

# Scope & Sequence

## TNP Alignment Guide

Week	Title	CASEL	CASEL Detail	DBT	DBT Detail	Family Communication
Intro	Navigate the Course					
Intro	What is emotional wellness?					
1	Pathway to Self-Awareness	<b>Main:</b> Self Awareness	This lesson teaches integrating personal and social identities, linking feelings, values, and thoughts, and developing interests and a sense of purpose.	<b>Main:</b> Emotional Regulation  <b>Other:</b> Mindfulness	The lesson focuses on understanding thoughts and physiological responses, aligning with DBT mindfulness, to help students recognize emotional states and set the foundation for emotion regulation.	How can I discuss identity, values and feelings as a family?
2	Our Ancestral Central Nervous System	<b>Main:</b> Self Awareness  <b>Other:</b> Self Management	By recognizing and understanding their physiological responses to perceived threats, students develop greater self-awareness, foundational for recognizing emotions, strengths, and limitations. This understanding helps them manage these reactions more effectively.	<b>Main:</b> Emotional Regulation  <b>Other:</b> Mindfulness	The lesson encourages non-judgmental observation of physiological responses, a key mindfulness aspect. Understanding the central nervous system's role in stress helps students regulate emotions and responses to perceived threats.	How can I use mindfulness to notice physiological responses?
3	Your Nervous System: Unplugged	<b>Main:</b> Self Awareness  <b>Other:</b> Self Management	This lesson helps students understand the physiological mechanisms behind behavior, increasing self-awareness. Knowing the nervous system's role in stress aids in managing responses,	<b>Main:</b> Emotional Regulation  <b>Other:</b> Mindfulness	By understanding the nervous system, students learn to observe their internal states mindfully. This knowledge helps manage stress responses, improving emotion regulation and overall emotional	What is your nervous system doing?

			enhancing self-control and regulation..		health.	
4	Reflecting on Identity	<b>Main:</b> Self Awareness <b>Other:</b> Self Management	This lesson helps students understand their unique nervous system responses, enhancing self-awareness. By exploring these responses, students gain insights into their emotions, thoughts, and behaviors, improving self-control and self-regulation skills.	<b>Main:</b> Emotional Regulation <b>Other:</b> Mindfulness	This lesson promotes mindfulness by encouraging students to observe their internal states without judgment. Understanding the nervous system's role helps students regulate emotions better, improving emotional health and resilience.	How is your nervous system response different and the same as others in your family?
5	Why So Tired, Anxious, and Lonely?	<b>Main:</b> Self Awareness <b>Other:</b> Social Awareness Self Management	This lesson helps students understand their identities' impact on thoughts, feelings, and behaviors, fostering self-awareness and empathy. Students learn strategies to manage tiredness, anxiety, and loneliness, improving self-management and well-being.	<b>Main:</b> Emotional Regulation <b>Other:</b> Mindfulness Interpersonal Skills	By understanding DBT components, students learn to observe their identities and nervous system states mindfully, manage feelings of tiredness, anxiety, and loneliness, and enhance empathy and interpersonal skills.	What feelings that we label "bad" show up often for you? For others in their family?
6	Who Am I? The Calm Nervous System at Rest	<b>Main:</b> Self Awareness <b>Other:</b> Self Management	This lesson helps students recognize their physiological responses to stress and safety, enhancing self-awareness. By mapping their unique nervous system responses, they gain insights into their emotions and behaviors.	<b>Main:</b> Emotional Regulation <b>Other:</b> Mindfulness	By practicing mindfulness, students observe their physiological responses without judgment. This helps them manage emotions effectively and tolerate distress, reducing maladaptive behaviors.	What are the physiological responses in the body when I feel safe?
7	Who am I? The Physiological Nervous system in Hyper Arousal.	<b>Main:</b> Self Awareness <b>Other:</b> Self Management	This lesson encourages students to observe and describe their physiological responses without judgment, enhancing mindfulness. Understanding the nervous system's role in stress responses helps develop strategies for	<b>Main:</b> Emotional Regulation <b>Other:</b> Mindfulness	This lesson teaches students to observe and describe their physiological responses without judgment, understand the nervous system's role in hyperarousal, and learn about the fight or flight response.	What are the physiological responses in the body when I feel activated or go into fight/flight?



