

Concept One, Focus One (pp. 4-10)

I am getting to know you, and you are getting to know me.

|        |       |                                |
|--------|-------|--------------------------------|
| page 4 | Intro | III.D.3, VII.B(a)2             |
| 5      | #1    | III.A.1, D.3                   |
| 5      | #2    | III.A.1                        |
| 6      | #3    | III.A.1, VII.B(a)1             |
| 6      | #4    | III.D.3, IV.A.1, VII.B(a)1 & 2 |
| 7      | #5    | III.A.1, VII.B(a)2             |
| 8      | #6    | III.D.3, IV.D.1, IV.E.3        |
| 8      | #7    | III.D.3, IV.E.3                |
| 9      | #8    | IV.E.3, VIII.B.2               |
| 9      | #9    | VI.B(a)1, VII.A(d)1, VII.A(d)2 |

Concept One, Focus Two (pp. 11-17)

We work and play together.

|         |       |                                     |
|---------|-------|-------------------------------------|
| page 11 | intro | III.D.3, IV.C.1, VII.A.1, VII.A(c)1 |
| 12      | #1    | II.C.1, VIII.B.3                    |
| 12      | #2    | III.D.1, VIII.B(a)2                 |
| 13      | #3    | III.D.1, VIII.A.2, VIII.B.1         |
| 14      | #4    | III.D.1, VII.B(a)2                  |
| 14      | #5    | IV.E.1, IV.E.3, V.A.4               |
| 15      | #6    | VI.B(a)1, VII.A(d)2                 |
| 15      | #7    | VI.B(a)1                            |
| 16      | #8    | II.D.1                              |
| 16      | #9    | III.C.1, VII.A(b)2                  |
| 17      | #10   | III.D.1, III.D.3                    |

Concept One, Focus Three (pp.18-22)

I am learning "I-Care Language."

|         |       |                               |
|---------|-------|-------------------------------|
| page 18 | Intro | III.D.4, VII.A(c)1, VII.B(a)2 |
| 19      | #1    | III.D.4, IV.E.1,2,3           |
| 20      | #2    | III.D.4, IV.E.1,2,3           |
| 20      | #3    | III.D.1, VIII.B.1,2           |
| 21      | #4    | II.C.1, IV.E.3                |
| 21      | #5    | VII.A(d)2                     |
| 22      | #6    | III.D.3, VII.A(a)1, VII.B(a)2 |

Concept Two, Focus One (pp. 26-32)

I belong to the human family, and every human being is precious.

|         |       |  |
|---------|-------|--|
| page 26 | Intro | III.A.1, VII.A(c)1, VII.B(a)2            |
| 27      | #1    | III.A.1, VII.B(a)2                       |
| 27      | #2    | III.D.1,3                                |
| 28      | #3    | IV.E.1,2,3                               |
| 29      | #4    | III.D.1,3; IV.E.1,2,3                    |
| 29      | #5    | III.D.1,3; IV.E.1,2,3                    |
| 29      | #6    | I.B.3, IV.E.3, VII.B(a)3, VIII.A.1       |
| 30      | #7    | I.B.3                                    |
| 31      | #8    | VIII.B.1,3                               |
| 31      | #9    | IV.E.1,3; VII.A(d)2, VII.B(a)1, VIII.B.3 |

Concept Two, Focus Two (pp. 33-36)

I am a human being, and every human being is unique.

|         |    |                                  |
|---------|----|----------------------------------|
| page 33 | #1 | III.A.1, VII.B(a)2               |
| 34      | #2 | III.A.1, VII.B(a)2               |
| 34      | #3 | VII.B(a)1, VIII.B.3              |
| 35      | #4 | I.B.3, III.A.1, III.D.1, III.D.3 |
| 35      | #5 | III.A.1, E.1,3                   |

Concept Two, Focus Three (pp. 37-40)

I am growing and changing.

|         |    |                                |
|---------|----|--------------------------------|
| page 37 | #1 | III.A.1, VII.B(a)1, VIII.B.3   |
| 38      | #2 | III.A.1                        |
| 38      | #3 | IV.E.1,3; VII.A(d)2, VII.B(a)2 |
| 39      | #4 | I.B.3, VII.B(a)3               |

Concept Two, Focus Four (pp. 41-44)

I am an important member of my family. Every family is different, and every family is important.

