



mind+heart

Proud to Be Primary

Social-Emotional Learning

40 WEEK K-2 CURRICULUM

SOCIAL-EMOTIONAL LEARNING K-2
Proud to Be Primary
emotions
5 Weeks of Lessons & Activities

Discussion Cards Games Books Posters

SOCIAL-EMOTIONAL LEARNING K-2
Proud to Be Primary
self-management
5 Weeks of Lessons & Activities

Discussion Cards Games Books Posters

SOCIAL-EMOTIONAL LEARNING K-2
Proud to Be Primary
growth mindset
5 Weeks of Lessons & Activities

Discussion Cards Games Books Posters

SOCIAL-EMOTIONAL LEARNING K-2
Proud to Be Primary
relationships
5 Weeks of Lessons & Activities

Discussion Cards Games Books Posters

SOCIAL-EMOTIONAL LEARNING K-2
Proud to Be Primary
social awareness
5 Weeks of Lessons & Activities

Discussion Cards Games Books Posters

SOCIAL-EMOTIONAL LEARNING K-2
Proud to Be Primary
kindness
5 Weeks of Lessons & Activities

Discussion Cards Games Books Posters

SOCIAL-EMOTIONAL LEARNING K-2
Proud to Be Primary
respect
5 Weeks of Lessons & Activities

Discussion Cards Games Books Posters

SOCIAL-EMOTIONAL LEARNING K-2
Proud to Be Primary
responsibility
5 Weeks of Lessons & Activities

Discussion Cards Games Books Posters

lesson plans

activities

posters

+ more



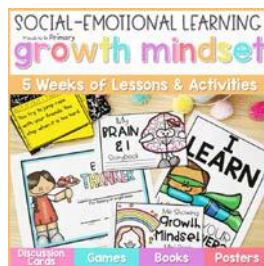
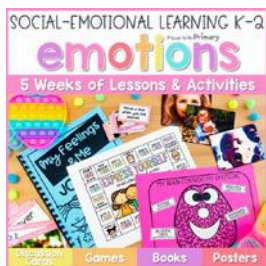
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Proud to Be Primary

Social-Emotional Learning

What is Included in this School-Year Bundle:

- ♥ 8 differentiated social-emotional learning units (40+ lessons)
- ♥ 8 months+ worth of instruction
- ♥ Aligns to SEL standards & CASEL's framework
- ♥ Detailed, research-based lesson plans
- ♥ Follow-up activities & games
- ♥ Posters & tools
- ♥ Anchor charts
- ♥ Writing prompts & book activities
- ♥ Discussion cards
- ♥ Community building activities



This Social-Emotional curriculum covers

- ❖ Emotions
- ❖ Self-management
- ❖ Growth mindset
- ❖ Friendship
- ❖ Social awareness & Empathy
- ❖ Kindness
- ❖ Respect
- ❖ Responsibility





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See What's Included

40+ Detailed Lesson Plans

mind+heart - EMOTIONS	
Lesson 1 - Identifying & Labelling Emotions	
Community Building Activity	Bring 3000 in into a circle. Ask them to show emotions with their faces and bodies when given different emotion words. For example, how 'Happy' and which one looks sad and which looks mad.
Discussion Starters	Use the Discussion Starters to have open conversations with children. Ask the question(s), read the scenario(s), and show the photo(s) one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Emotions Flasher Show each emotion poster one at a time and ask what it is showing. Encourage children to come up with different names for each emotion. Talk about facial expressions and body language and what the face/body is doing while showing each emotion. Have children model each emotion. Collaborative Anchor Chart Create a chart called 'We all have emotions' using the pages provided. Get each child to draw a situation showing a certain feeling. Add to the anchor chart. Feelings Check-In Clip Chart Give each child a clip with their name on it. They can attach their clip next to the emotion they are feeling.
Follow-up Activities	How Do They Feel? Mini-Book Read the sentence on the page, trace the emotion, and complete the face by drawing to show that emotion. Emotions Memory Game Place a set of emotion and word cards upside down. Children need to match emotion pictures with emotion words. Emotions Flash Card Review See the end user instructions.
Lesson Goal	Lesson Materials
Identify and label 12 major emotions based on facial expressions and body language. Recognize their own emotions.	Discussion Starters Drawing posters Anchor chart paper and chart paper The Star and Label Slips for each child How Do They Feel? Mini-Book (2 worksheets) Emotions Memory game Emotions Flash Card Review (see end user instructions)
Vocabulary	
emotion, feeling, facial expression, body language, each of the 12 major emotions.	

Discussion Cards



Anchor Charts



Mentor Text Lists



Posters



Tools





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See What's Included

Writing Activities



Social Storybooks



Role Play Cards



Games



Sorting Activities



Family Guides





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Proud to Be Primary

HAS WHAT TEACHERS LOVE!

- This ONE SEL curriculum is all you need to teach kids foundational and important social and emotional skills!
- Use each lesson and follow-up activities to cover a week of SEL instruction anytime of year.
- The curriculum easily extends to an entire year of SEL instruction.
- Facilitate meaningful discussions and keep kids engaged in important activities that build social and emotional skills and grow your classroom community.
- You will save time as the planning is done for you.
- Aligns to CASEL & other SEL standards and covers the most important lessons kids need!
- You will have ALL the materials you need to successfully teach (no need to supplement) SEL!



Teachers Love mind+heart

Mrs. G.



I cannot even begin to explain how relieved I am to have found this resource. I have used recommended published SEL curriculums such as Second Step and they have not even begun to address the needs of my students. I bought this with my own money, without my principal's consent, but once I started using it, and showed her how my students were using the language, vocabulary, and responding to the curriculum, she reimbursed me! I am recommending it to all my fellow teachers and I hope they purchase it as well!"

Our SEL units are enjoyed in thousands of classrooms worldwide!





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See a Lesson Plan Up-Close

Community building activities get children warmed-up and ready for the lesson.

Interactive, detailed lessons for the whole group to complete together.

Use the lesson goal to guide the lesson.

Teach important SEL vocabulary.

mind+heart - EMOTIONS	
Lesson 1 : Identifying & Labelling Emotions	
Community Building Activity	Bring children into a circle. Ask them to show emotions with their faces and bodies when given different emotion words. For example, say "happy" and watch as kids smile and stand with confidence.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the question(s), read the scenario(s), and show the photo(s) one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	<p>Emotions Posters: Show each emotion poster one at a time and ask what it is showing. Encourage children to come up with different terms for each emotion. Talk about facial expressions and body language and what the face/body is doing while showing each emotion. Have children make each emotion.</p> <p>Collaborative Anchor Chart: Create an anchor chart titled "We all have emotions" using the pieces provided. Give each child to draw an emotion and label it. Add to the anchor chart.</p> <p>Feelings Check-in Chart: Give each child a clip with their name on it. They can attach their clip next to the emotion they are feeling.</p>
Follow-up Activities	<p>How Do They Feel? Mini-Book: Read the sentence on the page, trace the emotion, and complete the face by drawing to show that emotion.</p> <p>Emotions Memory Game: Place a set of emotion and word cards up side down. Children need to match emotion pictures with emotion words.</p> <p>Emoji-tions Go Fish Card Game: See the card game instructions.</p>
Lesson Goal	Lesson Materials
Identify and label 12 major emotions based on facial expressions and body language. Recognize their own emotions.	Discussion Starters Emotions posters Anchor chart pieces and chart paper Clip chart and labeled clips for each child How Do They Feel? mini-book (2 variations) Emotions Memory game Emoji-tions Go Fish card game (see inst.)
Vocabulary	
emotion, feeling, facial expression, body language, each of the 12 major emotions.	

Discussion starters include questions, scenarios, and pictures to encourage a group discussion.

Hands-on activities, games, and centers that build social emotional skills.

All of the materials needed to complete lessons in a list.



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3 Types of Discussion Cards

Discussions are a great warm-up to your SEL block or morning meeting. The included discussion cards provide a valuable way to engage kids and have them reflect.

Discussion starters include questions, scenarios, and pictures to encourage a group discussion. No more coming up with engaging prompts; these are done for you!





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Anchor Chart & Posters

Anchor chart materials are included for every lesson in this curriculum. The lesson plan clearly explains how to use it to support the main lesson. They are helpful to organize your lesson and as a visual for students. Simply print the anchor chart pieces and attach to your poster to get started!





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Support Materials

Support materials, such as bulletin boards and student tools, are included in this curriculum. They help children grasp the lesson and build important social-emotional skills. Create and use the tools as needed during your lessons and after to support your students.





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Writing & Book Activities

Writing activities are included throughout the curriculum to emphasize the lesson topics. Kids will enjoy reflecting on books read and writing about the fun topics and prompts. You will have differentiated writing templates to use and meet your students needs. Just print and go to implement the writing activities quickly and easily!





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Activities & Games

There are a variety of follow-up activities included for every lesson. These fun and engaging activities encourage students to build the important social-emotional skills taught in the lesson. There are independent, small group, and partner activities included, such as games, sorting activities, and booklets.





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BONUS: Family Partnership Guide

Connect with and encourage families to take part in the social-emotional learning development of their child and the concepts you are teaching at school. Each unit includes a printable guide with a letter to families, strategies and activities they can try at home, and a book guide with video links. Send it home before your unit begins. They will thank you!

emotions
FAMILY PARTNERSHIP GUIDE

About the Emotions unit:
In this unit, your child is learning...
* To identify their own and others emotions through facial expressions and body language.
* How to label and identify 12 different major emotions and common terminology.
* To express their feelings appropriately using "I feel..." statements, and the emotions they cause.

emotions
FAMILY BOOK GUIDE

Reading books about emotions:
Reading books about emotions is a great way to discuss with your child. It's easy to point through text, pictures, as well as a great way to relate to the characters and better understand emotions.

How to use the book guide:
♥ Discuss what is happening at a certain point in the story. Why are the characters feeling that way?
♥ Discuss how you would feel in the same situation. How does the character's feeling affect the story?
♥ Use facial expressions and tone in the voice to describe the character's feeling. Discuss if you've ever felt that way.

emotions
A FAMILY GUIDE TO SEL AT HOME

Dear families,

We are beginning a new unit on emotions. We will be learning about identifying, expressing, and labeling emotions. Our lessons will include engaging activities and thoughtful discussions, (such as an emotions match game and a feelings journal). My hope is that your child will develop a better understanding of their own emotions and the emotions of others. I would love for you to talk with your child about emotions at home.

Here are some strategies you can try at home to support your child's emotional development:

- ♥ Have discussions about emotions and how it's okay to feel different emotions at different times.
- ♥ Discuss emotions you see with your child when you're out or in books.
- ♥ Find time each day to talk about how your child felt during the day and why. Share your emotions as well.

Thank you for joining me and for your help in building these important skills I know that your partnership will positively impact your child!

Warmly,

emotions
Social-Emotional Learning
FAMILY PARTNERSHIP GUIDE

emotions
FAMILY BOOK GUIDE

How to describe their emotions using facial expressions and body language:
How to describe their emotions using facial expressions and body language. Here are some questions you can ask:

...today?"
...How about you?"

Family Activity:
I'm Feeling Puzzles

Cut the pieces in half to separate the scenario from the emotion. Read the scenario, and find the matching emotion piece to match. Discuss why that feeling fits and why you'd feel that way in that situation.

cards are attached

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Use mind+ heart lessons for

- ♥ SEL block
- ♥ Morning meetings
- ♥ Whole-class discussions
- ♥ Small groups
- ♥ Partner activities
- ♥ Independent work
- ♥ Early finishers
- ♥ Counselor lessons
- ♥ Sub-plans
- ♥ And much more!



Teachers Love mind+heart

Ways to
CALM DOWN

BALLOON
breathing

1. Think of your belly as a balloon.
2. Put your hand on your belly to feel it rise and fall.

Teaching at 7000 ft



My students love when we have our mind and heart time! This is a superb resource, and if you are thinking twice, just do it!! You won't be disappointed!!

happy thoughts

SQUEEZE
something

Our SEL units are enjoyed in thousands of classrooms worldwide!

through your
n.
2 seconds.
your mouth
-balloon.
ing 5 times.
g rhythm.



listen
ANUS



Teachers Love **mind+heart** Proud to Be Primary

★★★★★ Extremely satisfied

This curriculum is so valuable! My students are so excited for our SEL lesson each day. They are engaged and connecting with the content. Everyone should use this!

★★★★★ Extremely satisfied

My students enjoy the lessons and I am thankful that I no longer have to dream up things to do for SEL lessons. This is a must-have!

★★★★★ Extremely satisfied

Our district gave us an SEL curriculum to use. This is SO MUCH BETTER. Don't tell, but I think I'm going to stop using the "required" materials and start using these which are much more student friendly!

★★★★★ 5.0

BUY IT! Don't think about it. Just buy it!

Awesome! Perfectly planned, amazing resources and everything ready to use. I love it! So do my little ones! :)

★★★★★ 5.0

My students love when we have our mind and heart time! This is a superb resource, and if you are thinking twice, just do it!! You won't be disappointed!!

This SEL curriculum is used in over 10 thousand classrooms worldwide!

Learn More About

mind+heart

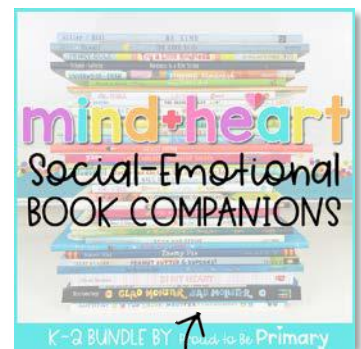
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Learn about teaching social-emotional learning effectively in K-2 with our SEL curriculum.

CLICK to learn more!



Social-Emotional Resources for K-2

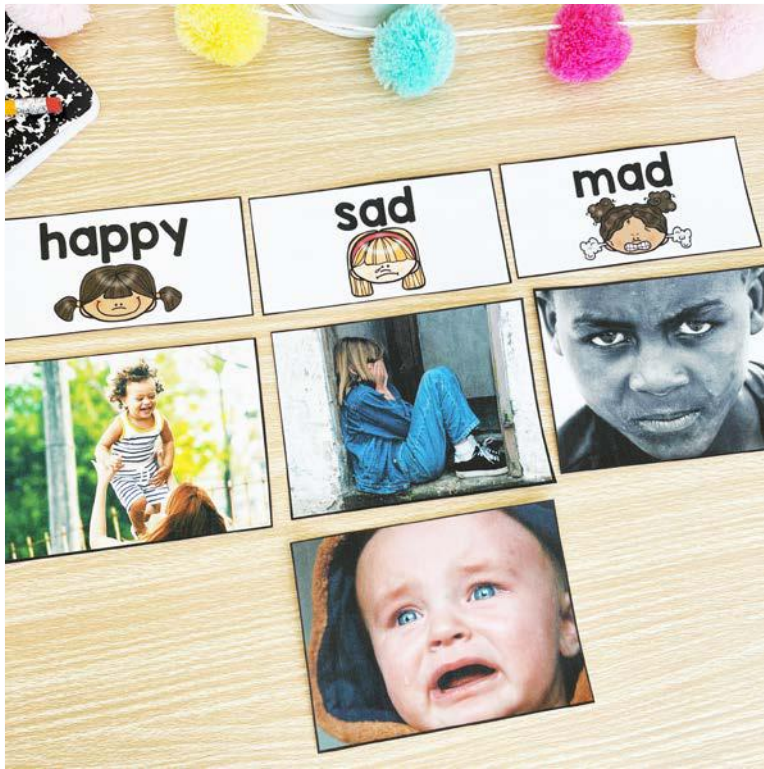


Click the images to see the SEL curriculum BUNDLE & resources with EVERYTHING you need for a year of SEL!