			emotion regulation.	Distress Tolerance		
8	Who am I? The Physiological Nervous System in Hypo Arousal.	<b>Main:</b> Self Awareness <b>Other:</b> Self Management	This lesson helps students recognize and understand their physiological responses to stress and hypoarousal, enhancing self-awareness. By mapping these responses, students develop strategies for managing stress and improving self-control, linking their emotions, values, and thoughts.	<b>Main:</b> Emotional Regulation <b>Other:</b> Mindfulness Distress Tolerance	This lesson teaches students to observe and describe their physiological responses without judgment, understand the nervous system's role in hypoarousal, and learn about freeze and fawn responses. These skills help students manage their emotions, enhance mindfulness, and develop effective distress tolerance strategies.	What are the physiological responses in the body when I feel hyporegulated or go into freeze or fawn mode?
9	Ways to Regulate: Tools for Emotional Release.	<b>Main:</b> Self Awareness <b>Other:</b> Self Management Responsible Decision Making	This lesson helps students recognize their physiological responses to stress, enhancing self-awareness. It teaches practical techniques for emotional regulation and self-management, and fosters responsible decision-making in managing emotions. Students also learn to identify emotions, use stress management strategies, and demonstrate self-discipline and initiative.	<b>Main:</b> Emotional Regulation <b>Other:</b> Mindfulness Distress Tolerance	This lesson teaches students mindfulness for non-judgmental awareness of their emotional states, emotion regulation techniques for maintaining balance, and distress tolerance skills to handle challenging emotions effectively.	How can I return to a state of rest in my nervous system when I go into fight, flight, freeze or fawn?
10	Ways to Regulate: Tools for Returning to Rest and Digest	<b>Main:</b> Self Awareness <b>Other:</b> Self Management Responsible Decision Making	This lesson teaches practical techniques for emotional release and regulation, promoting effective self-management and responsible decision-making. Students learn to identify emotions, use stress management strategies, exhibit self-discipline, set goals, take initiative, and demonstrate	<b>Main:</b> Emotional Regulation <b>Other:</b> Mindfulness Distress Tolerance	This lesson teaches mindfulness for non-judgmental awareness of emotional and physiological states, emotion regulation techniques like self-soothing and TIPP for maintaining balance, and ACCEPTS skills for distress tolerance to handle emotional crises effectively.	How can I return my system to a state of rest when activated by skills based interventions?



			personal and collective agency.			
11	What is Self Management? Cultivating Emotional Regulation	<b>Main:</b> Self Management  <b>Other:</b> Self Awareness  Responsible Decision Making	This lesson explains the window of tolerance and the impact of ACEs and trauma on emotional dysregulation. It emphasizes understanding one's unique nervous system and the need for personalized emotional regulation skills. Students learn to integrate personal and social identities, identify emotions, and develop honesty, integrity, and self-efficacy.	<b>Main:</b> Emotional Regulation  <b>Other:</b> Mindfulness  Distress Tolerance	Through DBT components like mindfulness, emotion regulation, and distress tolerance, students learn to be present and aware of their physiological and emotional states, manage their emotions effectively, and cope with distressing situations without maladaptive behaviors.	How have ACEs impacted my stress response?
12	3000 Words for Feelings	<b>Main:</b> Self Management  <b>Other:</b> Self Awareness  Responsible Decision Making	This lesson enhances self-awareness by helping students identify and understand their emotions. It teaches meditation and breath awareness for effective self-management and fosters responsible decision-making by improving emotional awareness and response to challenging situations.	<b>Main:</b> Mindfulness  <b>Other:</b> Emotional Regulation  Distress Tolerance	By identifying and managing their emotions, students enhance their mindfulness, emotion regulation, and distress tolerance skills, fostering better emotional stability and behavior management.	What are your common words when describing your feelings and how can you add to that vocabulary?
13	What to do When I Have Strong Feelings	<b>Main:</b> Self Management  <b>Other:</b> Self Awareness  Responsible Decision Making	This lesson helps students understand their nervous system and vagus nerve, enhancing self-awareness. It teaches somatic mindfulness practices for effective self-management of emotions. By learning to regulate their nervous system, students improve their decision-making skills, resilience, and ability to handle stress thoughtfully.	<b>Main:</b> Distress Tolerance  <b>Other:</b> Mindfulness  Emotional Regulation	This lesson teaches DBT components for emotion regulation and resilience. It emphasizes mindfulness for non-judgmental awareness, strengthening the vagus nerve for better distress tolerance, and regular practice to maintain emotional balance and manage stress effectively.	What are ways I can use my body to help me feel better?



