



	<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>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>	2.C, 4.B
	<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 mins Lesson Mindset (Using Data to Inform My Decisions) 6-9 mins</p>	2.C, 9.B, 19.A
	<p>Tracking My Progress and Perseverance 6-9 mins LIFE Goals 7-10 min One Step at a Time (Lyrics) 6-9 min Setting LIFE Goals 5-8 min Train the Brain (Tracking My Progress and Perseverance) 6-9 mins</p>	4.A, 4.B, 4.C, 4.D, 6.B
	<p>Identity Protection 6-9 mins Be Aware Online 7-10 mins Be Careful How You Use the Internet (Lyrics) 6-9 mins Lesson Mindset (Identity Protection) 5-8 mins Quiz Challenge - 5 - Responsible Decision Making 6-9 mins</p>	13.A, 13.B, 13.C
	<p>Healthy Habits and My Environment 6-9 mins Protect Our Planet 7-10 mins Feelin' Fresh Every Day (Music Video) 6-9 mins This or That (Healthy Habits and My Environment) 5-8 mins Healthy Habits and My Environment (Reflections and Other Thoughts) 6-9 mins</p>	2.D, 2.E, 5.A, 8.A
	<p>Lifetime Benefits of Healthy Teeth 6-9 mins Molar Movies 7-10 mins Dental Health Tag 6-9 mins Journal Time 5-8 mins</p>	2.C, 2.D

	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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