|         |    |   |
|---------|----|---|
| page 41 | #1 | VII.A(a)1, VII.A(b)1, VII.B(a)1                   |
| 42      | #2 | VII.A(a)1, VII.A(b)1                              |
| 42      | #3 | VII.A(a)1, VII.A(b)1, VII.B(a)1                   |
| 43      | #4 | I.B.3; III.D.1,3; VII.A(a)1, VII.A(b)1, VII.B(a)2 |

Concept Three, Focus One (pp. 48-53)

I have many different feelings. I care about my feelings and the feelings of others.

|         |       |                              |
|---------|-------|------------------------------|
| page 48 | Intro | IV.C.2, VII.A(c)1, VII.B(a)2 |
| 49      | #1    | II.C.1, III.E.1, VII.B(a)2   |
| 50      | #2    | III.D.3                      |
| 50      | #3    | III.D.3, IV.E.3              |
| 51      | #4    | VII.B(a)1, VIII.B.3          |
| 52      | #5    | II.C.1, VII.B(a)1, VIII.B.3  |
| 52      | #6    | I.A.3, IV.C.1                |
| 53      | #7    | VII.A(d)2, VII.B(a)1         |

Concept Three, Focus Two (pp. 54-56)

Sometimes I feel afraid. It is OK to be afraid. Both real and “pretend” fears can be frightening.

|         |    |                                |
|---------|----|--------------------------------|
| page 54 | #1 | IV.E.1,3                       |
| 55      | #2 | I.B.3, III.D.3                 |
| 55      | #3 | III.D.4; IV.E.1,2,3; VII.B(a)2 |
| 56      | #4 | II.C.1, III.C.2                |
| 57      | #5 | II.C.1, VII.B(a)1              |

Concept Three, Focus Three (pp. 57-58)

Sometimes I feel sad.

|         |    |                               |
|---------|----|-------------------------------|
| page 57 | #1 | IV.E.1,2,3; VII.B(a)2         |
| 58      | #2 | III.D.4, VII.B(a)3            |
| 58      | #3 | III.D.4, VII.A(a)1, VII.A(b)1 |

Concept Three, Focus Four (pp. 59-60)

I feel proud because I am becoming capable and responsible.

|         |    |                               |
|---------|----|-------------------------------|
| Page 59 | #1 | III.A.1, VII.A(b)1, VII.B(a)1 |
| 60      | #2 | I.B.5, III.A.1, VII.B(a)2     |

Concept Three, Focus Five (pp. 61-64)

Sometimes I feel angry. It's OK to feel angry. There are ways I can deal with my angry feelings.

|         |    |                               |
|---------|----|-------------------------------|
| Page 61 | #1 | III.A.1, IV.E.1,2,3           |
| 61      | #2 | IV.E.1,2,3; VII.B(a)1         |
| 62      | #3 | II.C.1, VII.B(a)2, VII.B(a)3  |
| 63      | #4 | VII.A(a), VII.A(d), VII.B(a)2 |

Concept Four, Focus One (pp. 68-71)

We all have conflicts. What we do affects others. We are responsible for what we say and do when conflicts occur.

Page 68 Intro I.B.5; IV.E.1,2,3; VII.A(c)1

70 #1 III.D.4, IV.E.1,2,3

71 #2 III.D.1,3

71 #3 III.D.1.3, IV.C.1

Concept Four, Focus Two (pp. 72-74)

I take responsibility to say what I want and how I feel.

Page 72 #1 III.D.4; IV.C.1; IV.E.1,2,3; VII.B(a)2

74 #2 III.A.1, III.D.1

Concept Four, Focus Three (pp. 75-77)

We can learn ways to deal with conflicts.

Page 75 #1 III.D.1,3; IV.E.1,2,3

76 #2 III.D.4; IV.E.1,2,3; VII.B(a)3

77 #3 V.E.1,2,3; VII.B(a)1, VII.B(a)3

Concept Four, Focus Four (pp. 78-87)

We can all be peacemakers.

Page 78 #1 II.D.1, III.A.1, III.A.2, III.B.1, III.C.2, III.D.1, IV.A.1, IV.E.1,2,3

80 #2 II.C.1; III.D.4; IV.D.1,2; IV.E.1,2,3; V.A.4

82 #3 II.C.1; III.D.1,3,4; III.E.1; IV.D.1,2

84 #4 III.E.1; IV.D.1,2; IV.E.1,2,3

84 #5 IV.E.1,2,3; V.A.4; VII.B(a)2

85 #6 I.B.3, III.D.3

86 #7 III.A.1, III.D.3, IV.E.1,2,3

86 #8 I.B.3, III.A.1, III.D.1, III.D.3

87 #9 III.D.3, VII.A(a), VII.B(a)2