Want a FREE Sample of mind+heart?



SIGN UP TO GET AN SEL LESSON
& MATERIALS FOR FREE!



I'd love for you to try a sample of the MIND+HEART SEL Curriculum with your students to see if it is a perfect fit for you and your students!

[CLICK HERE TO
GRAB YOUR
FREE SAMPLE!](#)

emotions

Proud to Be
Primary

PRINTABLE UNIT

What is Included in this Resource

- ♥ 5 detailed lessons and plans
- ♥ Topics: Identify & Label Emotions; Labelling Experiences; Expressing Emotions; The Brain; Positivity
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities

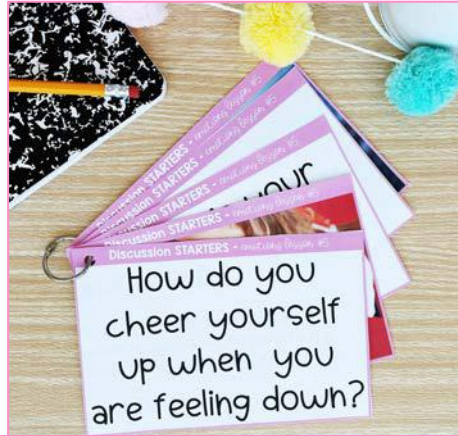


Lesson 1 - Identifying & Labelling Emotions

Lesson 1 teaches children to identify and label 12 major emotions and other terminology commonly used for those emotions with the use of emotions posters. Children will draw facial expressions, recognize their own emotions, and match emotions with words.

mind+heart - EMOTIONS	
Lesson 1: Identifying & Labelling Emotions	
Community Building Activity	Bring children into a circle. Ask them to show emotions with their faces and bodies. Show your own different emotion words. For example, say "happy" and watch as kids smile and stand with confidence.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the question(s), read the scenario(s), and show the photo(s) one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Emotions Posters: Show each emotion poster one at a time and ask what it is showing. Encourage children to come up with different terms for each emotion. Talk about facial expressions and body language and what the face/body is doing while showing each emotion. Have children model each emotion. Collaborative Anchor Chart: Create a chart called "We all have emotions" using the pieces provided. Get each child to draw themselves showing a certain feeling. Add to the anchor chart! Feelings Check-In Clip Chart: Give each child a clip with their name on it. They can attach their clip next to the emotion they are feeling.
Follow-up Activities	How Do They Feel? Mini-Book: Read the sentence on the page, trace the emotion, and complete the face by drawing to show that emotion. Emotions Memory Game: Place a set of emotion and word cards upside down. Children need to match emotion pictures with emotion words. Emoji-ho Ho Fish Card Game: See the card game instructions.
Lesson Goal	Identify and label 12 major emotions based on facial expressions and body language.
Lesson Materials	Discussion Starters Emotions posters

Lesson Plan



Discussion Starters



Anchor Chart Idea



Interactive Mini-Book



12 Emotions Posters



Emotions Match Game



Emoji-tion Go Fish Card Game

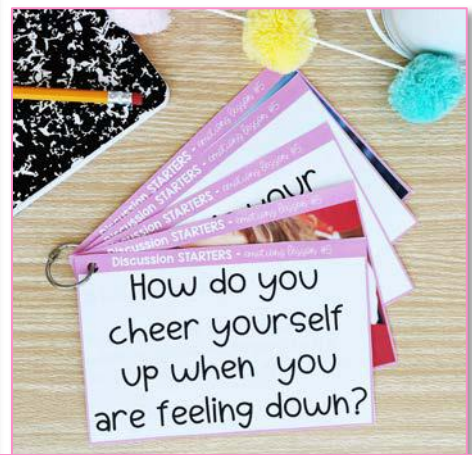


Emotions Clip Chart

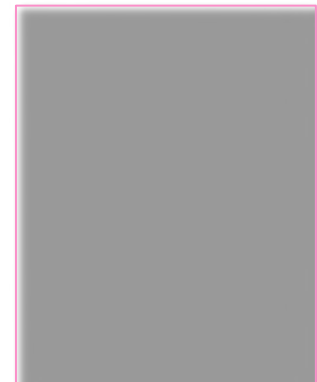
Lesson 2 - Labelling Experiences with Emotions

Lesson 2 teaches children to label different experiences with the emotion they cause. Children will share their own experiences with different emotions and complete various activities to help them with that.

mind+heart - EMOTIONS	
Lesson 2 : Labelling Experiences with Emotions	
Community Building Activity	Bring children into a circle to play "Guess My Mood". Whisper an emotion to the child and have them act out the facial expression and body language of that emotion to the class without using words. The class must try to guess the emotion acted out. Repeat.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the question(s), read the scenario(s), and show the photo(s) one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Class Poem Teach the class the poem "My Feelings & Me". Give them each a copy and review the poem each day during the Emotions unit. Collaborative Anchor Chart Create an anchor called "We feel emotions every day!" using the pieces provided. Brainstorm as a class different times or experiences that may cause them to feel certain emotions. Record ideas under each emotion heading. Emotions Picture Sort Provide each child a picture to sort under the correct emotion in a pocket chart. Each picture depicts an emotion. Children must explain what their picture shows and why they think it is a certain emotion.
Follow-up Activities	"My Feelings & Me" Poem Activity: Fill in the blanks and draw a picture. "Express Yourself" Board Game: See the board game instructions. "My Feelings & Me" Journal: Write about each emotion and what experiences cause them. Draw a picture to match the writing.
Lesson Goal	Label different experiences with the emotion they cause. Share their own experiences with different emotions.
Lesson Materials	Discussion Starters Class poem on chart & copies made Anchor chart pieces and chart paper



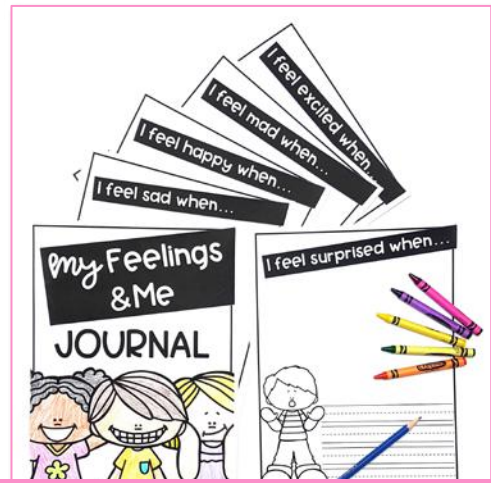
Discussion Starters



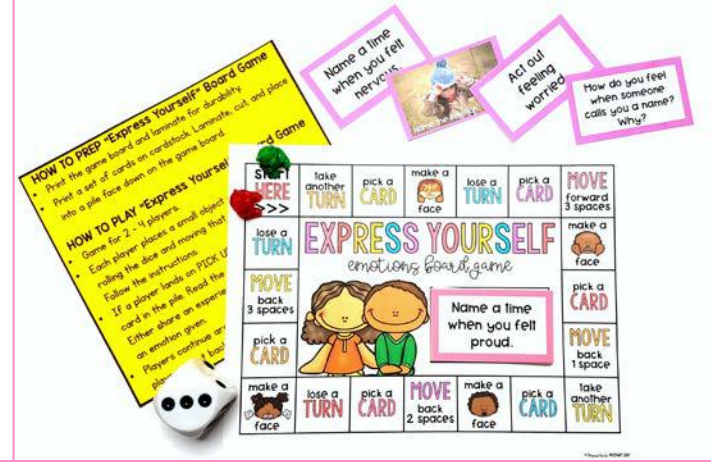
Class Poem



Anchor Chart Idea



Feelings Journal



Express Yourself Board Game



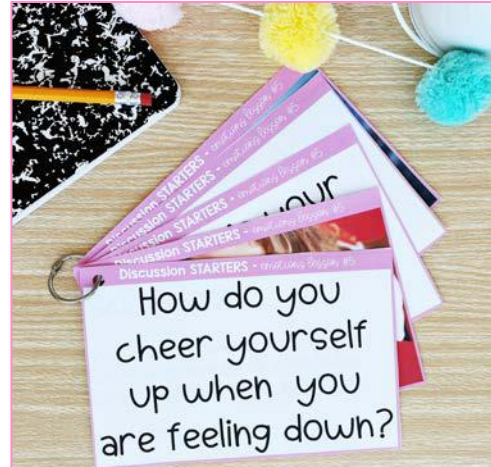
Emotions Picture Sort

Lesson 3 - Expressing Emotions Appropriately

Lesson 3 teaches children positive ways of expressing their emotions using appropriate language and "I feel" statements. Children will practice expressing themselves with a partner orally and through writing and drawings.

mind+heart - EMOTIONS	
Lesson 3 : Expressing Emotions Appropriately	
Community Building Activity	Bring children into a circle to play "Act It Out". Give a short scenario of a situation causing a certain emotion. Ask one or more children to act it out. Discuss how they expressed that emotion. Encourage children to share appropriate ways to act when feeling a certain way.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	<p>Collaborative Anchor Chart and Discussion: Create an anchor chart called "We show emotions!" using the pieces provided. Teach children that there are appropriate and inappropriate ways to express emotions. Brainstorm a few negative and positive ways together. Talk about how each makes us feel. Teach them to use "I feel..." statements to express emotions appropriately. Children role play using "I feel" statements given different scenarios.</p> <p>Posters: Provide a pair of children with a poster "I feel..." template. They write an example for the feeling listed on their poster and draw a picture to illustrate. Use the posters to decorate the classroom.</p>
Follow-up Activities	<p>Partner Activity: Sit with a partner and take turns using the "I feel" language. Child 1 says "I feel..." and child 2 responds "when..."</p> <p>"My Feelings & Me" Journal: Continue to write about each emotion and what experiences cause them in the journal.</p>
Lesson Goal	Teach children positive ways of expressing their emotions using appropriate language.
Vocabulary	appropriate, inappropriate, express.
Lesson Materials	Discussion Starters Class anchor chart pieces & paper Poster templates Feelings journal (3 variations)

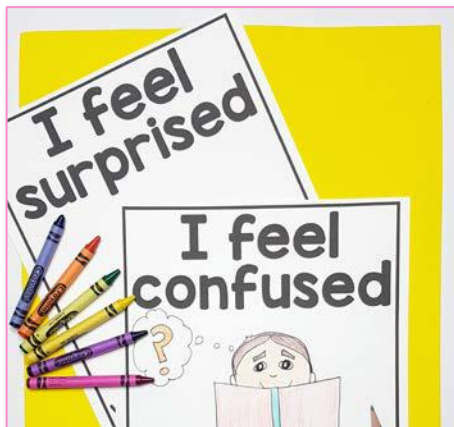
Lesson Plan



Discussion Starters



Anchor Chart Idea



"I feel..." Class Posters



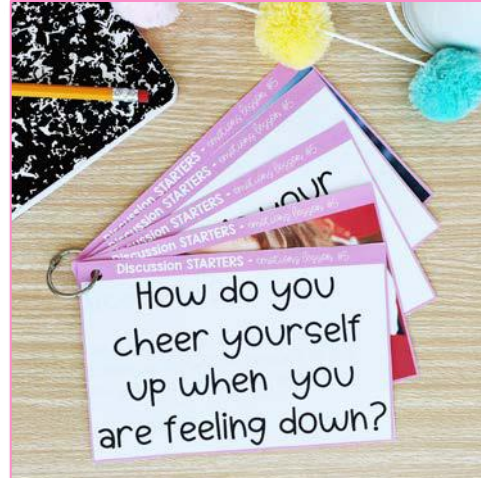
Feelings Journal

Lesson 4 - What Causes Emotions + The Brain

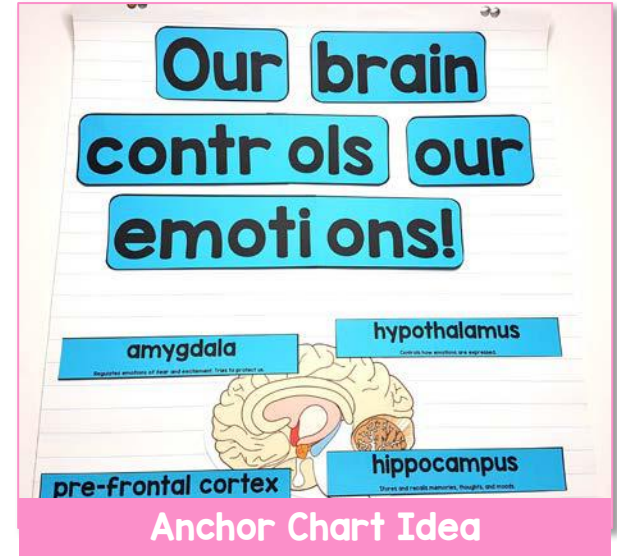
Lesson 4 teaches children that their brain controls their emotions and that certain parts of the brain control how they act and feel. Children will learn what those parts are and where they are through a brain craftivity and puzzle.

mind+heart - EMOTIONS Lesson 4 : What Causes Emotions + The Brain	
Community Building Activity	Play "Say How You Feel" as a group. Send half to find a spot in the classroom. They need to show a certain emotion with their faces and bodies. The other children walk up to those around the room and say "How do you feel?". They respond with "I feel". Switch and repeat.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Collaborative Anchor Chart & Discussion: Teach the class that their brain controls their emotions. Tell them that when they feel certain emotions, different parts of their brain take over and cause them to act and respond a certain way. Create an anchor called "Our Brain Controls Our Emotions!" using the pieces provided. Print and attach the brain pieces to the chart. Label each part of the brain with the labels and explain what each part controls. Give examples and help children decide which part is responsible. **What is important in this lesson is we eventually want children to feel empowered and in control of their bodies and emotions by learning about the brain.
Follow-up Activities	Brain Craft: Each child can make their own "brain" craft using the templates provided. They will cut out the pieces, color, and glue them onto construction paper (see completed sample). Brain Puzzle: Children put together the pieces to form the brain.
Lesson Goal	Lesson Materials
Teach children that their brain controls their emotions and that certain parts of the brain control certain emotions.	Discussion Starters Anchor chart pieces and chart paper Brain craftivity pieces, construction paper, colors, scissors, and glue Brain puzzle
Vocabulary	

Lesson Plan



Discussion Starters



Anchor Chart Idea



Brain Craftivity



Brain Puzzle

Lesson 5 - Thinking & Feeling Positive

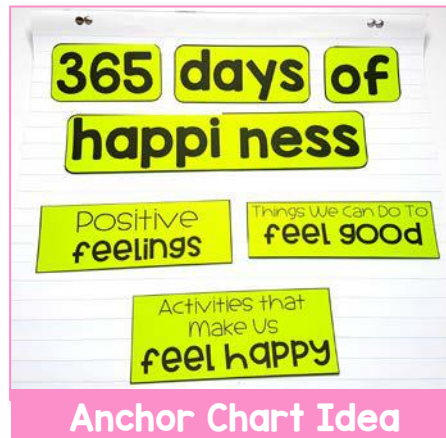
Lesson 5 teaches children to name positive feelings, identify things they can do to feel good, and activities they enjoy. Children will focus in on those positive feelings by creating a vision board, heart map, and reading positivity posters.