14	Creating Compassion: R.A.I.N. Technique	<p><b>Main:</b> Self Management</p> <p><b>Other:</b> Self Awareness</p>	This lesson helps students manage their emotions, integrate personal and social identities, and exhibit self-discipline. By recognizing and understanding their emotional states, students enhance self-awareness.	<p><b>Main:</b> Distress Tolerance</p> <p><b>Other:</b> Mindfulness</p> <p>Emotional Regulation</p>	The lesson provides practical techniques like R.A.I.N. for effective self-management. Understanding and responding to emotions with compassion aids in responsible decision-making, promoting thoughtful and informed choices.	How can I be still and curious about my thoughts and feelings?
15	Ways to Regulate: Grounding and Resourcing	<p><b>Main:</b> Self Management</p> <p><b>Other:</b> Self Awareness</p>	This lesson teaches grounding techniques like body scans, deep breathing, and mindful walking to help students manage stress and anxiety. It enhances self-awareness of physiological and emotional states, promoting effective self-management and thoughtful decision-making in stressful situations.	<p><b>Main:</b> Distress Tolerance</p> <p><b>Other:</b> Mindfulness</p> <p>Emotional Regulation</p>	This lesson emphasizes mindfulness and distress tolerance with emotion regulation strategies, including TIPP. These practices help students stay present, manage distress, and maintain emotional balance.	What are ways I can use my body and mindfulness practice to help me feel better?
16	Ways to Regulate: Overly Regulated and Frozen	<p><b>Main:</b> Self Management</p> <p><b>Other:</b> Self Awareness</p>	This lesson teaches students to manage stress and anxiety through grounding techniques like STOP and IMPROVE, enhancing their self-awareness of physiological and emotional states. By practicing these strategies, students develop self-control, self-discipline, and self-motivation, aiding in responsible decision-making and fostering a growth mindset.	<p><b>Main:</b> Distress Tolerance</p> <p><b>Other:</b> Mindfulness</p> <p>Emotional Regulation</p> <p>Interpersonal Effectiveness</p>	This lesson emphasizes mindfulness with grounding techniques building distress tolerance and emotional regulation through STOP and IMPROVE. These practices enhance students' ability to handle stress and improve interpersonal interactions.	What are skills that I can use to help manage stress in a healthy way?



17	An Attitude of Gratitude: Appreciation Practices	<p><b>Main:</b> Social Awareness</p> <p><b>Other:</b> Self Management</p> <p>Responsible Decision Making</p>	This lesson teaches students to recognize and appreciate their emotions and experiences through gratitude practices, enhancing self-awareness and self-management. It helps students make thoughtful decisions in challenges and fosters empathy and positive social interactions by appreciating others' contributions.	<p><b>Main:</b> Mindfulness</p> <p><b>Other:</b> Emotional Regulation</p> <p>Distress Tolerance</p>	This lesson focuses on mindfulness, distress tolerance, and emotion regulation through the practice of gratitude. It teaches students to be present and appreciate their experiences using gratitude journaling and the THANK skill. These practices help students manage distressing emotions, maintain emotional balance, and develop a positive mindset, enhancing their resilience and ability to handle life's challenges.	How can I use THANK and other gratitude practices to positively support my mental health?
18	What CAN we Control?	<p><b>Main:</b> Responsible Decision Making</p> <p><b>Other:</b> Self Awareness</p> <p>Social Awareness</p>	This lesson helps students recognize what they can and cannot control, enhancing self-awareness and understanding of their emotions. It teaches practical techniques for managing responses to uncontrollable situations, improving self-management. By focusing on controllable aspects, students make more responsible and constructive decisions.	<p><b>Main:</b> Emotional Regulation</p> <p><b>Other:</b> Mindfulness</p> <p>Distress Tolerance</p>	This lesson teaches mindfulness to help students focus on what they can control, reducing anxiety. It provides tools for managing distressing emotions related to uncontrollable situations, and strategies for regulating emotions by focusing on controllable aspects and applying coping mechanisms.	What is outside of our control? How does recognizing what we can control support our behavior and feelings?
19	Regulation Techniques: S.T.O.P.	<p><b>Main:</b> Responsible Decision Making</p> <p><b>Other:</b> Self Awareness</p> <p>Social Awareness</p>	This lesson helps students recognize their emotional reactions and triggers, enhancing self-awareness through the STOP technique. It teaches practical emotion management techniques, improving self-regulation in challenging situations.	<p><b>Main:</b> Emotional Regulation</p> <p><b>Other:</b> Mindfulness</p> <p>Distress Tolerance</p>	This lesson provides tools for distress tolerance, enabling students to manage high-stress situations and maintain emotional stability. Applying the STOP skill also aids in making thoughtful, responsible decisions by allowing students to pause and assess situations before acting.	How does pausing help you to recognize what is happening in your body and choose differently?



