

<i>SFP Lesson</i>	<i>SFP Planned Programming Topics</i>
Introduction and Pre-Test Outcome Data Collection	Consent Forms Intro-1 The Happy Family—Healthy Brain Connection Intro-2 Essential Skills Intro-3 Keeping Your Family Safe and Happy Intro-4 Family Conversation Jar Intro-5 Planning for Family Dinners Intro-6 My Time Intro-7 Stomping the ANTs Intro-8 Understanding Brain Development Intro-9 How to Have a Healthy Brain Intro-10 Four Family Fun Intro-11 Mindfulness, Part 1 Intro-12 Mindfulness, Part 2 Intro-13 Mindfulness, Part 3 Intro-14 Mindfulness, Part 4  Pre-Test Outcome Data Collection
Lesson 1	1-1 Look for and Compliment the Good Daily 1-2 Look for and Compliment the Good, Tracking Sheet—Adult 1-3 Look for and Compliment the Good, Tracking Sheet—Child 1-4 Look for and Compliment the Good, Tracking Sheet—Teen 1-5 The Power of Praising and Ignoring 1-6 40 Phrases That Praise—For Parents 1-7 40 Phrases That Praise—For Kids 1-8 Three Easy Instant Stress-Busters 1-9 What Makes Our Family Strong—Our Family Tree 1-10 What Makes Our Family Strong—Family Tree Leaves 1-11 What Makes Our Family Strong—Personal and Family Strengths 1-12 Lesson 1 Pro-Social Skills for a Successful Life
Lesson 2	2-1 Communicate with Love and Understanding 2-2 Three Easy Communication Skills, Tracking Sheet—Adult 2-3 Three Easy Communication Skills, Tracking Sheet—Teen 2-4 Three Easy Communication Skills, Tracking Sheet—Child 2-5 The Listening Stick 2-6 Being Assertive Pays Off 2-7 Banishing Communication Boulders—The Dirty Dozen 2-8 Banishing Communication Boulders—Family Agreement 2-9 Banishing Communication Boulders Game 2-10 Family Meeting Agenda and Rules 2-11 Apologies 2-12 Forgiveness