mind•heart - EMOTIONS Lesson 5: Thinking & Feeling Positive	
Community Building Activity	Bring children into a circle to play "What Makes Me Happy". Tell children that you will give them a word (i.e. food, sport, place, activity, etc.) and they must think of something that makes them happy. Encourage them to share their thoughts with the class.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	<p>Collaborative Anchor Chart & Discussion Create an anchor called "365 Days of Happiness" using the pieces provided. Brainstorm as a class 1) list positive feelings, 2) strategies/things we can do to feel good and 3) activities that make us feel happy.</p> <p>Posters: Teach children that saying nice things and being positive with our self talk and to others helps us to feel positive. Share the positive quote posters, discuss their meaning, and use to decorate the class.</p> <p>"The Feel Good" Book: Read this book by Todd Parr and discuss the different things we can do to feel good everyday. Complete the writing template "To feel good, I..." and draw a picture to match.</p>
Follow-up Activities	<p>Heart Map: Fill in the different parts of the heart map (provided) with things that make them happy.</p> <p>Vision Board: Children can draw and/or cut out pictures from magazines of things that make them happy onto the template provided.</p>
Lesson Goal	Lesson Materials
Name positive feelings. Think and feel positive through the things and activities they do each day.	Discussion Starters Anchor chart pieces and chart paper Posters

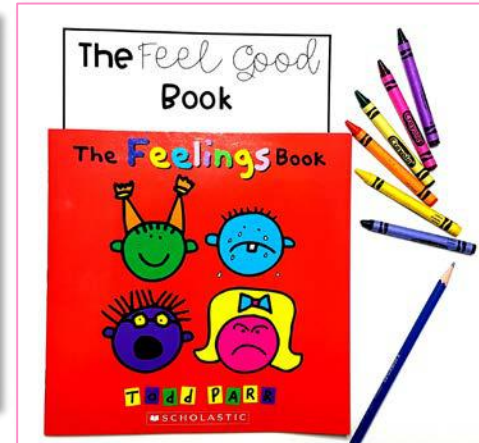
Lesson Plan



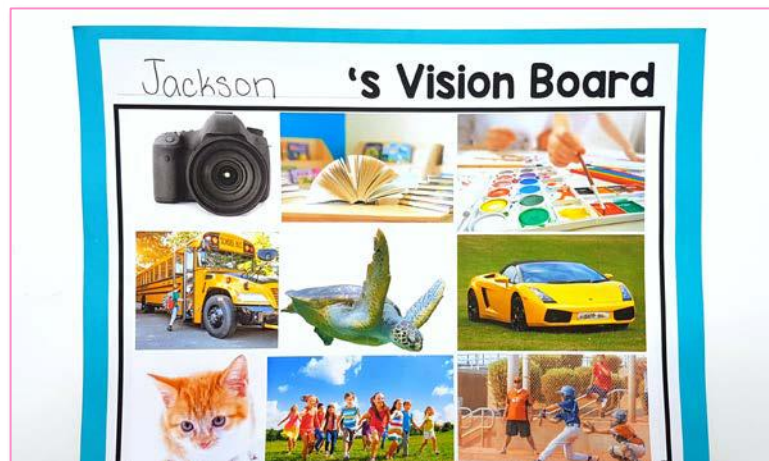
Discussion Starters



Anchor Chart Idea



Story Writing Prompt



Vision Board Activity



My Heart Map Activity



Positivity Posters

self-management

PRINTABLE UNIT

Proud to Be
Primary

What is Included in this Resource

- ♥ 5 detailed lessons and plans
- ♥ Topics: Self-Regulation; Calming Down; Mindfulness; Self-Control, Self-Esteem
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities



Lesson 1 - Self-Regulation

Lesson 1 teaches kids what self-regulation is and to identify ways and what emotions and experiences require us to self-regulate.

mind+heart - SELF-MANAGEMENT Lesson 1: Self-Regulation	
Community Building Activity	Bring children together as a group. Play the game 'Red Light, Green Light'. When you say 'red light' children run and when you say 'green light' they walk slowly. Vary the difficulty by adding other colors.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Collaborative Anchor Chart & Discussion: Create a chart called "We can self-regulate" using the pieces provided. Explain what self-regulation is (It is the ability to monitor and control our bodies, emotions, and thoughts, and changing them as needed). Talk about what emotions need regulating. Discuss the reactions we experience with difficult emotions (i.e. sweat, heart races, yell, stomp). Brainstorm ways we can self-regulate (i.e., use words, move away, ask for help, breathe, etc.). Act It Out: Read scenario task cards and have kids act them out. Discuss and ask children to identify ways they can self-regulate. Check-In Chart: Use the poster to introduce 5 levels of emotions and ask for examples of when they felt each way. Record examples.
Follow-up Activities	Daily Check-In Clip Chart: At different times during the day (easy and hard), ask kids to check-in by moving their clip on their own chart. Self-Regulation Journal: Children write down and draw their experiences in a journal with the sentence frame "Today... so I..."
Lesson Goal	Lesson Materials
Understand what self-regulation is. Identify ways and what emotions and experiences require us to self-regulate.	Discussion Starters Anchor chart pieces and chart paper Act It Out task cards Check-In Chart/Poster

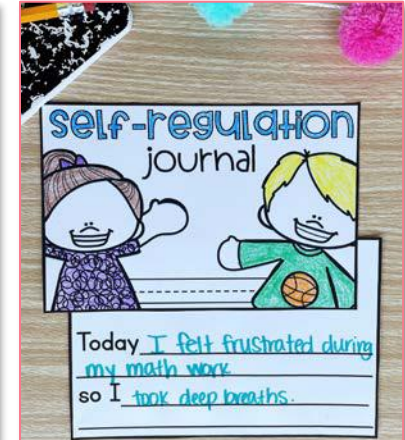
Lesson Plan



Discussion Starters



Anchor Chart Idea



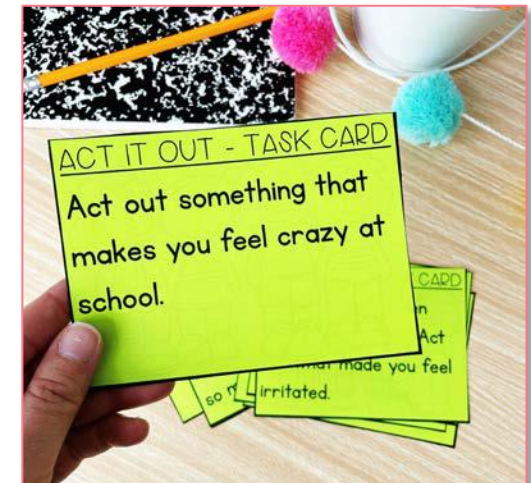
Journal



Feelings Check-In Charts



Scenario Cards



Lesson 2 - Regulating Emotions & Calming Down

Lesson 2 teaches kids to identify and practice different ways to calm down, including balloon breathing.

mind+heart - SELF-MANAGEMENT Lesson 2 : Regulating Emotions & Calming Down	
Community Building Activity	Bring children to the carpet to play "The Sleeping Game." Kids should lay on their backs with eyes closed, listening. Say "All the children are sleeping" and then say "When they wake up they are [a type of animal, person, object]." Kids get up and act it out. Repeat.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Collaborative Anchor Chart & Discussion Create a chart called "We can calm down!" using the pieces provided. Brainstorm, discuss, and practice different ways to calm down (see list). Emphasize how important it is to know how to calm down and what will help them. Balloon Breathing & Chime (if available) Teach children to balloon breathe using the technique poster. Once they can practice it on their own, introduce a chime. Ask them to focus on the sound it makes, as they breathe. Hit the chime. Give them time to sit still and listen. Calm Down Kits Children will put together their own calm down kits with different tools they can use when they experience big emotions and need to calm down and/or take a break (see list of instructions).
Follow-up Activities	Self-Calming Mini-Book Children fill in missing words to complete the story and color the pages of the book. Calm Down Posters Each child creates a "How I calm down." Post the class calm down cards as well.
Lesson Goal	Identify and practice different ways to calm down, including breathing.
Lesson Materials	Discussion Starters Anchor chart pieces and chart paper List of ways to calm down.

Lesson Plan



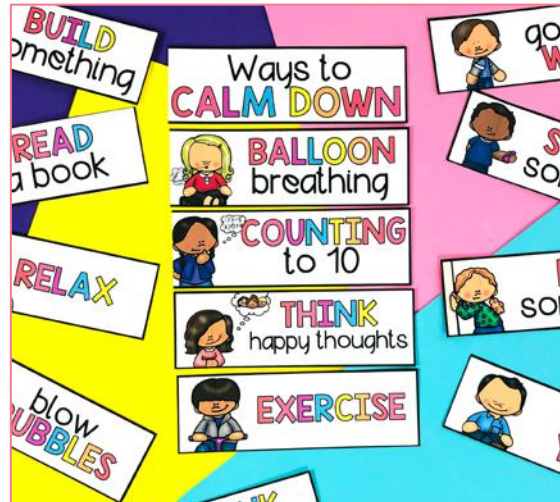
Discussion Starters



Anchor Chart Idea



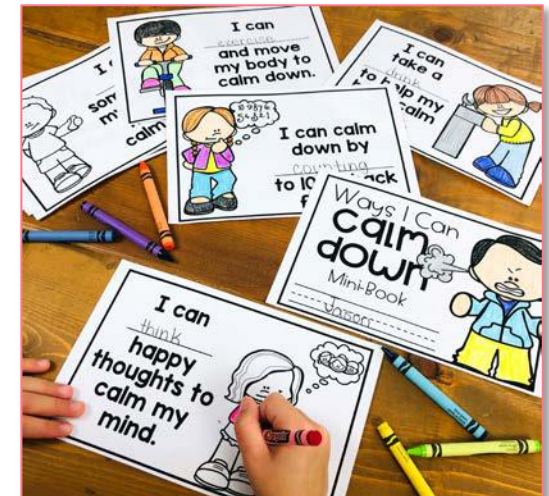
Breathing Strategy



Calm Down Posters



Calm Down Kit



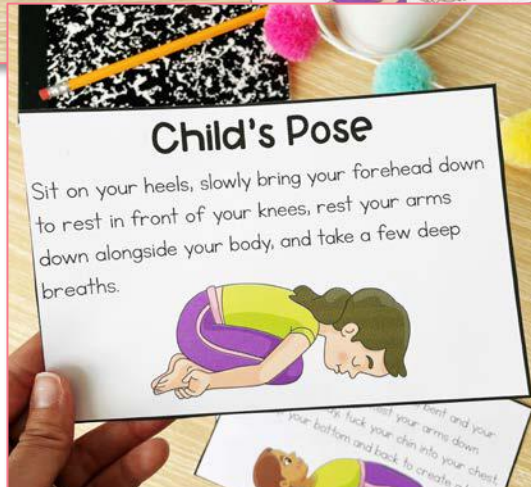
Interactive Mini-Book

Lesson 3 - Mindfulness Strategies

Lesson 3 teaches children to practice different ways to calm down, relieve stress, and be mindful, through brain breaks and yoga.

mind+heart - SELF-MANAGEMENT Lesson 3 : Mindfulness Strategies	
Community Building Activity	Bring children to the carpet and have them lay down. Do a visualization activity where you tell them to lay still and imagine what you are saying without making a sound. Say things like "Imagine you are sinking into the ground" or "Imagine you are laying on a beach", etc.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Class Discussion Ask children to share their preferred coping strategy and why. Tell them they are going to learn more about 2 "mindfulness" strategies Brain Breaks and yoga. Explain how these strategies will help clear their minds, focus, and relax their bodies. Brain Breaks: Teach children what brain breaks are (taking a break from an activity that requires concentration and hard work to do something that helps calm you down and relax the mind). Show children the brain break cards and have them try a few Post visibly. Yoga Review and practice Balloon Breathing. Explain to children that yoga is doing different postures with our body while focusing on our breaths to help us relax. Practice yoga together using the Yoga Cards.
Follow-up Activities	Yoga Center: Set up a special spot with yoga mats for children to practice their yoga using the Yoga Cards. Kid Made Brain Break Cards: Children can make their own set of brain break cards where they draw and write a few of their favorites.
Lesson Goal	Lesson Materials
Continue to practice different ways to calm down, relieve stress, and be	Discussion Starters Brain Break cards

Lesson Plan



Yoga Cards & Activities

TIME FOR A BRAIN break



Brain Breaks



Discussion Starters

Lesson 4 - Self-Control

Lesson 4 teaches children about self-control and when and how they need to use it during different times and experiences.

mind+heart - SELF-MANAGEMENT Lesson 4 : Self-Control	
Community Building Activity	Play "Follow the Leader" as a group. Children can take turns leading sounds and actions, going fast and slow as the rest of the group follows along. Switch it up by using objects that children must track and follow with their eyes without making a sound.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	<p>Collaborative Anchor Chart & Discussion Create an anchor called "We Need Self-Control" using the pieces provided. Discuss what self-control is and why we need it. Give examples and encourage children to share ways that they 1) impulse control, 2) resist distractions, 3) regulate emotions, 4) delay gratification, and 5) control reactions.</p> <p>Play "Think or Say" Read the scenarios aloud to the children. Ask them if it is something they should THINK (better to keep to themselves) or SAY (okay to say out loud). Remind them to "think before you speak."</p> <p>"What We Control Sort" Under the headings "Things I can control" and "Things I cannot control," sort phrases or words. Discuss as a group.</p>
Follow-up Activities	<p>Play "Jenga" In small groups, have children play Jenga with building blocks or the same size and shape. They must show self-control and make good choices when removing blocks from the tower.</p> <p>"I am in Control" Mini-Book Trace the words and color the mini-book.</p>
Lesson Goal	Lesson Materials
Children will learn about self-control and when and how they need to use it during different times and experiences.	Discussion Starters Anchor chart pieces and chart paper "Think, Do, or Say" scenario cards

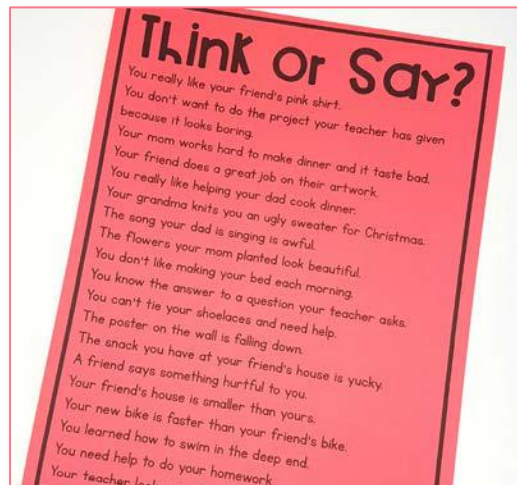
Lesson Plan



Discussion Starters



Anchor Chart Idea



Think or Say Game



Interactive Mini-Book



What You Control Sort

Lesson 5 - Self-Esteem

Lesson 5 teaches children what self-esteem is and identify positive things about themselves and things they are good at.

mind+heart - SELF-MANAGEMENT Lesson 5 • Self-Esteem	
Community Building Activity	Bring children into a circle to share about themselves. Give the group a sentence prompt to answer and have children turn to a neighbor to share the answer. Use prompts like "I am great because.", "I am good at.", "I love myself because.", and "3 words to describe me are."
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Collaborative Anchor Chart & Discussion: Create an anchor called "We Have Self-Esteem" using the pieces provided. Discuss what self-esteem is, why it is important, and things they like about themselves. Positive Affirmation Posters: Teach children to speak positively about themselves. Share the quote posters, discuss meaning, and hang up. Book & Writing Activity: Read one of the suggested books on self-esteem and complete the 5/10 things I like about myself writing template with sentences that follow the frame provided.
Follow-up Activities	Flower Craft: Children make a flower using the templates provided. Write their name in the center and a positive word or phrase about themselves on each petal. Attach the petals to the center and hang. Self-Portrait: Children can draw a self-portrait and write positive words about themselves around their head and/or body. Self-Esteem Board Game: See the board game instructions.
Lesson Goal	Lesson Materials
Children learn what self-esteem is and identify positive things about themselves and things they are good at.	Discussion Starters Anchor chart pieces and chart paper Posters

