

Educational card index

1. **Divider lifeforce Lesson structure** (p. 1)
2. **Divider Bloom's Taxonomy** (p. 3)
 - Large card Bloom's Taxonomy-Suggested Activities LOTS-HOTS
3. **Divider UDL** (p. 7)
 - Large card UDL - Suggested Activities
4. **Divider BEGIN** (p. 11)
 - Large card Introductory Breath (p. 13)
 - Large card Warm Up (p. 15)
 - Large card Unblocking, Confidence Games (p. 17)
5. **Divider MAIN** (p. 19)
6. **Divider Body anatomy** (p. 21)
7. **Divider Vocabulary** (p. 23)
 - Large card – Vocabulary x9
8. **Divider Social-Emotional skills** (p. 43)
 - Large card Emotional awareness (p. 45)
 - Large card JOYFUL (p. 46)
 - Large card ANGRY (p. 49)
 - Large card FEARFUL (p. 51)
 - Large card SAD (p. 53)
 - Large card Empathy (p. 55)
 - Large card Self-regulation (p. 57)
 - Large card Fight-Flight-Freeze (p. 59)
 - Large card Fight (p. 61)
 - Large card Flight (p. 63)
 - Large card Freeze (p. 65)
 - Large card Social-emotional skills Scenarios (p. 67)
 - Large card Scenario 1: Street in neighborhood (p. 70)
 - Large card Scenario 2: Courtyard of school (p. 72)
 - Large card Scenario 3: Department Store (p. 74)
 - Large card Scenario 4: Restaurant (p. 76)
 - Large card Scenario 5: Home (p. 78)
 - Large card Scenario 6: Beach (p. 80)
 - Large card Scenario 7: School class (p. 82)
 - Large card Scenario 8: Hospital waiting area (p. 84)
9. **Divider Breathing games** (p. 85)
 - Large card Normal
 - Large card Fast/Slow
 - Large card Noisy/Agonal
 - Small cards – Look/Listen/Feel (Sm./p. 1-6)

10. Divider *lifelorce* BLS algorithm (p. 93)

Large card Chain of Survival x2

10.1 Divider Safety (p. 99)

Large card Safety questions

Small step cards S1-S3 (Small /p. 7)

10.2 Divider Check for response (p. 103)

Large card Check for response questions

Small step cards S1-S2 (Sm./p. 13)

10.3 Divider Check for normal breathing (p. 107)

Large card Check for normal breathing questions

Small step cards S1-S8 (Sm./p. 17)

10.4 Divider Call for help (p. 111)

Large card Call for help questions

Small step cards S1-S7 (Sm./p. 33)

10.5 Divider Chest compressions (p. 115)

Large card Chest compressions questions

Small step cards S1-S6 (Sm./p. 47)

10.6 Divider Ventilation (p. 119)

Large card Ventilation questions

Small step cards S1-S5 (Sm./p. 59)

10.7 Divider AED deployment (p. 123)

Large card AED deployment questions

Small step cards S1-S3 (Sm./p. 69)

11. Divider Foreign Body Airway Obstruction (p. 127)

Large card Foreign Body Airway Obstruction questions

Small step cards S1-S4 (Sm./p. 75)

12. Divider BLS scenarios (p. 131)

Large BLS Scenario 1 (6-8) (p. 133)

Large BLS Scenario 1 (6-8) questions (p. 135)

Large BLS Scenario 2 (6-8) (p. 137)

Large BLS Scenario 2 (6-8) questions (p. 139)

Large BLS Scenario 1 (8-10) (p. 141)

Large BLS Scenario 1 (8-10) questions (p. 143)

Large BLS Scenario 2 (8-10) (p. 145)

Large BLS Scenario 2 (8-10) questions (p. 147)

Large card Emotions-focused questions BLS scenarios (p. 149)

13. Divider *lifelorce* Songs (p. 151)

Large card 1. *lifelorce* BLS algorithm (p. 153)

Large card 2. *lifelorce* Three Steps (p. 155)

Large card 3. *lifelorce* Call for Help and Find an AED (p. 157)

Large card 4. *lifelorce* Thirty and Two (p. 159)

Large card 5. Right and Left for me and you (p. 161)

Small music game cards MG-01,02 (Sm./p. 83)

14. Divider *liferforce* BLS Yoga poses (p. 163)

- Large card Yoga Pose SAFETY (p. 165)
- Large card Yoga Pose CHECK FOR RESPONSE (p. 167)
- Large card Yoga Pose OPEN AIRWAY (p. 169)
- Large card Yoga Pose CHECK FOR NORMAL BREATHING (p. 171)
- Large card Yoga Pose CALL 112 (p. 173)
- Large card Yoga Pose SEND FOR AED (p. 175)
- Large card Yoga Pose CHEST COMPRESSIONS (p. 177)
- Large card Yoga Pose VENTILATION (p. 179)