20	PLEASE: Take Care of Your Body by Taking Care of Your Mind	<p><b>Main:</b> Responsible Decision Making</p> <p><b>Other:</b> Self Awareness</p>	This lesson teaches students the connection between physical health and emotional well-being, enhancing self-awareness. It provides practical techniques for maintaining physical health using the PLEASE skills, supporting emotional regulation and effective stress management.	<p><b>Main:</b> Mindfulness</p> <p><b>Other:</b> Emotional Regulation Distress Tolerance</p>	This lesson emphasizes mindfulness by being present and aware of one's physical and mental states. It teaches distress tolerance through physical self-care, using the PLEASE skills to build resilience and manage emotional distress. By maintaining physical health, students learn to regulate their emotions and maintain emotional balance.	How does eating well, sleeping well, exercising and present awareness practices contribute to our overall well being?
21	Our Storytelling Minds	<p><b>Main:</b> Self Awareness</p> <p><b>Other:</b> Self Management Relationship Skills</p>	This lesson enhances self-awareness by helping students understand their thought patterns and stress responses. It teaches stress management techniques to regulate these responses and improve decision-making, enabling students to make informed, rational choices by recognizing the impact of stress on their thinking.	<p><b>Main:</b> Mindfulness</p> <p><b>Other:</b> Emotional Regulation Distress Tolerance</p>	This lesson emphasizes mindfulness, helping students observe their thoughts and physiological responses without judgment. It provides tools for managing distress and building resilience, and teaches emotion regulation strategies to maintain balance and reduce negative thought patterns related to stress.	What are some common stories your mind creates? Do you notice any patterns in your stories?
22	What are Emotional Decisions?	<p><b>Main:</b> Responsible Decision Making</p> <p><b>Other:</b> Self Management Self Awareness</p>	This lesson teaches students about emotional dysregulation, helping them recognize their emotional states and triggers. It covers the science of increased sensitivity and hyperarousal, emphasizing practical techniques for managing emotions and making reasoned decisions. Students analyze scenarios to avoid emotional decisions, enhancing their self-awareness, self-management, and decision-making skills.	<p><b>Main:</b> Distress Tolerance</p> <p><b>Other:</b> Emotional Regulation Mindfulness</p>	This lesson teaches students to be mindful of their emotional and physiological states without judgment, promoting awareness of dysregulation. It provides tools for distress tolerance to manage emotions outside their window of tolerance, helping maintain stability during high-stress situations.	How do my emotions impact my access to my thinking brain? How can I be aware of my emotions and use skills to make good decisions?