Lesson Plan



Discussion Starters



Anchor Chart Idea



Writing Activity



4 Quote Posters



Board Game



Flower Craftivity

growth mindset

PRINTABLE UNIT

Proud to Be
Primary

What is Included in this Resource

- ♥ 5 detailed lessons and plans
- ♥ Topics: The Elastic Brain; Fixed vs. Growth Mindset; Making Mistakes; Perseverance; Power of Yet.
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities



Lesson 1 - The Elastic Brain

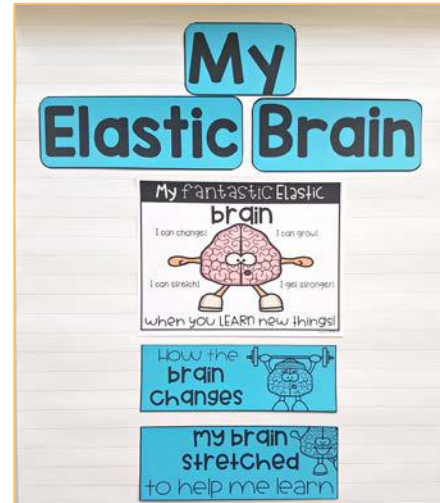
Lesson 1 teaches children about the brain and its capabilities. They will understand what the brain does, that it can change and stretch, and it can get stronger by learning new things.

mind+heart - GROWTH MINDSET Lesson 1: The Elastic Brain	
Community Building Activity	Bring children to the carpet to share their strengths with the class. Go around the circle and have each child say something they are good at. Ask others to put up their hands if they agree or disagree. Repeat.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Discussion, Video, & Book: Teach children that their brains can change, stretch, and grow and become stronger when they learn new things. Stretch and pull an elastic band to show how the brain can also stretch and change. Say "Our brains have billions of tiny neurons. Learning something new causes the brain to grow more connections among neurons (neuroplasticity). The brain stretches and makes more room to learn new things and face new challenges. Use the videos (linked below) and read "Our Fantastic Elastic Brain" to illustrate. Anchor Chart & Poster: Create a chart called "The Elastic Brain" and brainstorm how the brain changes and things they stretched their brain to learn. Use the brain poster as a reminder. Mantra: Read the mantras (posters) and discuss their meaning.
Follow-up Activities	Learning Reflection: Draw and write 3 things about what they learned, are learning, and want to learn. Storybook: Read & color the "My Brain and I" storybook. Mantra Posters: Color a poster with a mantra.
Lesson Goal	Understand what the brain does, that it can change and stretch, and it can get
Lesson Materials	Discussion Starters, Elastic brain book, Our Fantastic Elastic Brain

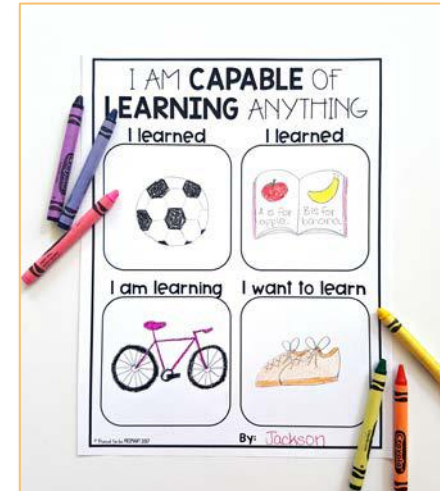
Lesson Plan



Discussion Starters



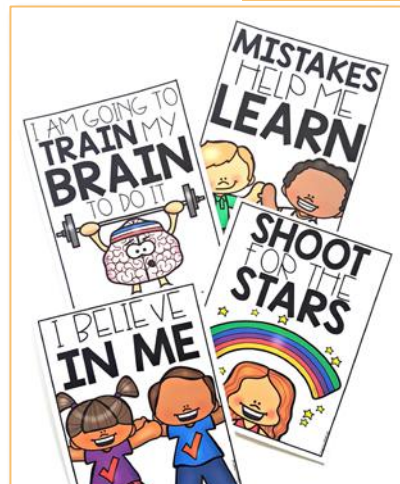
Anchor Chart Idea



Learning Reflection



Storybook



Mantra Posters



Mantra Coloring Posters

Lesson 3 - Mistakes, Failure, & Challenges

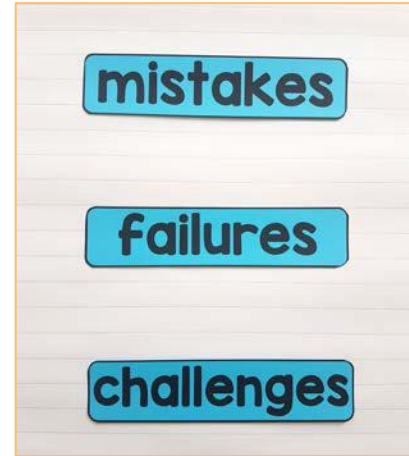
Lesson 3 teaches children to identify and describe how mistakes, failures, and challenges are positive and help them learn new things.

mind+heart - GROWTH MINDSET	
Lesson 3 : Mistakes, Failures, & Challenges	
Community Building Activity	Do a visualization activity where children lay down and imagine what you are saying. Say "Pretend you are doing something very challenging, like swim in the deep end, ride a skateboard," etc. "You continue to practice and each day you get better." Have them share what they imagined.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	Discussion, Video, & Anchor Chart: Review the difference between a mistake, failure, & challenge. Teach children that they are good because they help us learn (explain why). If we challenge ourselves, we learn more. If we only do easy things, we don't learn to our potential and our brains don't grow as much as they could. Use the video (linked below) to illustrate the magic of mistakes. Share an example of a time you failed at something and how you learned from it. Have children share examples of mistakes, failures, and challenges (record on chart) they have had. Book & Writing Activity: Read "It's Okay to Make Mistakes" and discuss. Have them draw a mistake they have made or a challenge they need to face and write about it. Complete the sentence frame: "It's okay to..." Mantras: Read the lesson's mantras and discuss their meaning.
Follow-up Activities	Reflection Journal: Complete a daily reflector about something that was challenging that day. Draw Your Brain Cream: Draw & write "I need things they want to learn on the cream template. Cut out and attach to strips of paper. Mantra Posters: Color a poster with a mantra.
Lesson Goal	Identify and describe how mistakes, failures, and challenges are positive and
Lesson Materials	Discussion Starters, Reflection journal, Anchor chart & pieces, Crown template

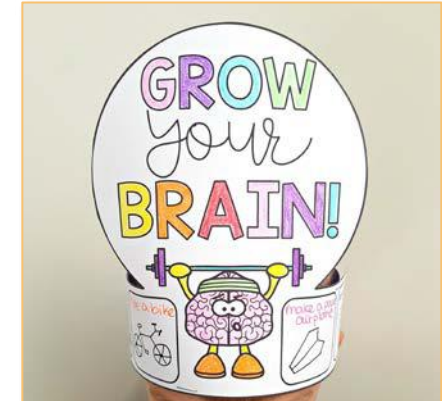
Lesson Plan



Discussion Starters



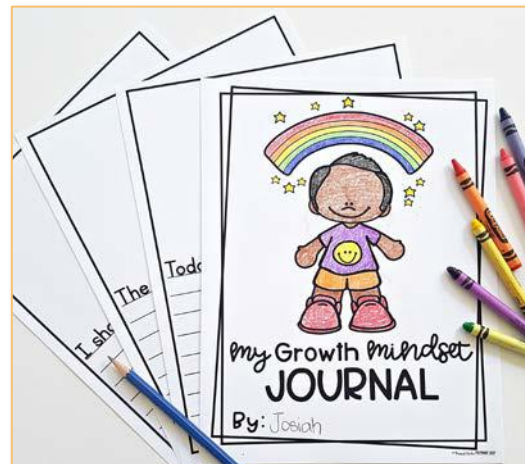
Anchor Chart Pieces



Crown



Writing Activity



Reflection Journal



Mantra Posters

Lesson 4 - Effort & Perseverance

Lesson 4 teaches children to understand what growth and perseverance are and the power of YET. They will learn different strategies that can help them persevere when things are difficult.

mind+heart - GROWTH MINDSET Lesson 4 : Effort & Perseverance	
Community Building Activity	Play "The Human Knot" game in a circle. Each child reaches across with their left hand to grab someone else's left hand. Repeat with the right hand. Children work together to find a way to untangle the knot.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	<p>Discussion: Teach children what perseverance (also called "grit") is. Explain that they need this to succeed, accomplish difficult tasks, and grow their brains. Emphasize that they persevere when they work through challenges and difficulties to get what they want.</p> <p>The Power of YET & Video: Teach them the power of "YET" using the video (linked below). Not knowing how to do something, doesn't mean they never will. It means they haven't YET. Brainstorm things under "I can't do it YET!" on the anchor chart to illustrate the power of "YET."</p> <p>Strategy Posters: Teach children different strategies on the posters "I can...". Create a display that they can refer to when they need help.</p> <p>Mantras: Read the mantras (posters) and discuss their meaning.</p>
Follow-up Activities	<p>Book & Writing Activity: Read "Almost" and they can share things they can't do YET, but almost. They complete the sentence frames, "I can almost..." with things they are learning to do and "I can..." with something they can do. Goal Sheet: They think of something they want to learn and make a goal out of it. Record the goal, draw a picture, and write a plan. Mantras Posters: Color a poster with a mantra.</p>
Lesson Goal	Understands what growth and perseverance are and the power of YET. Learn different strategies.
Lesson Materials	Discussion Starters, Anchor chart, Lines, Mantra Posters, Video

Lesson Plan

Discussion Starters

Scenario 2: Dylan can read books that are harder than his friend's. He gets really good about himself. He says, "I am smarter than you!" Is he right?

What do you do when something is hard in school?

Discussion Starters

I can't do it YET!

cut with a knife, make my bed, dance, read, swim, tie my shoelaces, write a story, make lunch, spell, skate board, play hockey, monkey bars, ride a bike

Anchor Chart Idea

GIVE UP UNTIL I'M PROUD

I AM ON THE RIGHT TRACK

I CAN DO HARD THINGS

Mantra Posters

almost

I can almost...

Almost

Richard Torrey

Writing Activity

Things You CAN DO

I CAN work hard

I CAN learn things

I CAN participate

I CAN think of ideas

I CAN get help

I CAN use strategies

I CAN stay focused

I CAN do my best

I Can Do Posters

Name: _____

I want to learn to play the piano.

My Goal: To play 5 songs.

My Plan: practice 30 minutes a day

Draw:

Goal Sheet

Lesson 5 - Having Growth Mindset Everyday

Lesson 5 teaches children to understand and show determination and confidence in order to stretch their brain, show a growth mindset, and learn difficult, new things.

mind+heart - GROWTH MINDSET	
Lesson 5: Having Growth Mindset Everyday!	
Community Building Activity	Bring children into a circle to share goals they want to set or have set for themselves (from last lesson). Transform the different goals on a chart that says "We Want to Learn". Encourage children to share something else they want to learn after from the ideas shared.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Discussion Teach children that they need to have confidence (believing in yourself) and determination (continue trying without giving up) to succeed, have a growth mindset, and stretch your brain. Use the video (linked below) and read the book "The Most Magnificent Thing" to illustrate the importance of determination and having confidence. Growth Mindset Mini-Book: Fill in words and color the "Me Showing Growth Mindset" mini-book filled with ideas about growth mindset. Mantras: Read the mantras (posters) and discuss their meaning.
Follow-up Activities	Book & Writing Activity: Emphasize that even if they aren't the best at something, they enjoy it and can try to get better. Read "The OK Book" and transform all the things they are just OK at. Have them draw and write about something ("I am okay at...") and share after. Growth Mindset Awards: Give students their own award for showing growth mindset and different related character traits. Mantra Posters: Color a poster with a mantra.
Lesson Goal	Understand and show determination and confidence in order to stretch their brain show
Lesson Materials	Scale chart Discussion Starters Mantra posters Coloring sheets

Lesson Plan

Discussion Starters cards include:

- Scenario 2: "Dylan can read books that are harder than his friend. He says 'I'm smarter' than 'you'."
- "What do you do when something is hard in school?"
- "We are not sure if we are right?"

Photo of a child reading a book.

Discussion Starters

A child holding a "Mindset GROWER" award card for James L., dated 3/2/21.

Other award cards include:

- Brain BUILDER
- Determined DOER
- Challenge SEEKER
- Bright THINKER
- Persevering PUPIL
- Mindset GROWER

Student Awards

Materials include:

- "It's Okay to be just Okay" sign
- "I am Okay at..." drawing
- "the OK book"

Writing Activity

Materials include:

- "Me Showing Growth Mindset" Mini-Book
- "I am showing a growth mindset when I work through challenges."
- "When I learn new things..."

Mini-Book

Mantra Posters include:

- CHANGE MY WORDS CHANGE MY MINDSET
- MISTAKES HELP ME LEARN
- I BELIEVE IN ME
- I CAN'T DO THIS
- WON'T GIVE UP UNTIL I'M PROUD
- I AM ON THE RIGHT TRACK

Mantra Posters

relationships

PRINTABLE UNIT

Proud to Be
Primary

What is Included in this Resource

- ♥ 5 detailed lessons and plans
- ♥ Topics: Communicating; Sharing & Taking Turns; How to be a Good Friend; Making Friends; Teamwork
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities



Lesson 1 - Communication: Listen & Speak

Lesson 1 teaches children how to communicate and listen and speak effectively. Practice and build conversation skills.

mind+heart - RELATIONSHIPS Lesson 1: Listening & Speaking	
Community Building Activity	Play 'That's Me' with the class in a circle. One person stands and shares a fact about themselves. Everyone who also shares that same fact will stand up and yell 'Me too!' Repeat so others get to share.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Collaborative Anchor Chart & Discussion: Explain that in order to understand and connect with other people we need to know how to communicate properly. Create an anchor chart called 'How to be a Good Listener' using the pieces provided. Discuss and record ideas of ways they can show good listening and speaking skills (i.e., put up hand). Teach Conversation Skills, Poster, & Role Play: The 4 step process to being a good listener during a conversation. Practice with a partner. Book & Writing Activity: Read 'My Mouth is a Volcano' to illustrate what interrupting looks and sounds like. Brainstorm why interrupting is not a good idea and what they can do instead (i.e., wait put up hand). Children write and draw how they can control their own volcanoes. Create a bulletin board display using the pieces provided.
Follow-up Activities	Don't Interrupt! Card Game: Partners take turns answering a question while a partner listens, says attention, and responds with a question. Show & Tell: Bring something to class to share and have the class listen. 'A Good Listener': Writing Activity: Complete the template provided.
Lesson Goal	Teach children how to communicate and listen and speak effectively. Practice and
Lesson Materials	Discussion Starters Anchor chart pieces

