



## Lions Quest Pre-K – Grade 8

*Social & Emotional Learning Programs*

**Revised**



### Direct Skills Instruction:

- Early Learning – Grade 8 curriculum
- 36 Developmentally appropriate and sequential lessons
- Addresses topics such as stress, emotion regulation, bullying, practicing empathy & mindfulness
- Social Emotional Learning (SEL) integration into core academic areas
- Includes Facilitator's Resource Guide, Universal Program Guide, Digital Resources, Student Journals

### Professional Training:

- On-site or virtual instructional training conducted by professionals in the field
- Guidance on effective school-wide implementation
- Implementation & assessment support available

### Positive School Climate:

- Easy-to-use lessons for building a positive learning community
- Specific strategies for creating a positive school climate
- Service Learning Unit

### Family & Community Engagement:

- Take-home worksheets to engage families
- Families as Partners Guide to leading family meetings
- Strategies to involve the broader community

### Implementation Options:

- One lesson/week for all students
- Homeroom/Advisory period
- Stand-alone course
- After-school program

### Promoting :

- Connection to School
- Positive Behaviour
- Character Education
- Bullying Prevention
- Substance Use Prevention
- Increased Resiliency
- Mental Wellbeing

***Evidence-based and Proven Effective***

### Increases :

- Attendance
- Positive School Climate
- Academic Performance

### Decreases:

- Problem Behaviours
- Bullying
- School Suspensions
- Student Stress Level

***Research-based  
Pedagogy &  
Content***

### Lions Quest Canada

PO Box 27016,  
Dundas McLaren RPO  
Cambridge, ON N1R 8H1

**800-265-2680**

**[www.lionsquest.ca](http://www.lionsquest.ca)**



***Proudly Supported by the Lions of Canada***



# Lions Quest Skills for Growing and Skills for Adolescence

## Pre K – Grade 8 School Based Social Emotional Learning Programs

	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6	Topic 7	Topic 8
<b>Unit 1: A Positive Learning Community</b>	Making Introductions	Establishing Classroom Agreements	Building Relationships and Community					
<b>Unit 2: Personal Development</b>	Clarifying Your Values	Assessing Strengths and Growth Opportunities	Building Self-Confidence and Self-Respect	Motivating Yourself	Setting Positive Goals	Labeling Your Emotions	Managing Stress and Strong Emotions	Recognizing the Thoughts, Emotions, and Action Connection
<b>Unit 3: Social Development</b>	Listening	Respecting Others	Communicating with “What, Why, And How” Messages	Working Together	Building Healthy Relationships	Handling Conflict in Relationships	Dealing with Bullying Behaviour	Dealing with Bullying Behaviour
<b>Unit 4: Health and Prevention</b>	Choosing Healthy Living	PreK-2: Staying Away from Poison Substances 3-8: Staying Away from Alcohol	Growing in Responsibility	PreK-2: Being Careful Around Medicines 3-8: Staying Away from Tobacco	Making Good Decisions – Part 1	Making Good Decisions – Part 2 3-8: Staying Away from Other Drugs	Standing Up to Social Pressure	6-8 Only: Reinforcing and Modeling a Healthy, Drug-Free Lifestyle
<b>Unit 5: Leadership and Service</b>	Serving Your School and Community	Assessing Classroom Assets and Interests for Service-Learning	Identifying Classroom, School, and Community Issues and Needs	Deciding Together on a Service-Learning Project	Planning a Service-Learning Project to Meet School or Community Needs	Implementing the Service-Learning Project	Reflecting on and Demonstrating the Service-Learning Project	Demonstrating Service
<b>Unit 6: Reflection and Closure</b>	Reflecting on Learning, Experience, and Goals	Celebrating Class Successes and Acknowledging Contributions						