

# T4C Handouts and Posters

## *Lesson 1: Introduction*

- Handouts
  - Group Rules
  - T4C Schedule/Information
- Charts
  - Group Rules

## *Lesson 2: Active Listening*

- Handouts
  - Active Listening Pocket Skill Cards
  - Homework Sheet: Lesson 2
- Charts
  - Group Rules
  - What are Examples of Skills?
  - Active Listening Skill Steps

## *Lesson 3: Asking Questions*

- Handouts
  - Asking Questions Pocket Skill Cards
  - Homework sheet: Lesson 3
- Charts
  - Group Rules
  - Asking Questions Skill Steps

## *Lesson 4: Giving Feedback*

- Handouts
  - Giving Feedback Pocket Skill Cards
  - Homework Sheet: Lesson 4
- Charts
  - Group Rules
  - Giving Feedback Skill Steps

## *Lesson 5: Knowing your Feelings*

- Handouts
  - Knowing your Feelings Pocket Skill Cards
  - How do you Feel Today?
  - Homework Sheet: Lesson 5
- Charts
  - Group Rules
  - Knowing your Feelings Skill Steps

## *Lesson 6: Thinking Controls our Behavior*

- Handouts
  - Three Steps of Cognitive Self-Change Pocket Skill Cards
  - Homework Sheet: Lesson 6
- Charts
  - Group Rules
  - Pat's Thinking Report
  - Jim's Thinking Report

*Lesson 7: Pay Attention to Our Thinking*

- Handouts
  - Homework Sheet: Lesson 7
- Charts
  - Group Rules
  - Pat's Thinking Report
  - Jim's Thinking Report
  - Chart paper for each youth's Thinking Report

*Lesson 8: Recognize Risk*

- Handouts
  - Homework Sheet: Lesson 8
- Charts
  - Group Rules
  - Jim's Thinking Report
  - Each youth's Thinking Report from Lesson 7

*Lesson 9: Use New Thinking*

- Handouts
  - Homework Sheet: Lesson 9
- Charts
  - Group Rules
  - Jim's Thinking Report
  - New Thinking
  - New Attitudes and Beliefs
  - Each youth's Thinking Report
  - New Thinking chart for each youth
  - New Attitudes and Beliefs chart for each youth

*Lesson 10: Thinking Check-In*

- Handouts
  - Homework Sheet: Lesson 10
- Charts
  - Group Rules

### *Lesson 11: Understanding the Feelings of Others*

- Handouts
  - Understanding the Feeling of Others Pocket Skill Cards
  - Homework Sheet: Lesson 11
- Charts
  - Group Rules
  - Understanding the Feelings of Others Skill Steps

### *Lesson 12: Making a Complaint*

- Handouts
  - Making a Complaint Pocket Skill Cards
  - Homework Sheet: Lesson 12
- Charts
  - Group Rules
  - Making a Complaint Skill Steps

### *Lesson 13: Apologizing*

- Handouts
  - Apologizing Pocket Skill Cards
  - Homework Sheet: Lesson 13
- Charts
  - Group Rules
  - Apologizing Skill Steps

### *Lesson 14: Responding to Anger*

- Handouts
  - Responding to Anger Pocket Skill Cards
  - Homework Sheet: Lesson 14
- Charts
  - Group Rules
  - Responding to Anger Skill Steps

### *Lesson 15: Negotiating*

- Handouts
  - Negotiating Pocket Skill Cards
  - Homework Sheet: Lesson 15
- Charts
  - Group Rules
  - Negotiating Skill Steps

### *Lesson 16: Introduction to Problem Solving\**

- Handouts
  - Overview of Problem Solving Skills and Steps

- Homework Sheet: Lesson 16
- Charts
  - Group Rules
  - Problem Solving Skills and Steps-Bender
  - Step Four: Identify How you will Do and Say it

**\*This lesson requires the viewing of a scene from the Breakfast Club.**

*Lesson 17: Stop and Think*

- Handouts
  - Problem Solving Skills and Steps
  - Stop and Think Pocket Skill Cards
  - Using Stop and Think (Model Situation)
  - Using Stop and Think (Personal Situation)
  - Homework Sheet: Lesson 17
- Charts
  - Group Rules

*Lesson 18: State the Problem*

- Handouts
  - Problem Solving Skills and Steps
  - Completed Using Stop and Think (Personal Situation)
  - State the Problem
  - State the Problem Pocket Skill Cards
  - Homework Sheet: Lesson 18
- Charts
  - Group Rules
  - Student's Problem Statement
  - Father's Problem Statement
  - Stop and Think - Sherry
  - State the Problem- Sherry

*Lesson 19: Set a Goal and Gather Information*

- Handouts
  - Problem Solving Skills and Steps
  - Set a Goal and Gather Information Pocket Skill Cards
  - Set a Goal and Gather Information
  - Homework Sheet: Lesson 19
- Charts
  - Group Rules
  - Stop and Think- Sherry (from Lesson 18)
  - State the Problem- Sherry (from Lesson 18)
  - Set a Goal and Gather Information- Sherry

*Lesson 20: Practice Problem Solving Skills 1,2, and 3*

- Handouts
  - Problem Solving Skills and Steps
  - Problem Solving Skills One, Two, and Three- Observation Form
- Charts
  - Group Rules

*Lesson 21: Think of Choices and Consequences*

- Handouts
  - Problem Solving Skills and Steps
  - Homework Sheet: Lesson 19
  - Think of Choices and Consequences Pocket Skill Cards
  - Homework Sheet: Lesson 21
- Charts
  - Group Rules
  - Stop and Think- Sherry (from Lesson 18)
  - State the Problem- Sherry (from Lesson 18)
  - Set a Goal and Gather Information- Sherry (Lesson 19)
  - Choices and Consequences for Man on a Date
  - Choices and Consequences- Sherry

*Lesson 22: Make a Plan*

- Handouts
  - Problem Solving Skills and Steps
  - Make a Plan Pocket Skill Cards
  - Homework Sheet: Lesson 22
- Charts
  - Group Rules
  - Stop and Think- Sherry (from Lesson 18)
  - State the Problem- Sherry (from Lesson 18)
  - Set a Goal and Gather Information- Sherry (Lesson 19)
  - Choices and Consequences- Sherry (from Lesson 21)
  - Make a Plan- Sherry

*Lesson 23: Do and Evaluate*

- Handouts
  - Problem Solving Skills and Steps
  - Do and Evaluate Pocket Skill Cards
  - Homework Sheet: Lesson 23
- Charts
  - Group Rules
  - Stop and Think- Sherry (from Lesson 18)
  - State the Problem- Sherry (from Lesson 18)
  - Set a Goal and Gather Information- Sherry (Lesson 19)

- Choices and Consequences- Sherry (from Lesson 21)
- Make a Plan- Sherry (from Lesson 22)

*Lesson 24: Problem Solving Practice*

- Handouts
  - Problem Solving Skills and Steps
  - Problem Solving Role-play Directions
  - Problem Solving Role-play Plan
  - Homework Sheet: Lesson 24
- Charts
  - Group Rules

*Lesson 25: Next Steps*

- Handouts
  - None
- Charts
  - None