Lesson Plan



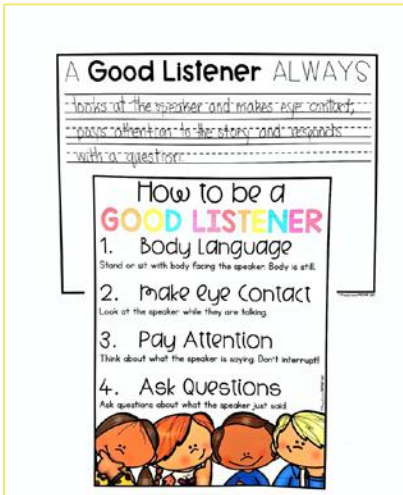
Discussion Starters



Anchor Chart Idea



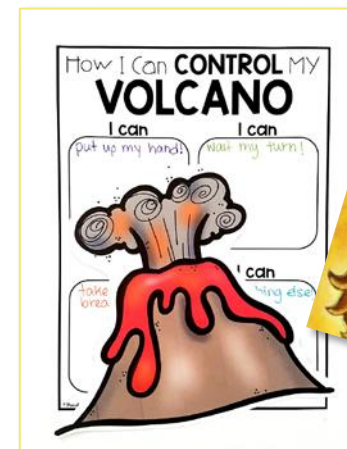
Lesson Poster



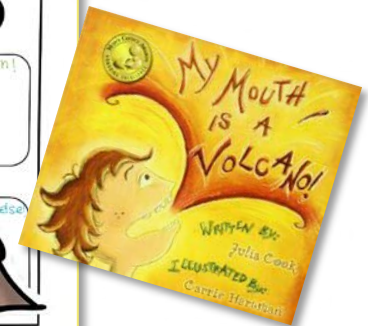
Writing Activity



Card Game



My Mouth is a Volcano Activities



Lesson 2 - Sharing & Taking Turns

Lesson 2 teaches children to understand what sharing and taking turns is and demonstrate the ability and willingness to do both effectively.

mind+heart - RELATIONSHIPS Lesson 2 : Sharing & Talking Turns	
Community Building Activity	Play a game of "Telephone." One person thinks of a message to whisper to the person sitting next to them. The message gets passed on. The last person reveals the message to see if it stayed the same.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Teach Sharing, Anchor Chart & Practice. Talk about sharing and what it is. Create an anchor chart called "When We Need to Share" using the pieces provided. Discuss and brainstorm the times in our day. Give them ideas of what to say and how to ask when wanting to share or not (see position). Practice and role play using the new language with a friend. Teach Taking Turns Repeat the above for taking turns. Explain that it is a lot like sharing (wait our turn before doing or getting something). Book & Writing Activity Read Rainbow Fish, ask questions, and discuss how the fish shared his scales in order to make friends. Each child decorates a fish with a friend by sharing supplies. Write about ways they like to share and how it makes them feel on the template.
Follow-up Activities	Turn Taking Games: Play different turn taking games (ie, connect four, memory, etc.) and use social scripts cards to help with taking turns. Sharing Mini-Book: Write and draw ideas for each page of the mini-book related to personal experiences with sharing.
Lesson Goal	Understand what sharing and taking turns is and demonstrate the ability and willingness to do both effectively.
Lesson Materials	Discussion Starters, Sharing mini-book, Anchor chart pieces, Markers with ideas.

Lesson Plan



Discussion Starters

When We
Need To
Share
Take Turns

Anchor Chart Ideas



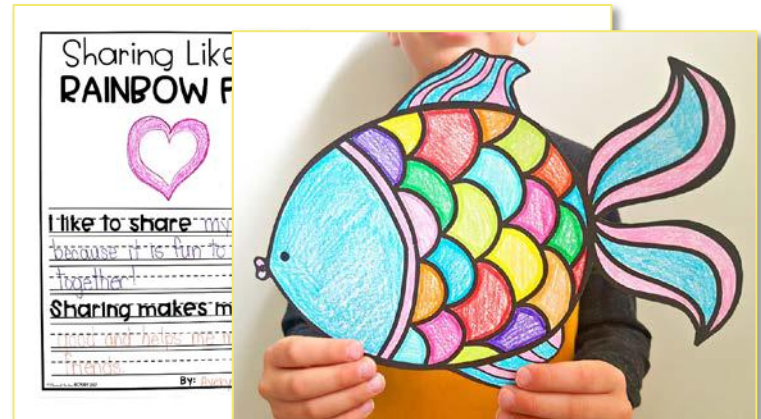
Scripts Posters



Sharing Mini-Book



Taking Turns
Social Scripts Cards



Book Activities

Lesson 3 - How to be a Good Friend

Lesson 3 teaches children to describe what a friend is and demonstrate how to be a good friend through words and actions.

mind+heart - RELATIONSHIPS Lesson 3 : How to Be a Good Friend	
Community Building Activity	Play "The Compliment Game" in a circle as a class. One person passes a beanbag to a student across from them and gives them a compliment (says something nice about them). The game continues until everyone has had a chance to give and receive a compliment.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	Collaborative Anchor Chart & Discussion Discuss and share what a friend is and why they are important to have (i.e., to play with, laugh with, someone to talk to, etc.). Create an anchor chart called "A Good Friend" using the pieces provided. Read the book, <i>How to be a Friend</i> , and transform different ways they can be a good friend on the chart. Poster Cards & Coloring Sheets Review the characteristics of a good friend and what they mean. Create a classroom display with the poster cards and have children color the large size coloring sheets. Book & Sort Read <i>How to Lose All Your Friends</i> and discuss the things you shouldn't do when wanting to make friends. Read and sort the scenario cards into two piles of GOOD ways and BAD ways to be a friend as a class in a pocket chart.
Follow-up Activities	Writing Activity Complete the template with 5 stars and a picture. "I am a Friend" crown. Draw & write 4 things they do to be a good friend on the crown template. Cut out and attach to strip of paper. "Ways to Be a Good Friend" Mini-Book. Read and color the book.
Lesson Goal	Describe what a friend is and demonstrate how to be a good friend.
Lesson Materials	Discussion Starters, Writing template, Anchor chart pieces, Crown template.

Lesson Plan



Discussion Starters



Anchor Chart Pieces



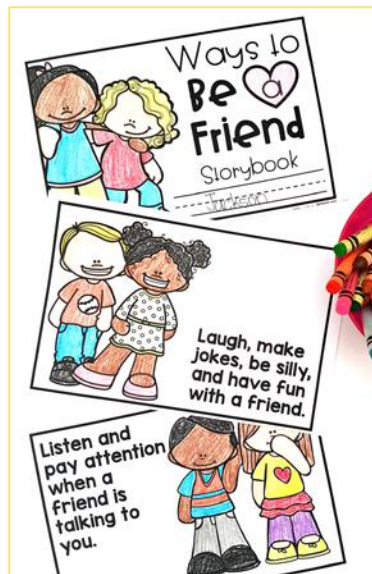
"I am a Friend" Crown



Good Friend Cards



Coloring Posters



Storybook



Good or Bad Friend Sort

Lesson 4 - Making Friends & Including Others

Lesson 4 teaches children to understand how to make friends and demonstrate the willingness to try to make new friends and include others.

mind+heart - RELATIONSHIPS
Lesson 4 : Making Friends & Including Others

Community Building Activity
 Play "The Matching Game" as a class. Give every student a small colored object (i.e. marble or cube). They must find others with the same color and link arms. Demonstrates how different people have things in common. Repeat a few times.

Discussion Starters
 Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.

Whole Group Lesson
 Collaborative Anchor Chart & Discussion Discuss what it is like to make new friends and encourage children to share experiences (good and bad). Create an anchor chart called "Ways to Make A Friend" using the pieces provided. Brainstorm and share ideas of ways to make new a friend (i.e., what you can say, include others, smile, etc.).
 New Friend Scavenger Hunt: Each child fills out the form with ideas about themselves. Find classmates with the same answers and write down their names. This is a great way for them to find new friends.
 Class Pledge and Friendship Tree: Each child completes the class pledge "I will be a friend by..." on the heart poster and attaches it to a friendship tree created on the wall or bulletin board (use paper to make the tree shape and attach the hearts as its leaves).

Follow-up Activities
 Book & Writing Activity: Read Peanut Butter & Cupcake and discuss ways to make new friends. Write 5 ways to make a friend.
 Interview a Friend: Sit with a classmate and interview them. Record their answers on the sheet and create an "All About" poster for them.

Lesson Goal
 Understand how to make friends and demonstrate the willingness to try to make new friends.

Lesson Materials
 Discussion Starters
 Anchor chart & pieces
 New Friend scavenger hunt


Lesson Plan

Discussion Starters

How does it feel when someone ignores you?

Scenario 2:
 Harry is telling his friend, Stanley, about his weekend. Stanley can't wait to tell him about his weekend too so he cuts off. Harry frowns and looks away.

...ing? Why?



Discussion Starters


Ways to Make a Friend

Anchor Chart Idea

all about

interview a friend

My friend's name is Avery
 Birthday: December 20th
 Favorite color: Purple
 Favorite activity: Dancing
 Favorite food: Beats
 Favorite thing about school: This is my friend.
reading books



Interview a Friend




New Friend Scavenger Hunt

Fill out the form with ideas about yourself! Find friends with the same and have them write their name.

Favorite Color: Blue	Favorite Food: Tacos	Letter in Name: M	Favorite Sport: Soccer
Favorite Show: Go Fish	Favorite Drink: Chocolate Milk	Favorite Animal: Skittles	Favorite Color: Brown
Favorite Season: Purple	Birthday Month: September	Favorite Show: Dancey Shakes	Favorite Toy: Skateboard

Scavenger Hunt Activity



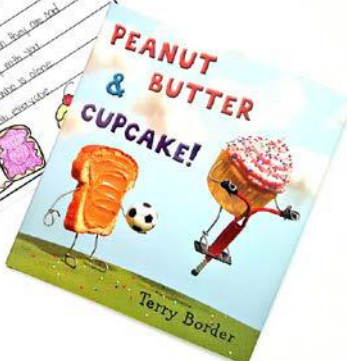
I will be a friend by listening, supporting, and including everyone at school!

By Josh B.

Friendship Pledge

5 WAYS TO Make a Friend

1. Smile and be friendly.
2. Offer an answer when they are sad.
3. Ask questions to show you care.
4. Include someone who is alone.
5. Play nicely with everyone.



Book & Writing Activity

Lesson 5 - Cooperation & Teamwork

Lesson 5 teaches children to understand and show cooperation and teamwork in the classroom and school with peers.

mind+heart - RELATIONSHIPS Lesson 5 : Cooperation & Teamwork	
Community Building Activity	Play "Blind Retriever" in small groups (4 or 5). Blindfold one teammate and the other teammates must guide them to find an item in a specific location by giving them directions and instructions.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	Collaborative Anchor Chart & Discussion Define cooperation and explain that it is important in the classroom and at school. Create an anchor chart called "Ways We Cooperate at School". Brainstorm things they do and ways they have to cooperate (i.e., bring up, listen, etc.). Teamwork Chat & Puzzle Discuss what a team is and what it means to be a part of one. Share times when they were on a team (i.e. in class, sports team). In small groups, give each student a piece of the group puzzle (different colors). Work as a team to put it back together. Book & Writing Activity Read "Duck & Goose" and discuss how the two learned to cooperate, play together, and demonstrate teamwork. Write a response to the story on the template provided.
Follow-up Activities	Play "Cross the Bridge": Attach sheets of paper to each other to create a "bridge". Create 2 lines on either end. They must work together to cross the bridge without falling off or pushing anyone. Play Cooperative Games Play games, such as parachutes and soccer, that require children to cooperate and demonstrate teamwork. Team Helper Badges Design and color a "Team Helper" badge.
Lesson Goal	Understand and show cooperation and teamwork in the classroom and school with peers.
Lesson Materials	Discussion Starters Anchor chart pieces

Lesson Plan



Discussion Starters cards:

- How does it feel when someone ignores you?
- Scenario 2: Harry is telling his friend, Stanley, about his weekend. Stanley can't wait to tell him about his weekend too so he cuts off. Harry frowns and looks away. Why?

Discussion Starters



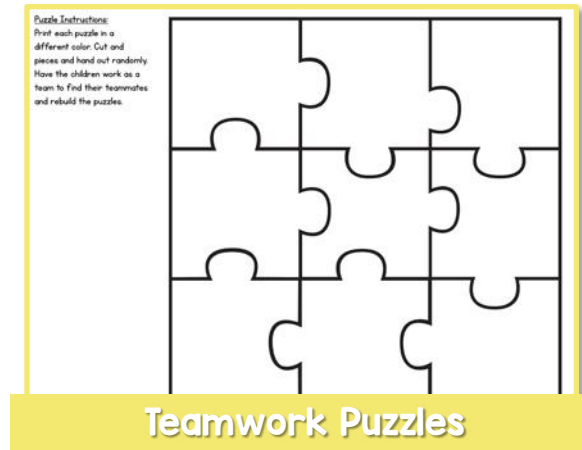
Anchor Chart Idea: "Ways We Cooperate At School" with sticky notes: "do my class job", "take turns", "Follow the rules", "Share".

Anchor Chart Idea



Book & Writing Activity: "Cooperate with Duck & Goose" book cover and a set of colored pencils.

Book & Writing Activity



Teamwork Puzzles: Puzzle instructions and a grid of puzzle pieces.

Teamwork Puzzles



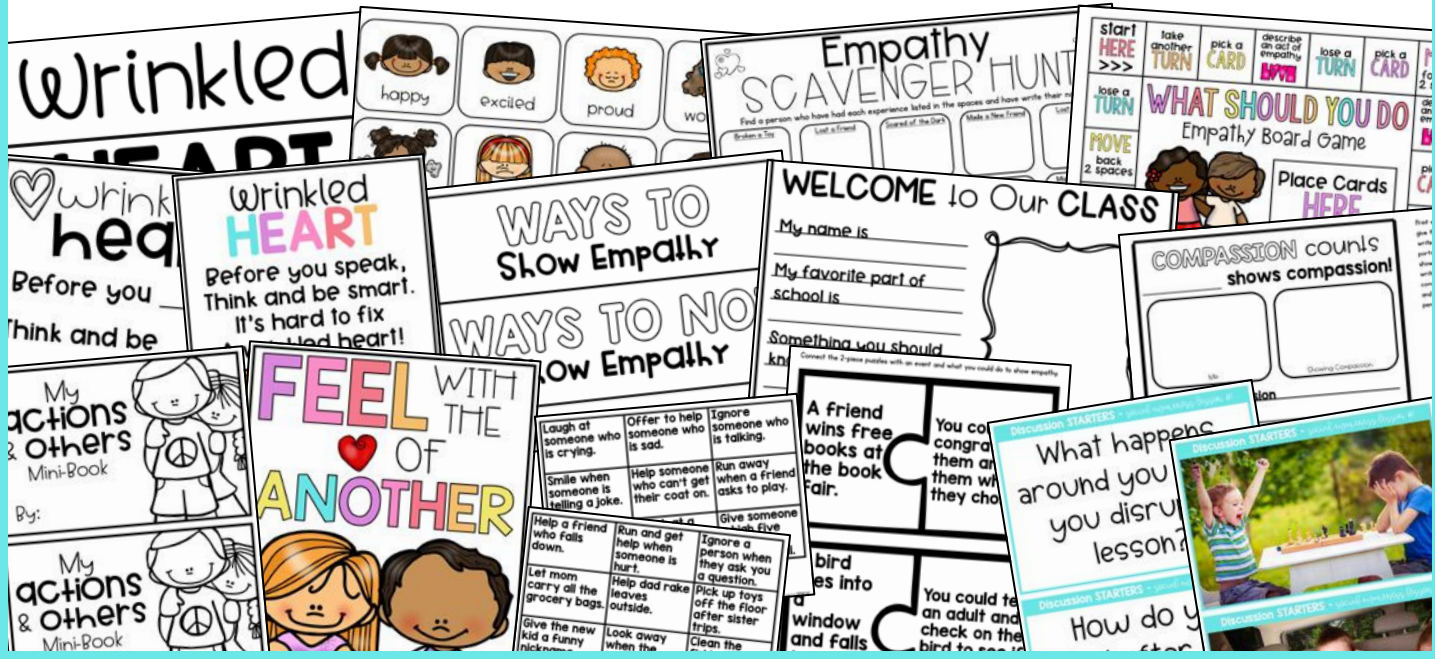
social awareness

PRINTABLE UNIT

Proud to Be
Primary

What is Included in this Resource

- ♥ 5 detailed lessons and plans
- ♥ Topics: Our Feelings & Behaviors Affect Others; Empathy; Compassion; Inclusivity
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities



