

American Indian Life Skills

Essential Lessons

- 1.1 Building Community within the Classroom
- 2.1 Recognizing and Talking about Feelings
- 2.2 Learning How to Recognize Emotions/Feelings
- 2.3 Recognizing Depression
- 2.4 Overcoming Depression
- 2.5 Recognizing Stress and How it Affects Feelings
- 2.6 Recognizing Self-Talk and How it Affects Feelings
- 2.7 Learning to Control Self-Talk and Use it to Improve My Life
- 2.8 Recognizing Anger
- 2.9 Expressing Justified Anger
- 3.4 Problem Solving: SODA
- 5.1 Understanding the Grief Process
- 5.3 Differentiating between Fact and Fiction about Suicide
- 5.4 Recognizing the Emotional and Behavioral Warning Signs of Suicide
- 6.1 Evaluating What to do and What not to do if a Friend is Thinking about Suicide
- 6.3 Practicing the 4-Step Plan for Suicide Prevention
- 6.2 Learning about Community Resources
- 7.3 Finding Our Own Power
- 7.5 Dreaming for the Future

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