

MONDAY 30th	TUESDAY 1st	WEDNESDAY 2nd	THURSDAY 3rd	FRIDAY 4th
<p>TLW: .</p> <p>Students will be able to describe the different parts of a person's identity</p> <p>Lesson 4.2 Questions due at end of class</p>	<p>TLW:.</p> <p>Students will be able to identify and explain various cognitive distortions that contribute to negative thinking and anxiety.</p> <p>Activity: Cognitive Distortions due Wednesday the 2nd</p>	<p>TLW:</p> <p>Students will be able to describe the difference between self-image and self-esteem, assess characteristics of people with healthy and low self-esteem, identify factors that influence self-esteem, and employ strategies for improving their self-esteem.</p>	<p>TLW:</p> <p>Describe how to understand emotions and discuss healthy ways of expressing emotions</p>	<p>TLW:</p> <p>Review for Chapter 4 Test</p> <p>Test is Monday, October 7th</p>