Lesson 1 - Our Feelings & Behaviors Affect Others

Lesson 1 teaches children to understand that their feelings and behaviors affect others and helps them learn ways to make adjustments.

mind+heart - SOCIAL AWARENESS	
Lesson 1: Our Feelings & Behaviors Affect Others	
Community Building Activity	Give everyone a heart shaped paper. Tell children to pretend it is like the heart they have inside. Talk about how our words and behaviors hurt others. Give examples and get examples from children. With each example, make a fold on the heart. After, unfold and talk about how the heart has wrinkles that cannot be removed. Discuss its meaning.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Book & Discussion Read and discuss the book <i>Everyone</i> . Talk about how everyone shares the same sort of feelings and experiences each day. Collaborative T-Chart Emphasize that each day our feelings cause us to act in certain ways. Explain that we need to recognize how our feelings and actions affect others. Create a T-chart together. (When Result.) Have them share an experience they had and what happened. ("When I... yelled, I scared my sister.") Wrinkled Heart Activity Take the initial activity a bit further and teach the included poem. Emphasize again that our actions and words have consequences on others. Have kids complete one of the poetry activities.
Follow-up Activities	Book Writing Activity Children complete the sentence frames included on the template (Sometimes I... Everyone...) and draw a picture. My Actions & Others Mini-Book: Write and draw what happens to others when they behave a certain way for each page.
Lesson Goal	Lesson Materials
For children to understand that their feelings and behaviors affect others and	Out out hearts Discussion Starters Writing template

Lesson Plan



Discussion Starters



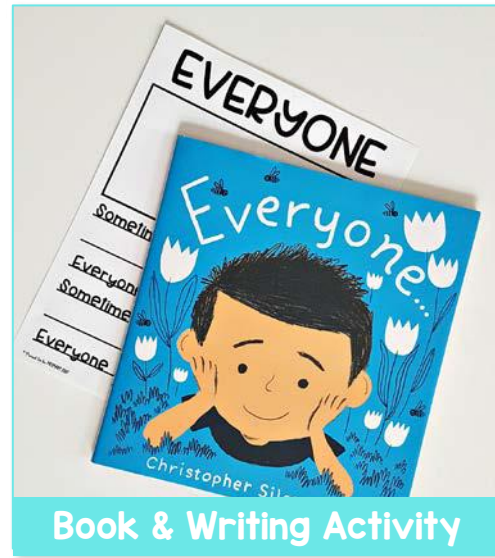
Anchor Chart Idea



Heart Poem



Mini-Book



Book & Writing Activity



Wrinkled Heart Lesson Materials

Lesson 2 - Developing Empathy

Lesson 2 teaches children to understand what empathy is and why it is important. They will learn to identify and describe people's needs depending on the experience.

mind+heart - SOCIAL AWARENESS Lesson 2 : Developing Empathy	
Community Building Activity	Split the class into three groups and give each group a different colored shoelace to place on their foreheads. Instruct two groups to get together and chat and guess a certain shoelace color. Talk about what happened and how they felt. Take turns so each group is left out once.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	Discussion & Book: Talk to children about what empathy means and explain why it is important. Read the book "Stand In My Shoes" and discuss the different situations that come up. Talk and brainstorm about how everyone has different needs and that we need to imagine standing in someone else's shoes (observe, understand, help, etc.). Play "The Empathy Game": Read different scenarios cards and have children imagine what that person might be feeling. Have them hold up that feeling (a picture attached to a popsicle stick). Shoes Craftivity: Each child will decorate their own shoes and trace the sentence frame, "I can put myself in someone else's shoes!" Optional writing template included for giving examples or telling a story.
Follow-up Activities	Describe a Time To Feel: Give the name of a person and a feeling. Think of a time when you saw that person experience that feeling. Describe. Connection Cards: Read a scenario card and find a match of what you could do in that situation. Empathy Scavenger Hunt: Find other people who have had the experiences listed on the sheet and write their name.
Lesson Goal	Understand what empathy is and why it is important. Identify and describe people's
Lesson Materials	Colored shoelaces, Shoe template, Discussion Starters, Scavenger Hunt

Lesson Plan



Discussion Starters



Anchor Chart Idea



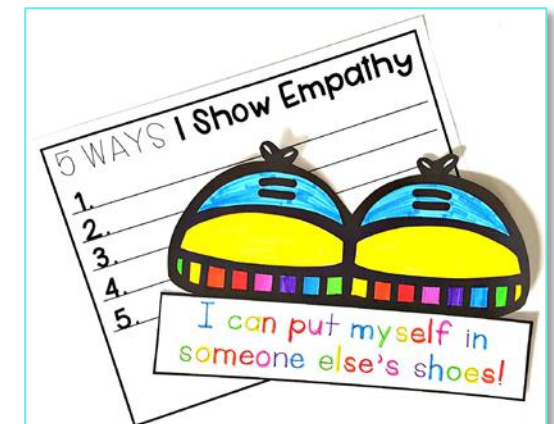
The Empathy Game



Emotion Sticks



Empathy Scavenger Hunt



Shoes Craftivity

Lesson 3 - Displaying Empathy

Lesson 3 teaches children to describe ways of being empathetic (looks, sounds, feels) and not. The lesson and activities will encourage children to act in empathetic ways.

mind+heart - SOCIAL AWARENESS Lesson 3 : Displaying Empathy	
Community Building Activity	Play "I Will" with children in a circle. Go around the circle and complete the statement with an empathetic action they will take if needed (i.e., I will say "hi" to the new kid, I will help someone if they fall down, I will try to understand.) Discuss, encourage, and record ideas as necessary.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	Collaborative Anchor Chart & Discussion Review what empathy means. Create a T-chart with ideas about what empathy looks like, sounds like, and feels like together. Talk about what empathy is not as well. Book & Writing Activity: Read the book "The Invisible Boy" and take time to discuss the book as you go along. Ask children what the boy is feeling and if they identify or connect with anything. Have them write and draw a connection and describe a time they felt invisible. Share. Empathy Role Play: It is important to give children opportunities to practice being empathetic at this stage. Have pairs stand up and act out a scenario. Ask the class for suggestions of ways to show empathy.
Follow-up Activities	"What Should You Do?" Board Game: Play the board game in pairs. Sort! Read situations and sort if they are good or bad ways to show empathy. Make Get-Well Cards: Create get-well cards for sick kids at the children's hospital and send them in the mail. Talk about impact. Community Visit: Arrange to visit and spend some time in a place for those less fortunate (i.e., hospital, animal shelter, elderly home).
Lesson Goal	Lesson Materials
Describe ways of being empathetic: Looks, sounds, Feels) and not. Make	Discussion Starters, Sorting cards, Anchor chart pieces, Get-well cards


Lesson Plan



Discussion Starters: How do you feel after you yell at someone?

Scenario 1: Sam is feeling grumpy today and he doesn't want to do his work. His teacher wants to help him and asks him what's wrong. Sam growsl at her and his behavior affect others?

Discussion Starters



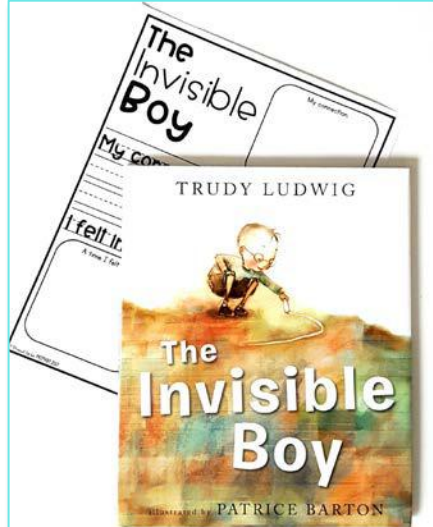
Empathy

Looks like: hugging a sad friend

Sounds like: Are you OK?

Feels like: love

Anchor Chart



The Invisible Boy

TRUDY LUDWIG

Illustrated by PATRICE BARTON

Book Writing Activity



WHAT SHOULD YOU DO Empathy Board Game

What does empathy sound like?

What can you say to someone who is frustrated?

"What Should You Do?" Board Game



WAYS TO SHOW EMPATHY

- Smile when someone is telling a joke.
- Help someone who can't get their coat on.
- Invite a friend who is alone to play.
- Give someone a high five when they score a goal.
- Offer to help someone who is sad.

WAYS TO NOT SHOW EMPATHY

- Ignore someone who is talking.
- Laugh at someone who is crying.
- Run away when a friend asks to play.
- Laugh at a friend who makes a mistake.

Sort Scenario Cards

Lesson 4 - A Community of Compassion

Lesson 4 teaches children to understand what compassion means. They will learn to describe and demonstrate ways that they can show compassion to others.

mind+heart - SOCIAL AWARENESS	
Lesson 4 : A Community of Compassion	
Community Building Activity	Play "Wind in the Willows" in small groups. One child stands in the center while the others hold hands. The one in the middle turns around and falls back into the arms that hold them up. Continue until everyone gets a turn to fall back a few times. Discuss the significance of trust.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	Books & Discussion Read "Those Shoes" and/or "Sam's First Day" and discuss their meaning. Talk to children about how taking action, doing the right thing, and standing up for others is a powerful and necessary thing. Explain what compassion. Talk about the examples of compassion in the stories. Share similar personal stories and ways to show it. Play "I Remember a Time". While sitting in a circle, take turns saying "I remember a time," and describing a time when someone showed them compassion or they showed compassion to someone else. Hard for Me - Easy for You Have each child share something that is hard for them. Others can say if it is also hard or easy for them. Pipe Cleaner Creations Have students create something that is important to them using a pipe cleaner. Share with the class.
Follow-up Activities	"Those Shoes" Writing Activity: Ask children to think of something they wanted and couldn't have. Have them write and draw about it. Compassion Banner: Each child completes a pennant for the class compassion banner with their portrait and ways to show compassion.
Lesson Goal	Understand what compassion means. Describe and demonstrate ways that
Lesson Materials	Discussion Starters Pennants for banner Book: <i>Those Shoes</i>

Lesson Plan

Discussion Starters cards with questions like "How do you feel after you yell at someone?" and "Scenario 1: Sam is feeling grumpy today and he doesn't want to do his work. His teacher to help him and asks him what he can do to help Sam grow up at her and his behavior affect others?". Includes a photo of two children sitting at a table.

Discussion Starters

Anchor Chart Idea: A whiteboard with the text "Stand In Someone Else's Shoes" written in large, bold letters on yellow sticky notes.

Anchor Chart Idea

Book Writing Activity: A book cover for "Those Shoes" by Maribeth Boelts, illustrated by Noah Z. Jones. The cover shows three children walking.

Book Writing Activity

Compassion Counts Banner: A banner made of colorful pennants spelling out "Compassion Counts". Includes a small card with the text "Compassion counts shows compassion" and "I show compassion".

Compassion Counts Banner

Pennant Template: A template for a pennant with the text "Compassion counts Every shows compassion!" and "I show compassion include others to play when they are alone". Includes a drawing of a girl and a boy.

Pennant Template

Lesson 5 - Building an Inclusive Community

Lesson 5 teaches children to understand what community means and work together to build a classroom community with compassion for others.

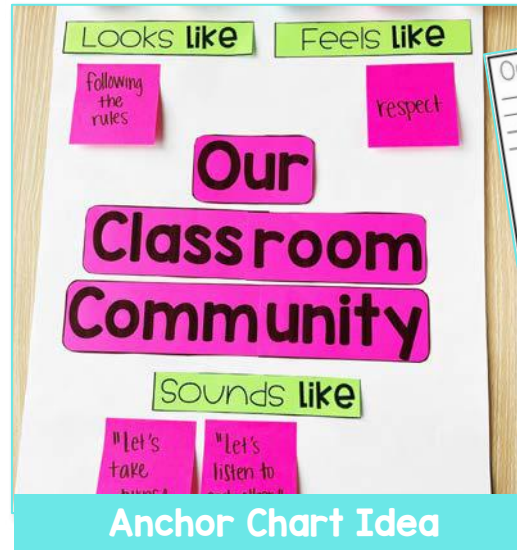
mind•heart - SOCIAL AWARENESS Lesson 5 : Building An Inclusive Community	
Community Building Activity	Play "Spiders' Web" while sitting in a circle. Hold a ball of string and toss it to someone else. Say something you appreciate about them. They hold onto that new part of the string and toss it to someone new. Continue until everyone has a piece. Cut across the middle, leaving everyone with a piece of string as a reminder of connections shared.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	Discussion, Anchor Chart & Contract: Talk about what community means to them and transform ideas on an anchor chart called "Our Classroom Community." Record ideas for what our community looks, sounds, and feels like. The class votes on their favorite ideas and those ideas are included in a class contract that they sign or hand stamp. Children can copy the contract and draw a picture to illustrate. Book & Writing Activity: Read and discuss "Chocolate Milk, Por Favor." Talk about how Johnny changed and why. Ask if they have ever gone through a similar situation. Share examples. They write and draw about a connection made with the story and how empathy was shown.
Follow-up Activities	Color a Quote Poster: Children can color in a quote to hang on the wall. Classroom Meetings: Meet with the class and follow the structure . Community Art Project: Design and color a square that represents who they are. Add the squares together to create a community mural. Welcome Book: Make new students feel welcome with a special book that the class puts together. Each child creates a page to include:
Lesson Goal	Lesson Materials
Understand what community means and work	Ball of string Quote posters

Lesson Plan



Discussion Starters cards with questions like "How do you feel after you yell at someone?" and "Scenario: Sam is feeling grumpy, today and he doesn't want to do his work. His teacher wants to help him and asks him what's going on. How do Sam's grumpy behavior affect others?"

Discussion Starters



Anchor Chart Idea: "Our Classroom Community" chart with categories: Looks like (following the rules), Feels like (respect), Sounds like (Let's take turns, Let's listen to each other).

Anchor Chart Idea



Art Project: A hand-drawn rainbow spiral on a wooden surface, next to a "Our Classroom CONTRACT" form.

Art Project



5 Empathy Posters: "HAND IN THEIR SHOES", "COMPASSION IS COOL", "EVERYBODY NEEDS EMPATHY", "FEEL WITH THE HEART OF ANOTHER".

5 Empathy Posters



Coloring Quote Posters: "EVERYBODY NEEDS EMPATHY", "FEEL WITH THE HEART OF ANOTHER".

Coloring Quote Posters



Welcome Book Template: "WELCOME to Our CLASS" form with fields for name, favorite part of school, and something to know about the class. Includes a drawing of a girl named Layla.

Welcome Book Template

kindness

PRINTABLE UNIT

Proud to Be
Primary

What is Included in this Resource

- ♥ 5 detailed lessons and plans
- ♥ Topics: What is Kindness?; Being Kind; Kindness Challenge; Giving; Bucket Filler System
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities



Lesson 1 - What is Kindness?