15. Divider Language - Communication skills (p. 181)

- Large card Communication skills – Non-verbal/Prosody CSL-01 (p. 183)
- Small card Level 1/2 Non-verbal communication CS-01 (Sm./p. 153)
- Small card Level 1/2 Prosody CS-02 (Sm./p. 155)
- Large card Communication skills – Questions CSL-02 (p. 185)
- Small card Level 2 Open-ended questions CS-04 (Sm./p. 159)
- Large card Communication skills – Conversational skills CSL-03 (p. 187)
- Small card Level 1 Conversational skills CS-03 (Sm./p. 157)
- Small card Level 2 Conversation check list CS-05 (Sm./p. 161)
- Large card Level 1 Language skills – Descriptive language LSL-01 (p. 189)
- Large card Level 2 Language skills – Descriptive language LSL-02 (p. 191)
- Large card Language skills – Key Elements of a Narrative LSL-03 (p. 193)
- Small card Level 1 Description LS-01 (Sm./p. 163)
- Small card Level 2 Description LS-02 (Sm./p. 165)
- Small card Level 2 Description LS-03
- Small card Level 1 Narrative LS-04 (Sm./p. 169)
- Small card Level 2 Narrative writing check list LS-05 (Sm./p. 171)

16. Divider Cognitive-Perceptual skills (p. 195)

- Large card Cognitive-Perceptual skills – Visual perception VPL-01 (p. 197)
- Small card Level 1 Visual Closure VP-01 (Sm./p. 87)
- Small card Level 2 Visual - Spatial relations VP-02 (Sm./p. 89)
- Large card Cognitive-Perceptual skills – Auditory perception APL-01 (p. 199)
- Small card Level 1/2 Auditory Perception AP-01 (Sm./p. 91)
- Small card Level 2 Auditory Perception AP-02 (Sm./p. 93)
- Large card Cognitive-Perceptual skills – Attention ATL-01 (p. 201)
- Small card Level 1 Attention AT-01 (Sm./p. 95)
- Small card Level 2 Attention AT-02 (Sm./p. 97)
- Small card Level 2 Attention AT-03
- Small card Level 2 Attention AT-04
- Large card Cognitive-Perceptual skills – Auditory Memory MEL-01 (p. 203)
- Small card Level 1 Memory ME-01 (Sm./p. 103)
- Small card Level 1 Memory ME-02
- Small card Level 1 Memory ME-03
- Small card Level 1 Memory ME-04
- Small card Level 1 Memory ME-05

Small card Level 2 Memory ME-06 (Sm./p. 113)
Small card Level 2 Memory ME-07
Small card Level 2 Memory ME-08
Small card Level 2 Memory ME-09
Small card Level 2 Memory ME-10
Large card Critical thinking – Cause-Effect/Decision making CTL-01 (p. 205)
Large card Critical thinking – Argumentation/Problem solving CTL-02 (p. 207)
Large card Critical thinking – Logical reasoning CTL-03 (p. 209)
Small card Level 1 Cause-Effect CT-01 (Sm./p. 123)
Small card Level 2 Cause-Effect CT-02 (Sm./p. 125)
Small card Level 1/2 Decision making CT-03 (Sm./p. 127)
Small card Level 1 Logical reasoning CT-04 (Sm./p. 129)
Small card Level 2 Logical reasoning CT-05 (Sm./p. 131)
Small card Level 1 Argumentation CT-06 (Sm./p. 133)
Small card Level 2 Argumentation CT-07 (Sm./p. 135)
Small card Level 1 Problem solving CT-08 (Sm./p. 137)
Small card Level 2 Problem solving CT-09 (Sm./p. 139)
Small card Level 1 Compare-Contrast CT-10 (Sm./p. 141)
Small card Level 2 Compare-Contrast CT-11 (Sm./p. 143)
Large card Orientation – Spatial/Temporal ORL-01 (p. 211)
Small card Level 1 Spatial Orientation OR-01 (Sm./p. 145)
Small card Level 1/2 Spatial Orientation OR-02 (Sm./p. 147)
Small card Level 1/2 Temporal Orientation OR-03 (Sm./p. 149)
Small card Level 1/2 Temporal Orientation OR-04
Large card Processing speed PSL-01 (p. 213)
Small card Level 1 Processing speed PS-01 (Sm./p. 173)
Small card Level 1 Processing speed PS-02
Small card Level 1/2 Processing speed PS-03 (Sm./p. 177)
Small card Level 2 Processing speed PS-04
17. Divider END (p. 215)
Large card Memory & Concentration Games (p. 217)
Large card Relaxation (p. 219)