

Mind Matters
California Consumer and Family Studies Competencies
GRADES 9,10,11,12

Lesson 1: Self-Soothing

ECDFS – A10.16	Apply strategies and resources for managing conflicts and crises.
A10.16.1	Assess personal attributes and available resources for coping with conflicts and crises.
A10.16.2	Apply strategies for coping with personal, social, and work-related conflicts and crises.
A10.16.3	Explain the effects of positive and negative stress factors on psychological and physiological well-being.

ECDFS – A10.17	Summarize the importance of wellness and safety to individual and family health and well-being.
A10.17.10	Describe stress, stress reduction techniques, and stress management and determine ways to minimize stressful situations.

HTR – A2.0	Acquire, and use accurately, industry sector terminology and protocols at the career and college readiness level for communicating effectively in oral, written and multimedia formats.
A2.0.2	Exhibit positive attitudes such as self-confidence, honesty, perseverance, initiative, and self-discipline.

Lesson 2: Discover Emotions

ECDFS - A10.17	Summarize the importance of wellness and safety to individual and family health and well-being.
A10.17.7	Define emotions and explain the relationship of managing emotions to maintaining physical and mental health.
A10.17.8	Evaluate the need for and use strategies to build self-esteem through the life cycle.
A10.17.9	Describe and compare how positive and negative attitudes and stress affect behavior and health.
A10.17.10	Describe stress, stress reduction techniques, and stress management and determine ways to minimize stressful situations.
A10.17.19	Compare appropriate and inappropriate ways to express emotions.

Lesson 3: The Difference Between Emotion and Thought & The Internal Journal

ECDFS - A10.14	Analyze the factors that affect the development of individuals and how to build positive relationships
A10.14.5	Demonstrate how effective verbal and nonverbal communication skills build positive relationships, enhance self-esteem, and increase respect for others.
ECDFS - A10.17	Summarize the importance of wellness and safety to individual and family health and well-being.
A10.17.7	Define emotions and explain the relationship of managing emotions to maintaining physical and mental health.
A10.17.9	Describe and compare how positive and negative attitudes and stress affect behavior and health.
A10.17.10	Describe stress, stress reduction techniques, and stress management and determine ways to minimize stressful situations.
A10.17.19	Compare appropriate and inappropriate ways to express emotions.
HTR – A2.0	Acquire, and use accurately, industry sector terminology and protocols at the career and college readiness level for communicating effectively in oral, written and multimedia formats.
A2.0.2	Exhibit positive attitudes such as self-confidence, honesty, perseverance, initiative, and self-discipline.
A2.0.5	Assess and practice effective nonverbal, oral, and written communication skills appropriate for various relationships and situations.

Lesson 4: Empathy

ECDFS - A10.14	Analyze the factors that affect the development of individuals and how to build positive relationships
A10.14.3	Analyze the characteristics and behaviors that contribute to the development of positive relationships.
A10.14.5	Demonstrate how effective verbal and nonverbal communication skills build positive relationships, enhance self-esteem, and increase respect for others.
A10.14.6	Describe communication strategies and resources that help individuals manage conflicts and crises in order to build successful relationships.
A10.14.7	Identify the purposes and qualities of friendships.
ECDFS – A10.16	Apply strategies and resources for managing conflicts and crises.

A10.16.1 Assess personal attributes and available resources for coping with conflicts and crises.

ECDFS - A10.17 Summarize the importance of wellness and safety to individual and family health and well-being.

A10.17.7 Define emotions and explain the relationship of managing emotions to maintaining physical and mental health.

A10.17.9 Describe and compare how positive and negative attitudes and stress affect behavior and health.

HTR – A2.0 Acquire, and use accurately, industry sector terminology and protocols at the career and college readiness level for communicating effectively in oral, written and multimedia formats.

A2.0.5 Assess and practice effective nonverbal, oral, and written communication skills appropriate for various relationships and situations.

A2.0.6 Design and evaluate a plan to strengthen personal and interpersonal skills, including understanding the distinguishing qualities of effective leaders.

Lesson 5: I Get by with a Little Help from My Friends & Wheel of Awareness

ECDFS - A10.10 Describe the process of making consumer decisions, including the comparison of goods and services.

A10.10.1 Define values, goals, needs, and wants.

A10.10.4 Describe factors that influence personal values, goals, and consumer choices (e.g. self-concept, family members and peers; mass media; society; and cultural and economic backgrounds).

ECDFS – A10.13 Recognize the function of the family as a basic unit of society and the contributions of the family unit to the development of individuals.

A10.13.1 Explain the function of the family in providing a nurturing environment for its members and its influence on self-esteem, values, and relationships.

ECDFS - A10.14 Analyze the factors that affect the development of individuals and how to build positive relationships

A10.14.1 Describe the factors that contribute to the development of character, personality, and self-worth.

A10.14.3 Analyze the characteristics and behaviors that contribute to the development of positive relationships.

A10.14.5 Demonstrate how effective verbal and nonverbal communication skills build positive relationships, enhance self-esteem, and increase respect for others.

A10.14.7	Identify the purposes and qualities of friendships.
ECDFS – A10.17	Summarize the importance of wellness and safety to individual and family health and well-being.
A10.17.7	Define emotions and explain the relationship of managing emotions to maintaining physical and mental health.
A10.17.8	Evaluate the need for and use strategies to build self-esteem through the life cycle.

ECDFS - A10.14 Analyze the factors that affect the development of individuals and how to build positive relationships

A10.14.3	Analyze the characteristics and behaviors that contribute to the development of positive relationships.
A10.14.7	Identify the purposes and qualities of friendships.

