

TABLE OF CONTENTS

WE'RE ALL TOGETHER AGAIN: GETTING BACK TO NORMAL— a curriculum to help schools transition back to “normal”

Lesson 1: Knowing one another, Supporting One Another (two sessions)

Lesson 2: I Didn't Know it Before, but I Know it Now: discussion circles for before/after discussion of lessons learned and fears to be dispelled (two sessions)

Lesson 3: We're not Alone: Pandemics over the Centuries (2 sessions)

Lesson 4: Positive Thinking; Positive Life

Lesson 5: Preparing for the Future: Learning How to Make a Plan and be Flexible with it (2 sessions)

Lesson 6: Helping Others: I Have my Plan: Now How Do I Help Others.

Lesson 7: Basic Grooming Skills

Lesson 8: Taking Stock of Our Household.(2 sessions)

Lesson 9: I Have All of This Time: Making the Best Use of Time

Lesson 10: Budgeting

Lesson 11: Grocery Shopping

Lesson 12: Doing Laundry

Lesson 13: The Facts and Nothing but the Facts: Herd Mentality and How to Avoid It (2 sessions)

Lesson 14: My Mission in Life!

Each Lesson Contains the Following:

- 1) A suggested lesson outline. Lessons can be expanded or contracted to fit time frames and constraints.
- 2) Resources for each lesson that are available online.
- 3) Handouts, as needed, to complete each lesson
- 4) YouTube links to support the topic.