

LSW TEAM Members	LSW Liaison: Zuwanja Smith	School: Whiddon-Rogers Zone:
	Administrator: Marc Larose	Date Plan Completed: 09/15/2025
	Other Team Members: Debbie Simmonds, Nkenge Rawls, Horace Parker, Marsha Chamberlain, Calvin Golson, Kara Thompson	

Life Skills & Wellness Standards 25-26

August:

Life Skills & Wellness			
Let's Cooperate!	Middle- LSW A: Students will analyze situations and make responsible choices by evaluating consequences and considering the well-being of self	School-wide Initiative	In this school-wide activity, students across grade levels participate Discuss what friendship is (or you
Wired for Cooperation	High- LSW C: Students will develop the ability to persist through challenges, adapt to change, and maintain a positive outlook in pursuit of personal and	School-wide Initiative	In this school-wide activity, students across grade levels participate Discuss what friendship is (or you

September:

Life Skills & Wellness			
Building Optimism	Middle- LSW B: Students will develop and apply effective coping strategies to manage stress, setbacks, and challenges.	School-wide Initiative	In this school wide activity students will learn how to identify and regulate their emotions when they're sad.
Leading with Optimism	High- LSW C: Students will develop the ability to persist through challenges, adapt to change, and maintain a positive outlook in pursuit of personal and	School-wide Initiative	In this school-wide students will physical expressions of gratitude are great gratitude activities for kids.

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October:

Life Skills & Wellness			
A Good Mistake	Middle- LSW A: Students will analyze situations and make responsible choices by evaluating consequences and considering the well-being of self	Large Group	Relax and ask yourself what are five things I can see? Breathe in, breathe out. What are four things I can
Growing from Setbacks	High- LSW C: Students will develop the ability to persist through challenges, adapt to change, and maintain a positive outlook in pursuit of personal and	Large Group	Give each student a slip of paper. Taking care not to show anybody, they should write down an example of a

November:

Life Skills & Wellness			
Negative Thinking	Middle- LSW A: Students will analyze situations and make responsible choices by evaluating consequences and considering the well-being of self	Classroom	Teachers will create different scenarios and students will choose a situation they want to respond to.
Balancing Stress	High- LSW C: Students will develop the ability to persist through challenges, adapt to change, and maintain a positive outlook in pursuit of personal and	Classroom	Teachers will discuss with students how high school can bring on stress. Share eight ways to lower stress

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December:

Life Skills & Wellness			
Conflict Happens	Middle- LSW A: Students will analyze situations and make responsible choices by evaluating consequences and considering the well-being of self	Classroom	Teachers give students an example of a decision or problem that kids their age might often face. Have
Resolve. Restore. Repeat.	High- LSW B: Students will build and sustain healthy relationships through effective communication, empathy, and conflict-resolution strategies.	Classroom	Provide students with two sticky notes and ask them to write one positive affirmation on each. They then

January:

Life Skills & Wellness			
Respectful Communication	Middle- LSW C: Students will set personal and academic goals, develop action plans, and monitor their progress toward achieving them.	Classroom	Start by having your students discuss why being respectful is important. Then have them work with a
Respect for All	High- LSW B: Students will build and sustain healthy relationships through effective communication, empathy, and conflict-resolution strategies.	Classroom	Start by having your students discuss why being respectful is important. Then have them work with a

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February:

Life Skills & Wellness			
A Good Friend Is...	Middle- LSW A: Students will analyze situations and make responsible choices by evaluating consequences and considering the well-being of self	School-wide Initiative	In this school-wide activity students will identify qualities and traits of being a good friend. They will
Quality Friendship	High- LSW A: Students will assess their personal strengths, limitations, values, and interests to set meaningful academic and career goals.	School-wide Initiative	In this school-wide activity students will identify qualities and traits of being a good friend. They will

March:

Life Skills & Wellness			
Goals With Self-Control	Middle- LSW B: Students will develop and apply effective coping strategies to manage stress, setbacks, and challenges.	Classroom	The "Pause and Reflect" activity is designed to enhance self-control by introducing a structured
Self-Control and Resilience	High- LSW B: Students will build and sustain healthy relationships through effective communication, empathy, and conflict-resolution strategies.	Classroom	The "Pause and Reflect" activity is designed to enhance self-control by introducing a structured

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April:

Life Skills & Wellness			
Access Support	Middle- LSW C: Students will set personal and academic goals, develop action plans, and monitor their progress toward achieving them.	School-wide Initiative	In this school-wide activity students will think about who they can rely on more deeply by considering the
Learning From Support Systems	High- LSW A: Students will assess their personal strengths, limitations, values, and interests to set meaningful academic and career goals.	School-wide Initiative	In this school-wide activity students engage in a reflective session to identify key individuals who

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May:

Life Skills & Wellness			
Healthy Boundaries	Middle- LSW A: Students will analyze situations and make responsible choices by evaluating consequences and considering the well-being of self	Classroom	Students create personal boundary maps, dividing sheets of paper into sections for school, family,
Beliefs, Values, and Boundaries	High- LSW A: Students will assess their personal strengths, limitations, values, and interests to set meaningful academic and career goals.	Classroom	Students create personal boundary maps, dividing sheets of paper into sections for school, family,

June:

Life Skills & Wellness			
Optimism as self-care	Middle- LSW C: Students will set personal and academic goals, develop action plans, and monitor their progress toward achieving them.	Classroom	Have students write positive quotes on strips of paper and put them in a jar. Choose a student to pull one
Yay Optimism!	High- LSW C: Students will develop the ability to persist through challenges, adapt to change, and maintain a positive outlook in pursuit of personal and	Classroom	Have students write positive quotes on strips of paper and put them in a jar. Choose a student to pull one