health and Wellness

## CASEL Alignment

		CASEL Competencies				
Unit	Purpose Prep Lessons	SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
1	Anger Management	✓				✓
	Communication Skills			✓	✓	
	The Power of Thoughts	✓	✓			
	Know Yourself, Love Yourself	✓	✓			
2	Understanding Bullying	✓		✓		
	Effects of Bullying		✓	✓		
	Being a Champion			✓		✓
	Overcoming Bullying: Real Stories			✓	✓	
3	Citizenship			✓		✓
	Diversity			✓	✓	
	Peace Officers			✓		✓
	Fighting for Justice			✓		✓
4	It's Not Your Fault	✓	✓			
	Family Challenges		✓			✓
	Resiliency		✓			✓
	Mental Wellness	✓				✓