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
6.2 Learning about Community Resources
7.3 Finding Our Own Power
7.5 Dreaming for the Future

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