23	Intentional Decision Making	<p><b>Main:</b> Relationship Skills</p> <p><b>Other:</b> Self Management</p> <p>Self Awareness</p>	<p>This lesson focuses on the Wise Mind approach. It emphasizes mindfulness to stay present and aware, using distress tolerance skills like ACCEPTS to manage emotional crises. Additionally, students learn interpersonal effectiveness by assessing others' states and choosing appropriate times to address issues, improving communication and conflict resolution.</p>	<p><b>Main:</b> Distress Tolerance</p> <p><b>Other:</b> Emotional Regulation</p> <p>Mindfulness</p> <p>Interpersonal Effectiveness</p>	<p>This lesson teaches the Wise Mind approach for intentional decision-making, emphasizing mindfulness to recognize and stay grounded in one's thoughts, emotions, and physical sensations. Students learn distress tolerance with Wise Mind ACCEPTS skills to handle emotional crises and maintain stability. These practices enhance emotional balance and conflict resolution skills.</p>	<p>What is the Wise mind? How can I use somatic tools to rest in the wise mind instead of the emotion or rational mind only and how will that impact my decision making?</p>
24	What are my Core Beliefs?	<p><b>Main:</b> Relationship Skills</p> <p><b>Other:</b> Self Management</p> <p>Self Awareness</p>	<p>This lesson helps students identify their core beliefs and understand their significance, enhancing self-awareness and self-management. Activities like journaling and role-playing teach students to express and respect differing beliefs, emphasizing relationship skills and social awareness.</p>	<p><b>Main:</b> Distress Tolerance</p> <p><b>Other:</b> Interpersonal Effectiveness</p> <p>Emotional Regulation</p>	<p>This lesson emphasizes mindfulness to stay present and aware of thoughts and feelings without judgment. Activities focus on interpersonal effectiveness, helping students express and respect differing beliefs. Emotion regulation strategies are provided to manage responses to conflicting beliefs, while distress tolerance skills help students cope with discomfort and stress.</p>	<p>What do I believe? How are other's beliefs different from mine and how do I feel about that?</p>
25	Nurturing Healthy Connections	<p><b>Main:</b> Relationship Skills</p> <p><b>Other:</b> Self Management</p> <p>Self Awareness</p> <p>Social Awareness</p>	<p>This lesson teaches students to develop healthy connections through effective communication and relationship skills. Empathy-building activities help students recognize and manage their own and others' emotions. They practice setting boundaries and using emotion regulation techniques to handle conflicts.</p>	<p><b>Main:</b> Interpersonal Effectiveness</p> <p><b>Other:</b> Emotional Regulation</p> <p>Mindfulness</p> <p>Distress Tolerance</p>	<p>This lesson emphasizes mindfulness, students learn to be present and aware of their thoughts, feelings, and interactions without judgment. Activities focus on interpersonal effectiveness, helping students express needs, set boundaries, and respect others. Strategies promote stability and positive relationships even during challenging times.</p>	<p>How do you connect with others? What situations do you find it hard to connect with others in or feel empathy?</p>

26	Empathy in Action	<p><b>Main:</b> Relationship Skills</p> <p><b>Other:</b> Self Management</p> <p>Social Awareness</p>	This lesson teaches students the importance of empathy and active listening through intentional questioning. Loving-Kindness Meditation fosters compassion for oneself and others promoting deeper connections and understanding.	<p><b>Main:</b> Interpersonal Effectiveness</p> <p><b>Other:</b> Interpersonal Effectiveness</p> <p>Emotional Regulation</p>	This lesson focuses on interpersonal effectiveness by teaching empathy and active listening to maintain healthy relationships. Students learn emotion regulation strategies to manage their emotions and stay composed during interactions, and distress tolerance skills to cope with difficult emotions.	How can I listen without interrupting or advising? How can I show up to see and hear people in my life in a way that strengthens my relationships?
27	Boundaries with Friends: Speak Up and Stay Calm	<p><b>Main:</b> Relationship Skills</p> <p><b>Other:</b> Self Management</p> <p>Social Awareness</p>	This lesson teaches students to assertively set boundaries with friends using the DEAR method and mindfulness techniques. Students learn to maintain healthy relationships, regulate emotions, and enhance self-awareness, self-management, relationship skills, and social awareness.	<p><b>Main:</b> Interpersonal Effectiveness</p> <p><b>Other:</b> Interpersonal Effectiveness</p> <p>Emotional Regulation</p>	This lesson Uses the DEAR method to help students learn to set boundaries. Emotion regulation and distress tolerance strategies ensure they manage emotions and maintain healthy relationships even in stressful situations.	How can you describe, express, assert and reinforce when you set a boundary with someone?
28	Mindful Listening: Hear with Your Heart	<p><b>Main:</b> Relationship Skills</p> <p><b>Other:</b> Social Awareness</p> <p>Responsible Decision Making</p>	This lesson teaches students mindful listening using the GIVE method and mindfulness techniques. Students enhance relationship skills, social awareness, and responsible decision-making.	<p><b>Main:</b> Interpersonal Effectiveness</p> <p><b>Other:</b> Interpersonal Effectiveness</p> <p>Emotional Regulation</p>	This lesson teaches students to express needs and listen effectively, enhancing interpersonal effectiveness and empathy. Emotion regulation strategies ensure students remain calm during interactions, while distress tolerance skills help them cope with difficult emotions, maintaining healthy relationships even in stressful situations.	How can you listen to others by being gentle, acting interested, validating what they are saying and staying at ease? How does this impact your relationships?