Lesson 1 teaches to understand what kindness is and describe what it means to be a kind kid.

mind•heart - KINDNESS Lesson 1 : What is Kindness?	
Community Building Activity	Role play greeting and responding to others with kind words and actions. Discuss what those kind words and actions might be and practice them (i.e. saying "How are you?", "Nice to see you", smiling, handshakes, high fives.)
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Story & Stone Activity Read the book "Each Kindness" and discuss the book's meaning. Give each child a stone to put into a bowl of water one at a time to watch the ripples. Share the quote "Each kindness makes the whole world a little bit better" and ask children what it means. Discussion & Anchor Chart Ask the question "What is kindness?" and brainstorm the ideas and words children come up with. Record ideas on an anchor chart about what makes a kind kid (i.e. says, does, does not). Children write 5 sentences on the template about being a kind kid and draw a picture. Kind vs. Unkind Words Teach children the difference between kind and unkind words and their impact. Sort examples given on cards in a pocket chart. Give examples of kind things to say instead of unkind things.
Follow-up Activities	Kindness Quotes & Coloring Posters: Teach children different sayings about kindness. Create bulletin board and/or door displays with the quote posters provided and have children color in kindness posters.
Lesson Goal	For children to understand what kindness is and describe what it means.
Lesson Materials	Discussion Starters Book: Each Kindness Quote letters & posters

Lesson Plan



Discussion Starters



Anchor Chart Idea



Quote Posters



Kind & Unkind Words Sort



A Kind Kid Anchor Chart & Writing



Quote for Displays

Lesson 2 - Being Kind to Others

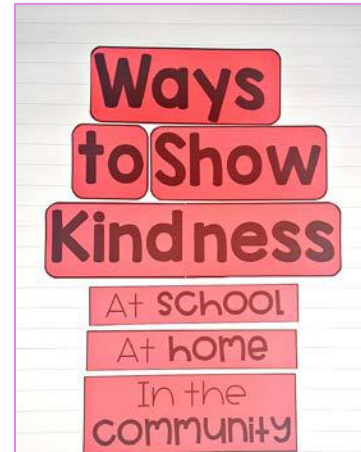
Lesson 2 teaches children to describe and demonstrate ways of being kind to others. They will make efforts to show kindness to others each day.

mind•heart - KINDNESS	
Lesson 2 : Being Kind to Others	
Community Building Activity	Teach children how to give "shout outs" to their peers for the kind acts they do. Sit in a circle as a class and take turns pointing out something that another friend has done that was kind.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	Discussion & Book: Read the book "The Kindness Quilt" and discuss the ways the children show kindness. Emphasize that showing kindness is important everyday and everywhere they frequent. Brainstorm things that they can do daily at school, home, and in the community on an anchor chart. Complete the writing template called "Being Kind". Kindness Cards for Display: Review the ways to show kindness on the cards and create a display that children can refer to when needed. Kindness Role Playing: Read and act out the scenarios given on the kindness cards so children can practice being kind and doing kind things. Kind Heart Activity: Give each child a large heart cut-out to put on their desk. Have children rotate around to each child's heart spot and write a kind word about that person on their heart.
Follow-up Activities	Kindness Board Game: Play the board game using the board and cards provided. Smile-a-gram: Have note templates ready for children to use to write kind messages to their friends. Kindness Jar: Start recognizing when kids do kind things by putting in a marble or candy inside the jar. Reward the class with your own form of kindness when they fill the jar.
Lesson Goal	Describe and demonstrate ways of being kind to others. Make an effort to show
Lesson Materials	Discussion Starters Book: The Kindness Quilt Board game

Lesson Plan



Discussion Starters



Anchor Chart Idea



Kindness Cards



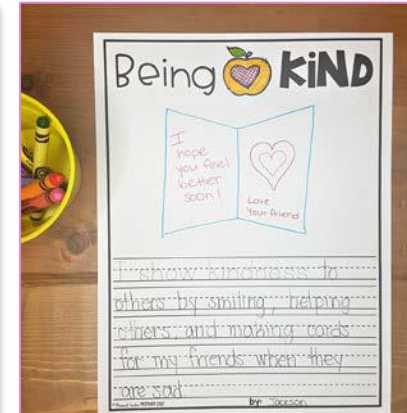
Smile-A-Grams



Board Game



Kindness Posters



Being Kind Writing

Lesson 3 - Generosity & Giving

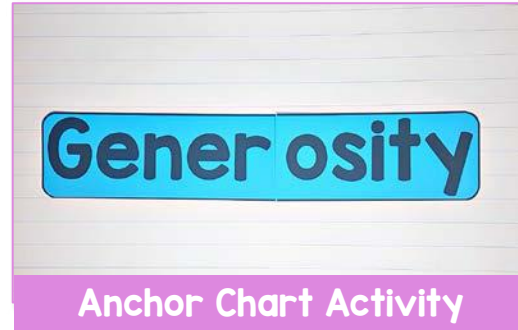
Lesson 3 teaches children to describe what generosity and giving means and demonstrate ways of being generous.

mind+heart - KINDNESS	
Lesson 3 : Generosity & Giving	
Community Building Activity	Sit in a circle and practice giving compliment "bouquets" to friends. For example, "I have a bouquet for 'Jane for helping me with math.' Have children to give compliments to those who have done kind things.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	Anchor Chart & Discussion Ask children what generosity means and define together (giving freely and unselfishly to those in need). Brainstorm ways to be generous on the anchor chart (Try to come up with examples beyond material objects). Letter of Appreciation List people at school that we appreciate for their generosity. Pick one person and write them a letter to say thanks. Book & Writing Craftivity Read the book "The Jelly Donut Difference" and take time to discuss the book. Ask children what the characters did and how they were generous. Ask them how they are generous and have them write 5 ways on the template and decorate the donut. Generous or Selfish Sort Read examples on cards for children to decide whether the act is selfish or generous. Use later as a card game for kids to play with a partner.
Follow-up Activities	Giving Tree Put up a paper tree on the wall. Children record when someone is generous with them on a small heart cut out. Add the hearts to the branches of the tree. Community Project Host a toy or food drive and give the donations to the community.
Lesson Goal	Describe what generosity and giving means and demonstrate ways of being generous.
Lesson Materials	Discussion Starters Anchor chart pieces Heart cut outs

Lesson Plan



Discussion Starters



Anchor Chart Activity

Dear _____

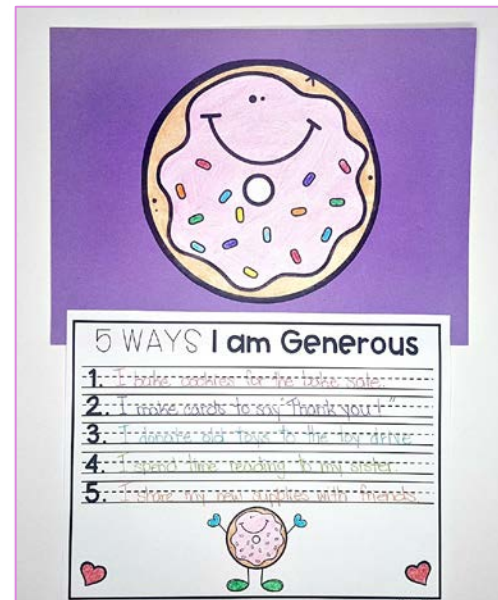
Thank you _____

Your friend, _____

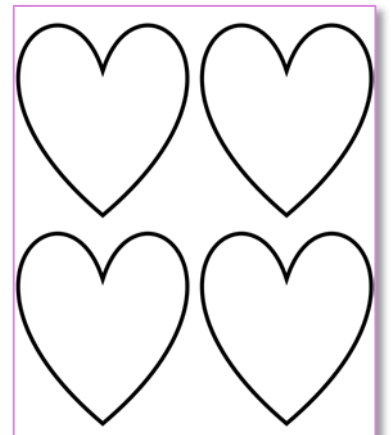
Appreciation Letter



Generous or Selfish Card Game



Generous Craftivity



Giving Tree Put up a paper tree on the wall. Children record when someone is generous.

Giving Tree Activity

Lesson 4 - Kindness Project

Lesson 4 teaches children to understand what random acts of kindness are and perform as many acts as they can during a kindness challenge.

mind•heart - KINDNESS
Lesson 4 : Kindness Project

Community Building Activity
Share and discuss acts of random kindness that either children have done or experienced first hand from someone else. Record the ideas on a chart to refer to later on.

Discussion Starters
Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.

Whole Group Lesson
Book, Discussion, & Anchor Chart: Ask children what an act of kindness is. Explain to them that it is doing a kind, selfless thing for someone who doesn't expect it or ask for it, just to make them smile and be happy. To illustrate what random acts of kindness are, read the book *Kindness is Cooler, Mrs. Ruler!* and discuss the power they can have on people. Brainstorm a list of random acts of kindness (and use examples given on the sheet provided) on the anchor chart from earlier.
Kindness Challenge: Tell children that they are going to perform random acts of kindness during the Kindness Challenge. The challenge is to see how many they can complete each week. They can either perform and record an act of kindness for each day of the week or month or color in one of the acts listed on the kindness calendar.

Follow-up Activities
Savenger Hunt: Children go on a hunt to catch others being kind and record their names and acts. **Kindness Awards:** Each child will receive a printable award after they complete the challenge. **Reflection Mini-Book:** Children record their experience and results of the challenge.

Lesson Goal
Understand what random acts of kindness are and perform as many acts.

Lesson Materials
Discussion Starters
Kindness awards
Anchor chart & pieces
Reflection Mini-Book

Lesson Plan

Discussion Starters

What does kindness look like?

Discussion Starters

Scenario 1:
Nia is walking through the grocery store when she sees an older lady's cart get stuck in a doorway. She smiles and helps to help the lady. What thoughts are you having about random acts of kindness?

Discussion Starters

Anchor Chart Idea

Random Acts of Kindness

Anchor Chart Idea

Creator of KINDNESS
Awarded to: Isaiah
For completing the kindness challenge.

McSmile K 2/15/21

Kindness Awards

Kindness CALENDAR

Random Acts of Kindness performed by Avery

Kindness CALENDAR

Random Acts of Kindness performed by Jack

kindness scavenger hunt!

Find a person who does an act of kindness. Let them know you saw them and record their name.

Shares a Toy	Gives a Compliment	Cleans Up A Mess	Makes a Friend or Card	Helps the Teacher
Jason		Luise		Hudson
Cheers Up a Friend	Invites a Friend to Play	Reads a Book to a Friend	Holds the Door Open	Takes Care of Animals
	Myles		Charlotte	
Picks Up Litter	Shares a Book	Hugs a Friend	Teaches Something	Shows Appreciation
		Mandy		

Kindness Scavenger Hunt

respect

PRINTABLE UNIT

Proud to Be
Primary

What is Included in this Resource

- ♥ 5 detailed lessons and plans
- ♥ Topics: What is Respect?; Showing Respect; Honesty; Gratitude; Appreciating Differences
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities



Lesson 1 - What is Respect?

Lesson 1 teaches to understand what respect is and describe how it sounds, looks, and feels.

mind•heart - RESPECT Lesson 1 : What is Respect?	
Community Building Activity	Play a variation of "Simon Says" where children must only respond if the statement is about them. They must pay attention because after they must share something they have in common with a classmate. Give directions like "Everyone with brown eyes, stand up!"
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	Discussion, Books, & Videos: Ask the question "What is respect?" and define it together (treating others the way you want to be treated, caring for others' feelings). Read one of the books listed below about the "Golden Rule" and teach children that respect is following this rule (an included poster). Show the videos linked below as extra examples. Discussion & Writing Activity: Brainstorm what respect looks like, sounds like, and feels like on an anchor chart. Children write a sentence about each on a template and draw a picture. Respectful vs. Disrespectful Sort: Teach children the difference between words and actions that are respectful and disrespectful. Talk about the impact of disrespectful things. Sort examples given on cards in a pocket chart. Give examples of respectful things to say instead of disrespectful things.
Follow-up Activities	Respect Quotes & Coloring Posters: Read and color different quotes about respect. Respect Poem: Write an acrostic poem with a different sentence about respect for each letter in RESPECT.
Lesson Goal	For children to understand what respect is and describe how it sounds, looks, and
Lesson Materials	Discussion Starters Book: The Golden Rule Writing Templates Sorting cards

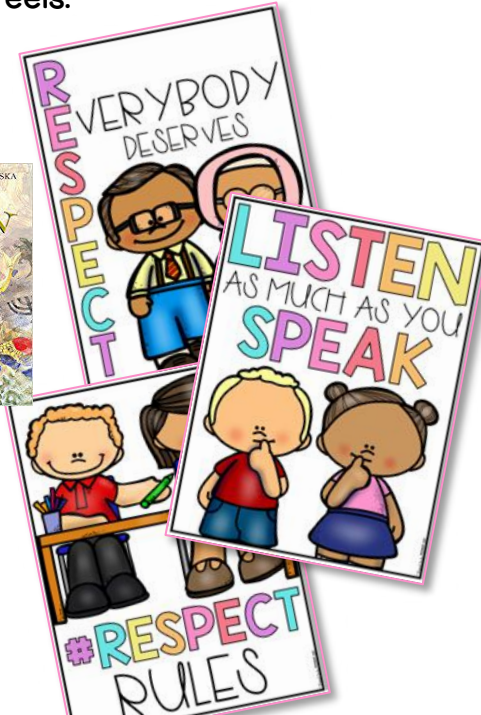
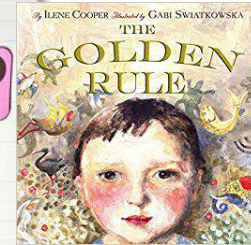
Lesson Plan



Discussion Starters



Anchor Chart Idea



Quote Posters



Respect Poem & Writing



The Golden Rule Poster



Coloring Posters



Respect vs. Disrespectful Sort

Lesson 2 - Showing Respect

Lesson 2 teaches children to describe and demonstrate ways to show respect in different places and ways. They will be encouraged to show respect each day.

mind+heart - RESPECT	
Lesson 2 : Showing Respect	
Community Building Activity	Cut out large letters to spell RESPECT and post on the wall. Split the class into 7 groups and give them each a letter to decorate. Cover the letter with pictures, words, and examples of respect.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Discussion, Book, & Anchor Chart Review what respect means and brainstorm ways to show respect in class, on the playground, at home, and in the community on an anchor chart! Read <i>Respect and Take Care of Things</i> . Writing Activity Children complete one of the provided templates with examples of ways they are respectful at school, on the playground, at home, and in the community. "I Will" Posters Read and discuss the statements on each "I will" poster. Post them in the classroom as a visual reminder. Respect Role Playing Read and act out the scenarios given on the Respect Cards so children gain practice being respectful.
Follow-up Activities	Community Clean Up Encourage respect for the earth by going outside and picking up trash left on the group. Respect Hat Children create their own hat with examples of how they will show respect in the spaces provided. Respect Storybook Read, fill in the blanks, and color the storybook.
Lesson Goal	Describe and demonstrate ways to show respect in different places and ways.
Lesson Materials	Discussion Starters, Respect hat templates, Anchor chart pieces, Respect storybook

Lesson Plan



Discussion Starters



Book & Anchor Chart Idea



Respect Hat



Writing Activity



Respect Storybook



Respect Posters



Respect Scenario Cards

Lesson 4 - Gratitude and Giving Thanks

Lesson 4 teaches children to describe what gratitude means and the importance of giving thanks. Strive to give thanks and appreciate what they have.

mind+heart - RESPECT	
Lesson 4 : Gratitude & Giving Thanks	
Community Building Activity	A great way to warm up before any classroom meeting is to go around the circle and have the class share something they are thankful for. Use the phrase, "I am thankful for..." and go around until everyone shares.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Discussion & Anchor Chart: Define gratitude and discuss why it is important to say "thank you", share thoughts of appreciation, and recognize the things we have and what others do for us. Brainstorm things they are thankful for on an anchor chart (places, people, food, books, toys, songs, smells, movies, games, friends, holidays, etc.). Books & Writing Activity: Read the book "The Thankful Book" and write and draw on the writing template things they are thankful for. Gratitude Game: Play a game where different colored snap cubes represent a different type of thing to be thankful for. Have children close their eyes and choose a cube. They must say "I am thankful for..." and name something related to that color cube (see color chart).
Follow-up Activities	Gratitude Wall or Jar: Add notes and words of things they are thankful for on a bulletin board or in a "Thankful jar." Gratitude Journal: Encourage children to reflect through writing about what they are thankful for on one of the templates. Acrostic poem: Children write sentences about being grateful for each of the letters in THANKS.
Lesson Goal	Describe what gratitude means and the importance of giving thanks. Strive to
Lesson Materials	Discussion Starters Jar Anchor chart & pieces Gratitude Journal

Lesson Plan



Discussion Starters



Anchor Chart Idea



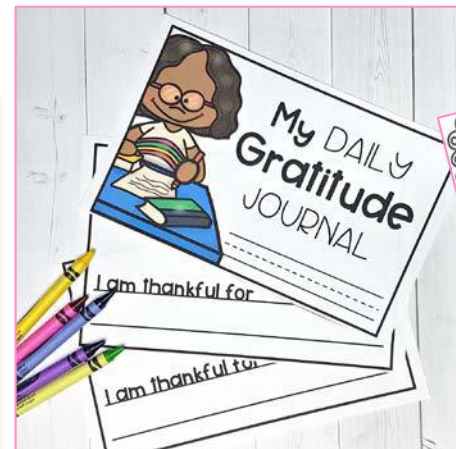
Thankful Writing Activity



Gratitude Game



Gratitude Jar & Notes



Gratitude Journal



Acrostic Poem

responsibility

PRINTABLE UNIT

Proud to Be Primary

What is Included in this Resource

- ♥ 6 detailed lessons and plans
- ♥ Topics: What is Responsibility?; Being Responsible; Goal Setting; Peaceful Problem Solving; Bullying
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities



Lesson 1 - What is Responsibility?

