



# Waznat Training Topics For Students

Grade(s)	Student Training Topics
<p style="text-align: center;"><b>Elementary School Grades 1 till 5</b></p>	<ul style="list-style-type: none"> <li>• Autonomy: How Can I Become Autonomous?</li> <li>• Big Feelings, Calm Choices</li> <li>• Bullying: Am I a Bully? Am I Being Bullied?</li> <li>• Give Respect, Get Respect</li> <li>• Honesty and Integrity Vs. Lying and Cheating</li> <li>• How Do I Belong to My Home, School, Community?</li> <li>• How Do I Understand My Feelings?</li> <li>• How to Be Positive in a Negative World</li> <li>• How to Be Yourself</li> <li>• How to Build a Positive Relationship with Parents</li> <li>• How to Build Self-Esteem?</li> <li>• How to Choose My Friends</li> <li>• How to Leave a First Good Impression</li> <li>• Hurting Isn't Just with Hands</li> <li>• I listen with my Heart</li> <li>• Intrapersonal Skills</li> <li>• Kind Words, Stronger Friendships</li> <li>• Kindness and Tolerance</li> <li>• Listening Brings us closer</li> <li>• Teamwork (At Home, At School, With Friends)</li> <li>• The Magic Words</li> </ul>
<p style="text-align: center;"><b>Middle School Grades 6 till 9</b></p>	<ul style="list-style-type: none"> <li>• Benefits of Healthy Nutrition and Exercising</li> <li>• Big Feelings, Calm Choices</li> </ul>

- Clear Boundaries, Healthy Relationships
- Communication and Teamwork: Talking, Listening, and Leading Together
- Don't Worry, Be Happy!
- Hurting Isn't Just with Hands
- Internet Safety and Responsible AI Use: Protecting Relationships, Avoiding Addiction, and Staying Smart on Social Media
- Kind Words, Stronger Friendships
- Listening Brings us closer
- Listening Makes a Difference
- Living the Values
- Mental, Cognitive, and Metacognitive Health
- My Words can Hurt or Help- I Choose
- Our Rules, Our Responsibility
- Safe and Clean Environment
- Savoir Vivre Techniques
- Shaping My Choices – Positive Behaviors for a Better Future
- Stress and Anger Management
- The Power of Acceptance: Exploring the Culture of Arts, Sports, and Beliefs
- The Power of Respect
- The Power of Words
- Together We Make the Difference

**Middle & High School  
Grades 8-12**

- Appreciation of Diversity, Acceptance of the Different Other
- Communication Skills: Verbal Communication and Body language
- Conflict Resolution Techniques: Resolving issues, meeting challenges

- Cooperation Skills/Teamwork: How Can I Be a Team Player?
- Critical and Creative Thinking
- Debate Techniques
- Decision-Making Skills
- Dialogue Techniques
- Different Types of Intelligence (Multiple Intelligences)
- Do We Learn from Mistakes?
- Emotional Intelligence
- Leadership, is it for Me?
- Learning Techniques: How to Study efficiently, in an organized manner and boost your memory
- Listening Skills
- Negotiation Skills: Convincing Others of Your Point of View
- Non-Violent Communication Skills
- Planning and Setting Goals for the Future
- Planning for the Future
- Presentation Skills: Public Speaking/Interviews/Writing a CV/Cover Letter
- Presenting Skills
- Problem Solving Skills: How to be the Peace Maker at Home, at School, at university, at the Workplace
- Resilience: Am I Resilient Enough?
- Responsibility Towards Myself and My Future
- Saving and Managing My Finances Responsibly and Effectively
- Self-Evaluation
- Setting Priorities: Setting Goals!
- Time Management Skills
- Tips on Taking Exams
- Written Communication Skills

## High School Grades 9-12

- Active Citizenship
- Aim High...Soar Like an Eagle!
- Critical Thinking & Creativity
- Do I have Rights? What are They? Do I Have Responsibilities? What are They?
- Ethical Leadership for the Youth
- Four Concepts of Success
- Give Respect, Get Respect
- How to Create your Own "Brand"
- Living the Values
- My Community: My Home, My School, My Country
- My Environment, where does it start, where does it end? What are My Responsibilities to the Environment? What is Sustainability?
- Our Rules, Our Responsibility
- Personal Branding
- Public Speaking
- Responsibility: I'm Free! Then I'm Responsible
- The Internet Etiquette: What are My Rights and Duties?
- The Power of Acceptance: Exploring the Culture of Arts, Sports, and Beliefs
- The Power of Respect
- Together for a Positive Classroom
- Together We Make the Difference
- What I Say, I Own
- What is Community Service? Is it for Me?
- What is Corruption? How Do We Fight Corruption?
- What is Peer Pressure, and How Can I Handle It?