



Kids And Teens English

Mindfulness





Intermediate-Advanced Kids And Teens Course Outline

UNIT 6

Friendship And Relationships

Lesson 26 - Healthy Relationships.

Lesson 27 - Facing Peer Pressure.

Lesson 28 - Nurturing Friendships.

Lesson 29 - Personal Space And Boundaries.

Lesson 30 - Self-Reflection.

UNIT 7

Personal Aspirations And Dreams

Lesson 31 - Exploring Dreams.

Lesson 32 - Discovering Strengths.

Lesson 33 - Making A Difference.

Lesson 34 - Looking Towards The Future.

Lesson 35 - Self-Reflection.

UNIT 8

Communication And Expression

Lesson 36 - Communication Skills.

Lesson 37 - Creative Expression.

Lesson 38 - Public Speaking.

Lesson 39 - Successful Presentation.

Lesson 40 - Self-Reflection.



Intermediate-Advanced Kids And Teens Course Outline

UNIT 9

Responsibilities

Lesson 41 - Types Of Responsibilities.

Lesson 42 - Concentration.

Lesson 43 - What Being Responsible Means.

Lesson 44 - Taking Responsibility For Your Decisions.

Lesson 45 - Self-Reflection.

UNIT 10

Let's Wrap!

Lesson 46 - Mindfulness Quiz.

Lesson 47 - Setting Goals Exercise.

Lesson 48 - Preparing Presentation.

Lesson 49 - Giving A Presentation.

Lesson 50 - Final Assignment.