29	Building Strong Relationships: FAST	<p><b>Main:</b> Relationship Skills</p> <p><b>Other:</b> Social Awareness</p> <p>Self Awareness</p>	<p>This lesson teaches students to interact with others effectively but not at the cost of their own values, self-respect, or needs. Students enhance relationship skills, social awareness and responsible decision making while pulling on self awareness.</p>	<p><b>Main:</b> Interpersonal Effectiveness</p> <p><b>Other:</b> Distress Tolerance</p> <p>Mindfulness</p>	<p>This lesson emphasizes mindfulness, students learn to stay present and aware of their thoughts and feelings. Activities focus on expressing needs and maintaining self-respect using the FAST method, enhancing interpersonal effectiveness and boundary-setting skills.</p>	<p>How can you deal with conflict and build strong relationships by being fair to yourself and others, not apologizing for your needs, sticking to your values, and being truthful?</p>
30	Using DEAR MAN to Define your Boundaries	<p><b>Main:</b> Social Awareness</p> <p><b>Other:</b> Relationship Skills</p> <p>Responsible Decision Making</p>	<p>This lesson teaches students to set and respect boundaries by using the DEAR MAN method and case study analysis. Students Describe, Express, Assert, Reinforce, are Mindful, Appear Confident and Negotiate when communicating with others.</p>	<p><b>Main:</b> Mindfulness</p> <p><b>Other:</b> Interpersonal Effectiveness</p> <p>Distress Tolerance</p>	<p>This lesson teaches students to set and respect boundaries using the DEAR MAN method. It emphasizes mindfulness, assertive communication, and self-respect. Students learn emotion regulation and distress tolerance strategies to manage emotions and maintain healthy relationships in stressful situations.</p>	<p>How can you clearly communicate what you need to those around you in a way that maintains your healthy relationships? How can you be assertive and calm at the same time?</p>
31	Empathy Exchange: Seeing Through New Eyes	<p><b>Main:</b> Social Awareness</p> <p><b>Other:</b> Relationship Skills</p> <p>Responsible Decision Making</p>	<p>In this lesson, students develop social awareness by practicing empathy and understanding others' perspectives using DBT skills like non-judgmental stance (NJS) and effectiveness (EFF). Students analyze scenarios and take on others perspectives to build social awareness and relationship skills.</p>	<p><b>Main:</b> Mindfulness</p> <p><b>Other:</b> Interpersonal Effectiveness</p> <p>Emotion Regulation</p>	<p>This lesson teaches students to connect with others focusing on interpersonal effectiveness by using a non-judgemental stance. Students learn emotion regulation and distress tolerance strategies to manage emotions and maintain healthy relationships in stressful situations.</p>	<p>How does looking at stressful situations from the others perspective help you to connect with them? To conflict manage in a different way?</p>



