



	<p>Discussion Defenders (Gym Game) 6-9 min          Conflict or Bullying: You Decide (Story) 5-8 min          Quiz Challenge - 5 - Social Behavior 6-9 min</p>	
<p>_____</p> <p>_____</p>	<p>Problem Solving Strategies 6-9 mins          Showtime Solutions 7-10 min          Puedes Hacerlo (Lyrics) 6-9 min          Journal Time 5-8 min          Problem Solving Strategies (Reflections) 6-9 mins</p>	<p>2.C, 4.B</p>
<p>_____</p> <p>_____</p>	<p>Using Data to Inform My Decisions 6-9 mins          Is It Trustworthy? 7-10 mins          Trustworthy or Untrustworthy (Gym Game) 6-9 mins          Don't Believe Everything You Read (Story) 5-8 Don't f</p>	<p>2.C, 9.B,</p>
<p>_____</p> <p>_____</p>		
<p>_____</p> <p>_____</p>		
<p>_____</p> <p>_____</p>		

	Dentist, Dentist (Lifetime Benefits of Healthy Teeth) 6-9 mins	
_____	Setting Exercise Goals 6-9 mins How Much Exercise, How Often? 7-10 mins Don't Quit (Music Video) 6-9 mins My Exercise Goal Calculator 5-8 mins Cool Down (Setting Exercise Goals) 6-9 mins	8.A, 9.A
_____	Setting Sleep Routines - Going Deeper 6-9 mins Bedtime Basics 7-10 mins Pillow Fort Defenders (Gym Game) 6-9 mins My Sleep Promise 5-8 mins Quiz Challenge - 5 - Healthy Practices and Hygiene 6-9 mins	2.C, 2.D
_____	When to Ask for Help 6-9 mins Strong Feelings Sort (Coping Skills) 7-10 min Reach Out (Music Video) 6-9 min Ways to Ask for Help (Managing My Mood) 5-8 min When to Ask for Help (Reflections and Other Thoughts) 6-9 mins	6.E, 6.F
_____	Consequences of Stress 6-9 mins Stress Talk (Consequences of Stress) 7-10 mins Stress Won't Weigh Me Down (Lyrics) 6-9 mins Healthy Habit Hashtags 5-8 mins Consequences of Stress (Reflections and Other Thoughts) 6-9 mins	3.B, 4.A, 6.A, 6.B, 6.C, 8.A
_____	Using My Strengths to Help Others 6-9 min What Makes a Big Heart 7-10 min Big Hearted People (Lyrics) 6-9 min Journal Time 5-8 min Using My Strengths to Help Others (Reflections and Other Thoughts) 6-9 min	4.A
_____	Managing Multiple Feelings 6-9 mins Juggling My Feelings 7-10 mins Keep Juggling Your Feelings (Lyrics) 6-9 mins I-Messages Expanded 5-8 mins Quiz Challenge - 5 - Mental Health and Wellness 6-9 mins	



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