



## TRANSFORM MY EMOTIONS

### 3-5 Kindly Learning Purpose Pathways Content Outline

## MY EMOTIONS & FEELINGS

### WHY EMOTIONS ARE IMPORTANT:

- Lesson 1 – Why Emotions Are Important – Why Are Emotions Important?
- Lesson 2 – Why Emotions Are Important – How to Make Good Decisions
- Lesson 3 – Why Emotions Are Important – Changing Bad Feelings
- Lesson 4 – Why Emotions Are Important – Coloring Our Emotions
- Lesson 5 – Why Emotions Are Important – How Emotions Impact Others

### LEARNING MY BASIC EMOTIONS:

- Lesson 6 – Learning My Basic Emotions – Sadness and Happiness
- Lesson 7 – Learning My Basic Emotions – Anger
- Lesson 8 – Learning My Basic Emotions – Love
- Lesson 9 – Learning My Basic Emotions – What Do I Do When I'm Afraid
- Lesson 10 – Learning My Basic Emotions – Peace

### EMOTIONS & RELATIONSHIPS:

- Lesson 11 – Emotions & Relationships – Bullying
- Lesson 12 – Emotions & Relationships – Attitude
- Lesson 13 – Emotions & Relationships – Being A Good Friend
- Lesson 14 – Emotions & Relationships – Anger Towards Others
- Lesson 15 – Emotions & Relationships – Giving & Receiving Love

## ERIN'S LAW

### PERSONAL RESPONSIBILITY:

- Lesson 16 – Personal Responsibility – Ways to Stay Safe
- Lesson 17 – Personal Responsibility – Follow Your Feelings
- Lesson 18 – Personal Responsibility – Don't Keep Secrets
- Lesson 19 – Personal Responsibility – Keep Speaking Up
- Lesson 20 – Personal Responsibility – Peaceful Words

### PERSONAL HEALTH CONCEPTS:

- Lesson 21 – Personal Health Concepts – Be Responsible
- Lesson 22 – Personal Health Concepts – Unsafe vs. Unwanted
- Lesson 23 – Personal Health Concepts – Respect Everyone & Their Personal Rights
- Lesson 24 – Personal Health Concepts – How to Say "No"
- Lesson 25 – Personal Health Concepts – Goal Achievement That Brings Hope

### POSITIVE & NEGATIVE INFLUENCES:

- Lesson 26 – Positive & Negative Influences – Always Ask
- Lesson 27 – Positive & Negative Influences – Relationships
- Lesson 28 – Positive & Negative Influences – Protecting Others
- Lesson 29 – Positive & Negative Influences – Secrets Are Not Safe
- Lesson 30 – Positive & Negative Influences – Being Realistic About Our Dreams & Goals

## VALUES & PRINCIPLES

### LIVING FROM PURPOSE:

- Lesson 31 – Living From Purpose – What Are Values & Principles
- Lesson 32 – Living From Purpose – Personal Responsibility
- Lesson 33 – Living From Purpose – Having Integrity
- Lesson 34 – Living From Purpose – Giving Respect to Others
- Lesson 35 – Living From Purpose – Teamwork





### EXERCISING MY HEART:

Lesson 36 – Exercising My Heart – Building My Values System

Lesson 37 – Exercising My Heart – Personal Grit

Lesson 38 – Exercising My Heart – Grateful Hearts

Lesson 39 – Exercising My Heart – Free Forgiveness

Lesson 40 – Exercising My Heart – Empathy

### BECOMING UNSTOPPABLE:

Lesson 41 – Becoming Unstoppable – Values & Purpose

Lesson 42 – Becoming Unstoppable – Being Optimistic

Lesson 43 – Becoming Unstoppable – Healthy Decision-Making

Lesson 44 – Becoming Unstoppable – Bring Generous

Lesson 45 – Becoming Unstoppable – Leadership