32	Using a Wise Mind	<p><b>Main:</b> Social Awareness</p> <p><b>Other:</b> Relationship Skills</p> <p>Responsible Decision Making</p>	<p>In this lesson, students revisit the Wise mind and apply it to conflict management and boundary setting. Students integrate additional somatic practices to return to the Wise mind and access this state to reflect on connection with others.</p>	<p><b>Main:</b> Emotion Regulation</p> <p><b>Other:</b> Interpersonal Effectiveness</p> <p>Mindfulness</p> <p>Distress Tolerance</p>	<p>This lesson teaches students to apply what they have learned through the course by regulating their nervous system, anchoring into the Wise mind, communicating boundaries and needs and managing behavior. Students learn emotion regulation and distress tolerance strategies with somatic practices.</p>	<p>How can we take all that we have been learning and integrate it into our daily lives? How can we use the rest and digest state of our nervous system aka Wise mind to manage relationships?</p>
33	Managing Conflicting Emotions	<p><b>Main:</b> Social Awareness</p> <p><b>Other:</b> Relationship Skills</p> <p>Responsible Decision Making</p>	<p>In this lesson students address challenges such as biological factors, lack of skills, emotional behavior, moodiness, emotional overload, and emotion myths to normalize these experiences. Students learn techniques for titrating intense emotions and gain strategies to better understand and navigate their emotional landscape.</p>	<p><b>Main:</b> Emotion Regulation</p> <p><b>Other:</b> Interpersonal Effectiveness</p> <p>Mindfulness</p> <p>Distress Tolerance</p>	<p>This lesson emphasizes mindfulness, students learn to be present and aware of their emotions without judgment. Emotion regulation strategies teach students to recognize, name, and handle multiple emotions, reducing overload and improving well-being. Distress tolerance skills help manage the discomfort of conflicting emotions, promoting emotional stability and resilience.</p>	<p>How can you use your mindfulness practices to better manage multiple emotions at one time? How can you be present with feelings and apply the skills and tools you have learned to support your internal and external relationships?</p>
34	Empathy in Action: Navigating Reactions	<p><b>Main:</b> Relationship Skills</p> <p><b>Other:</b> Responsible Decision Making</p> <p>Self Awareness</p>	<p>This lesson enhances social awareness by helping students evaluate others' reactions, especially when applying new skills and showing change. Using somatic techniques, polyvagal approaches, and DBT GIVE skills, students learn to manage their physiological responses, communicate effectively, set boundaries, and build relationships.</p>	<p><b>Main:</b> Interpersonal Effectiveness</p> <p><b>Other:</b> Distress Tolerance</p> <p>Mindfulness</p> <p>Emotion Regulation</p>	<p>This lesson helps students enhance social awareness by evaluating others' reactions and applying new skills. Using mindfulness, somatic techniques, polyvagal approaches, and DBT skills students learn to stay present, manage emotions, and communicate effectively. This lesson continues with the work of putting it all together for daily engagement.</p>	<p>How can you manage people reactions when they struggle with the changes you are making? What can you do to address those reactions using the tools and techniques from this course?</p>



35	Silent Signals: Mastering Nonverbal Communication	<p><b>Main:</b> Social Awareness</p> <p><b>Other:</b> Relationship Skills</p> <p>Self Awareness</p>	<p>This lesson teaches students to understand and use nonverbal communication effectively. Continuing the task of putting it all together students apply knowledge of hyper vigilance and physiological responses to how they interpret others communications and communicate themselves.</p>	<p><b>Main:</b> Interpersonal Effectiveness</p> <p><b>Other:</b> Mindfulness</p> <p>Emotion Regulation</p>	<p>This lesson emphasizes mindfulness, students become aware of their body language. Activities enhance interpersonal effectiveness through nonverbal cues. Emotion regulation ensures clear signals, and distress tolerance helps manage misunderstandings, promoting healthy relationships.</p>	
36	Coregulation and Social Harmony	<p><b>Main:</b> Self Management</p> <p><b>Other:</b> Relationship Skills</p> <p>Self Awareness</p> <p>Relationship Skills</p> <p>Social Awareness</p>	<p>This lesson uses the ABCs of DBT (Accumulating positive emotions, Building mastery, Coping ahead) and the VITALS strategy (Validate Yourself, Imagine Success, Take Small Steps, Applaud Yourself, Lighten the Load, Sweeten the Pot), students consider and plan to use what they learned outside of the course.</p>	<p><b>Main:</b> Interpersonal Effectiveness</p> <p><b>Other:</b> Mindfulness</p> <p>Emotion Regulation</p> <p>Mindfulness</p>	<p>This final lesson teaches students about co-regulation and nervous system responses using the ABCs of DBT and the VITALS strategy. Students plan to apply these skills outside the course to enhance empathy, respect, and social harmony.</p>	