

Lesson 6	6-1 Stress and Anger Management Skills 6-2 Managing Stress—Causes, Symptoms, Reducers 6-3 Managing Stress—Relaxation Techniques 6-4 Managing Stress—Stress Test 6-5 Calm Anger by Rethinking Your “Stories” 6-6 Tracking and Taming the Anger Monster—Five Simple Steps 6-7 Tracking and Taming the Anger Monster—Applying the Steps 6-8 Tracking and Taming the Anger Monster—Worksheet for Kids 6-9 Step Out of Anger—Instructions 6-10 Step Out of Anger—Step One 6-11 Step Out of Anger—Step Two 6-12 Step Out of Anger—Step Three 6-13 Step Out of Anger—Step Four 6-14 Step Out of Anger—Step Five 6-15 Face Up to Your Feelings 6-16 Family Agreement for Dealing with Conflict 6-17 Building Emotional Control 6-18 Lesson 6 Pro-Social Skills for a Successful Life, Part 1 6-19 Lesson 6 Pro-Social Skills for a Successful Life, Part 2 6-20 Lesson 6 Pro-Social Skills for a Successful Life, Part 3
Lesson 7	7-1 Goals and Contracts to Change Behavior 7-2 Helping Kids Change for the Better 7-3 Achieving My Goals and Dreams 7-4 Assessing Strengths and Skills 7-5 Making S.M.A.R.T. Goals 7-6 My Goals 7-7 Contract for Change 7-8 Time Master—Achieving Your Goals 7-9 Tips for School Success 7-10 My Homework Routine 7-11 Budget and Tracking Sheet 7-12 Lesson 7 Pro-Social Skills for a Successful Life, Part 1 7-13 Lesson 7 Pro-Social Skills for a Successful Life, Part 2 7-14 Discover and Share Your Talents and Gifts
Lesson 8	8-1 No Alcohol, Tobacco or Other Drugs (A.T.O.D.) 8-2 Keeping Kids Alcohol- and Drug-Free 8-3 Alcohol Harms a Teen’s Developing Brain 8-4 Marijuana Harms Brain Development 8-5 I Can Have a Healthy, Powerful Brain 8-6 Family Protective Strategies 8-7 The 5 Cs to Stay Smart and Safe 8-8 Family Freedom Pledge 8-9 Freedom Pledge to Never Drink and Drive