Lesson 6: Compassion for the Hijacked Brain

ECDFS - A10.8 Explain positive guidance and discipline techniques that promote feelings of self-worth as they apply to the developmental stages of children.

A10.8.5	Describe factors and possible causes that contribute to child abuse and identify the characteristics of the abused and the abuser.
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ECDFS – A10.13 Recognize the function of the family as a basic unit of society and the contributions of the family unit to the development of individuals.

A10.13.1	Explain the function of the family in providing a nurturing environment for its members and its influence on self-esteem, values, and relationships.
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ECDFS – A10.14 Analyze the factors that affect the development of individuals and how to build positive relationships.

A10.14.1	Describe the factors that contribute to the development of character, personality, and self-worth.
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ECDFS – A10.16 Apply strategies and resources for managing conflicts and crises.

A10.16.3	Explain the effects of positive and negative stress factors on psychological and physiological well-being.
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ECDFS – A10.17 Summarize the importance of wellness and safety to individual and family health and well-being.

A10.17.19	Describe and compare how positive and negative attitudes and stress affect behavior and health.
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A10.17.18	Explain types and symptoms of verbal, physical, and emotional abuse and their effects on physical and mental health.
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Lesson 7: Trauma Containment and Rhythm

ECDFS – A10.16	Apply strategies and resources for managing conflicts and crises.
A10.16.1	Assess personal attributes and available resources for coping with conflicts and crises.
A10.16.2	Apply strategies for coping with personal, social, and work-related conflicts and crises.
A10.16.3	Explain the effects of positive and negative stress factors on psychological and physiological well-being.
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ECDFS - A10.17	Summarize the importance of wellness and safety to individual and family health and well-being.
A10.17.10	Describe stress, stress reduction techniques, and stress management and determine ways to minimize stressful situations.

Lesson 8: Tapping & Efficient Sleep

ECDFS - A10.16	Apply strategies and resources for managing conflicts and crises.
A10.16.1	Assess personal attributes and available resources for coping with conflicts and crises.
A10.16.2	Apply strategies for coping with personal, social, and work-related conflicts and crises.
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HTR – A10.13	Explain the strategies that enable persons to manage and balance personal, family, and work responsibilities to enhance productivity and attain a quality of life.
A10.13.5	Apply and use the decision-making process to resolve situations with a potential for conflict and stress.

Lesson 9: Let's Get Moving

ECDFS - A10.16	Apply strategies and resources for managing conflicts and crises.
A10.16.1	Assess personal attributes and available resources for coping with conflicts and crises.
A10.16.2	Apply strategies for coping with personal, social, and work-related conflicts and crises.
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ECDFS – A10.17	Summarize the importance of wellness and safety to individual and family health and well-being.
A10.17.1	Define health and identify the characteristics of a healthy person.
A10.17.2	Explain the relationship of exercise, rest, and good nutrition to physical fitness, job performance, and health.
A10.17.7	Define emotions and explain the relationship of managing emotions to maintaining physical and mental health.

A10.17.9	Describe and compare how positive and negative attitudes and stress affect behavior and health.
A10.17.10	Describe stress, stress reduction techniques, and stress management and determine ways to minimize stressful situations.
HTR – A10.12	Assess the individual, family, and workplace factors that influence decisions at each stage of the human life cycle.
A10.12.1	Explain how individual decisions may be affected by the different stages of the human life cycle.

Lesson 10: Life of Intention

ECDFS - A10.10	Describe the process of making consumer decisions, including the comparison of goods and services.
A10.10.1	Define values, goals, needs, and wants.
A10.10.2	Define and apply personal values, short- and long-term goals, needs, and wants as they relate to consumer decisions.
A10.10.3	Identify the key steps in decision-making models and apply the process to a variety of consumer situations.
ECDFS - A10.14	Analyze the factors that affect the development of individuals and how to build positive relationships.
A10.14.2	Identify personal values and goals and their effect on decisions.
ECDFS – A10.17	Summarize the importance of wellness and safety to individual and family health and well-being.
A10.17.16	Use the decision-making process to make responsible health choices.

Lesson 11: Code of Honor & Asking for Help

ECDFS - A10.10	Describe the process of making consumer decisions, including the comparison of goods and services.
A10.10.1	Define values, goals, needs, and wants.
ECDFS - A10.14	Analyze the factors that affect the development of individuals and how to build positive relationships.
A10.14.2	Identify personal values and goals and their effect on decisions.
ECDFS – A10.17	Summarize the importance of wellness and safety to individual and family health and well-being.
A10.17.16	Use the decision-making process to make responsible health choices.

Lesson 12: The Ongoing Journey

ECDFS – A10.16	Apply strategies and resources for managing conflicts and crises.
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ECDFS - A10.17 Summarize the importance of wellness and safety to individual and family health and well-being.

- A10.17.7 Define emotions and explain the relationship of managing emotions to maintaining physical and mental health.
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- A10.17.10 Describe stress, stress reduction techniques, and stress management and determine ways to minimize stressful situations.
- A10.17.19 Compare appropriate and inappropriate ways to express emotions.
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HTR – A10.12 Assess the individual, family, and workplace factors that influence decisions at each stage of the human life cycle.

- A10.12.1 Explain how individual decisions may be affected by the different stages of the human life cycle.
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HTR – A10.14 Demonstrate an understanding of how knowledge, skills, attitudes, and behaviors learned in consumer and family studies can be transferred to advanced training and education or careers.

- A10.14.2 Describe the need and capacity for lifelong learning.