Lesson 1 teaches to understand what responsibility means and describe how it sounds, looks, and feels.

mind•heart - RESPONSIBILITY
Lesson 1: What is responsibility?

Community Building Activity
Play "Who's responsible?" in a circle as a class. Ask different things about the classroom, school, home, or community and say "Who is responsible for...?" For example, hanging up a coat or locking the door. Go around the circle and have children share varying thoughts.

Discussion Starters
Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.

Whole Group Lesson
Discussion, Videos, & Anchor Charts: Discuss what responsibility means ("doing the things we are supposed and expected to do") and give examples (i.e. brush teeth, finish homework). Show videos that give examples of responsibility (linked below). Brainstorm what responsibility looks like, sounds like, and feels like on an anchor chart.
Book & Writing Activity: Read "But It's Not My Fault" by Julia Cook and discuss what "taking responsibility" means and the importance of not blaming others for our actions and mistakes. Give students a "Don't play the blame game" poster to color and have them write and draw 5 things they are responsible for.
Responsible vs. Irresponsible Sort: Teach children the difference between actions that are responsible and irresponsible. Talk about the impact of irresponsible acts. Sort examples in a pocket chart!

Follow-up Activities
Writing Activity: Complete the template "Being responsible with ideas about what it means." Responsibility Poem: Write an acrostic poem with a different sentence about responsibility for each letter in responsible.

Lesson Goal
Understand what responsibility means and describe how it

Lesson Materials
Discussion Starters
Video: [Being Responsible](#)
Writing template
Sorting cards

Lesson Plan

Discussion Starters - Why is it important to be responsible?

Discussion Starters - Why is it important to be responsible?

Discussion Starters - Why is it important to be responsible?

Scenario 2:
Mike has an important soccer game this weekend and is supposed to practice each day after school, he plays video games.
Is Mike being responsible?

Discussion Starters

What is Responsibility?

Sounds like

Looks like

Feels like

Anchor Chart Idea

Things that I Am Responsible For

- I feed my cats and give them water.
- I make my bed every morning.
- I take out the recycling and sort cans.
- I fold my laundry and put it away.
- I have a classroom job that I do each day.

Writing Activity

being Responsible
I will try to be

Class Jobs

Any job?

Being responsible means that I always do my things at home. It also means doing my class jobs at school. If I can't find help somewhere, I will do it!

By: Michael

'Being Responsible' Writing

being Responsible

Poem by _____

Acrostic Poem Writing

But It's Not My Fault

Don't Play the BLAME GAME

Poster & Coloring

IRRESPONSIBLE Actions

- Throwing trash on the ground.
- Ignoring your pet's empty water dish.

RESPONSIBLE Actions

- Helping a friend when they need it.
- Remembering to do your classroom job.

Responsible vs. Irresponsible Sort

Lesson 2 - Taking On Responsibilities

Lesson 2 teaches children to describe ways to and demonstrate taking on responsibilities. They will make an effort to be responsible each day.

mind•heart - RESPONSIBILITY Lesson 2 : Taking on Responsibility	
Community Building Activity	Have children participate in a simulated rescue activity. Pretend that there's been a plane crash and high ability and people experienced different injuries or have special needs. Work together as a group to take responsibility for helping and getting help.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	<p>Discussion & Anchor Chart Review what responsibility means. Brainstorm ways to be a responsible "SUPER" kid at school, at home, in the community, and with yourself on an anchor chart in four sections. Students write and draw an idea in each of the four sections on the "I can be responsible" template.</p> <p>Poem & Activities Stars and practice the poem together as a class. Give children one of the poem activities to complete.</p> <p>Role Playing Read and act out the scenarios given on the Being Responsible scenario cards so children can practice being responsible.</p> <p>*Caught Being Responsible* Reward System Give students a punch card and reward them with a punch each time they show responsibility.</p>
Follow-up Activities	<p>Responsibility Jar Give a jar of responsibility cards (ways to help in class) handy for those looking for something to do or as a reward.</p> <p>SUPER KID Tie Decorate a tie to show that they are responsible.</p> <p>Class Jobs Assign children a classroom job for them to take care of each day at school. See a classroom jobs system in action HERE.</p>
Lesson Goal	Describe ways to and demonstrate taking on responsibilities. Make an effort to
Lesson Materials	Discussion Starters, Tasks & punch cards, Anchor chart pieces, Empty jar

Lesson Plan



Discussion Starters



Anchor Chart



Poem & Activities



Writing Activity



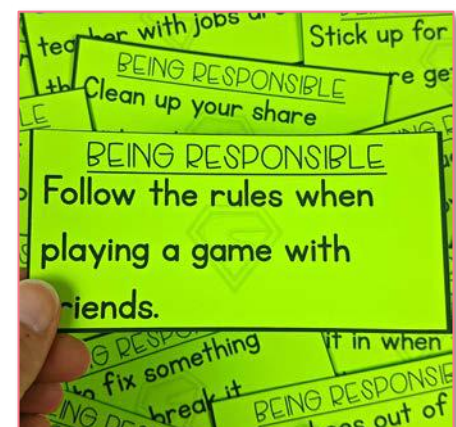
Super Kid Tie



Punch Cards



Responsibility Cards



Scenario Cards

Lesson 3 - Reflecting & Goal Setting

Lesson 3 teaches children to describe what a goal is and why it is important. They will set a goal, create a strategy and stick to a plan.

mind•heart - RESPONSIBILITY Lesson 3 : Reflecting & Goal Setting	
Community Building Activity	Sit in a circle and share 3 stars and a wish. Each child will share 3 (or less) things they do well and are good at. Then they will share something that they are working on or a goal they have. Go around the circle and have children share as the others listen and gain ideas.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Goal Setting Discussion & Anchor Chart: Ask "what is a goal?" and discuss. Share that goals are important for us to grow and learn. Express that setting goals keep us on track and help us learn new things. Brainstorm different goals (school and personal). Teach a 4-step goal setting strategy (1-reflect, 2-select, 3-make a plan, 4-practice) using the posters. Children choose a goal and write a plan to achieve it. Book, Chart & Writing Activity: Read the book "Someday". Brainstorm things that kids want to do someday. Write examples of things they will do someday and something they will do today on the template. Future Goals: Create a display ("Reach for the Stars") and have children write a future goal on a star to add to a bulletin board.
Follow-up Activities	Bucket List Craftivity: Make a list of things they want to do at some point in their lives and attach to a bucket. 3 Stars & a Wish: Use the template and strategy to set a goal before a car-tan activity or unit. Goal Banner: Fill in details on a pennant and hang as a class banner.
Lesson Goal	Describe what a goal is and why it is important. Set a goal, account.
Lesson Materials	Discussion Starters, Book, Someday, Anchor chart pieces, Someday template

Lesson Plan

Discussion Starters

Anchor Chart

Goal Setting System & Posters

Goal Plan Template

Pennants for Banner

Someday Book & Writing Activity

Bulletin Board Display & Star Goals

Bucket List Craftivity

Lesson 5 - What is Bullying?

Lesson 5 teaches children to understand what a “bully” is and whether certain actions are “bullying”.

mind•heart - RESPONSIBILITY	
Lesson 5 : What is Bullying?	
Community Building Activity	Draw the outline of a body on a chart. Take turns giving examples of mean things that someone could say to a person. Write the ideas around the body. Identify the body at Wanda's. Scrunch up the chart and then show that Wanda is now wrinkled. Illustrates that words last.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	<p>Discuss. Anchor Chart Book & Videos Define bullying and discuss what a bully is (i.e., attacks, repeats behavior, hurt to others on purpose). Read 'The Juice Box Bully' and show the videos (linked below) to provide examples of bullying behaviors. Brainstorm and discuss things that bullies do, what they say, and who they are on an anchor chart.</p> <p>Buddy vs. Bully Sort: Describe a buddy as a friend who treats you with respect and a bully is the opposite of that. Sort ideas and sentence cards under the correct heading in a pocket chart.</p> <p>Book & Writing Craftivity: Read 'Tease Monster' and discuss the differences between nice and mean teasing. Write a letter to the Tease Monster asking him to be kind and stop teasing. Color and cut out a monster and add back the writing to the monster's body.</p>
Follow-up Activities	<p>Be a Buddy Writing Activity: Write ways they will be a buddy, not a bully, and draw a picture on the template.</p> <p>'What is a Bully' Storybook: Read and color the mini-book filled with examples of what a bully is and what it is not.</p>
Lesson Goal	Understand what a "bully" is and whether certain actions are "bullying"
Lesson Materials	Chart paper, Anchor chart pieces, Discussion Starters, Sorting cards

Lesson Plan

Discussion STARTERS - www.mindheart.com

Why is it important to be responsible?

Discussion STARTERS - www.mindheart.com

Scenario 2: Mike has an important soccer game this weekend and is supposed to practice each day after school, he plays video games.

Is Mike being responsible?

Discussion Starters

Bully Behavior

- what they do
- what they say
- who they are

Anchor Chart

The Juice Box Bully

Empowering Kids to Stand Up for Others

By Bob Sornson and Marci Diamondy

I am a BUDDY

I am a BUDDY

"I am a Buddy" Writing Activity

If you are being bullied or you are bullying someone, it's not your fault.

A bully enjoys making fun of others. They call names.

What is a Bully? Storybook

Bullying Storybook

BUDDY

- Plays Nicely
- Helps
- Shares & Takes Turns

BULLY

- Gives Mean Looks
- Disrespects
- Ignores Feelings

Uses Kind Words

Teases

Buddy vs. Bully Sort

Dear Tease Monster, Please

Stop teasing me because you are not my friend. I want to be friends with you. You have my feelings. Please stop teasing me.

TEASE MONSTER

By Lisa Cohen

'Tease Monster' Craftivity

Lesson 6 - Standing Up for Others

Lesson 6 teaches children to describe ways to and demonstrate standing up to a bully.

mind•heart - RESPONSIBILITY Lesson 6 : Standing Up For Others	
Community Building Activity	Role-play creating a "swarm". Have one child be the "bully" and one child be the "victim". Have another group of children go over and swarm the bully and remove the victim from the situation. Talk about ways to do this to diffuse a situation and why it is important.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	Discussion, Book, & Anchor Chart. Talk about to do when they or someone they know is being bullied. Discuss what it means to stand up to bullies safely and not be a "bystander". Read "Bully Beans" and brainstorm ways to stop a bully on an anchor chart. Give each child a "bully bean" - jelly beans to eat and have them repeat the pledge. Teach child on the "STOP a Bully" pledge. They will sign and agree to not bully and to try and stand up for others. Write about ways to stop a bully. Bullying Role Play Role play what to do when they are being bullied or see someone being bullied. Pick someone to be the "bully", someone to be the "victim", and another group of kids to act out a bullying scenario together. Kids help the victim using the strategies taught.
Follow-up Activities	"We Stand Up to Bullies" Wreath and Hand-Craft. Each child decorates a hand. Attach the hands to a large wreath and hang with the pledge poster in the center. Paper Chain. Write anti-bullying messages on strips of paper and attach them to make a chain.
Lesson Goal	Describe and demonstrate ways to stand up and stop a bully.
Vocabulary	
Lesson Materials	Discussion Starters Writing template Anchor chart & pieces Coloring posters Book: Bully Beans Hand template Ways to Stop a Bully poster

Lesson Plan

Discussion STARTERS - [www.proudto.beprimary.com](#)

Why is it important to be responsible?

Discussion STARTERS - [www.proudto.beprimary.com](#)

Scenario 2: Mike has an important soccer game this weekend and is supposed to practice each day after school, he plays video games.

Is Mike being responsible?

Discussion Starters

Ways To Stop A Bully

Ways to STOP a Bully

1. talk to an adult
2. stand up to the bully
3. have a friend or family member help
4. don't retaliate
5. get help from teachers and parents

Anchor Chart & Writing

Ways to STOP a Bully

1. tell an adult
2. walk away
3. tell them to stop
4. play with other kids
5. try being kind

Written by JUNE COOK
Illustrated by ANNA DUPOND
BULLY BEANS.

STOP a BULLY pledge

I promise to treat others with respect and kindness.
I promise to protect others who are being bullied.
I promise to stand up to bullies and try to make them stop.
I promise to tell an adult if I see someone being bullied.

Hand Wreath Activity

STOP a BULLY pledge

I promise to treat others with respect and kindness.
I promise to protect others who are being bullied.
I promise to stand up to bullies and try to make them stop.
I promise to tell an adult if I see someone being bullied.

STOP a Bully Pledge

Stand up for others - STOP a bully!

Make friends, not bullies!

Don't be a TEASE monster

Paper Chain Anti-Bullying Messages

mind+heart

Proud to Be Primary

BACKGROUND

The mind+heart social and emotional learning curriculum was designed to help teachers instruct young children to develop emotional literacy, self-control, and social competence. The ultimate goal is for primary aged children to develop a healthy sense of self and positive peer relations, that will continue throughout their lives. Children will learn to express their emotions appropriately, solve problems, develop a “growth mindset”, build relationships, and be thoughtful citizens who take responsibility and show respect.

mind+heart includes a variety of thought provoking lessons and discussions, community building ideas, and engaging activities to help build important social and emotional skills. Children will have many opportunities to learn, practice, and develop SEL through a variety of lessons and activities. Teachers are provided with all lesson materials, instructions, and a layout that is simple and easy to implement. mind+heart is a flexible SEL curriculum that can be taught when teachers have time, while the recommendation is to teach a lesson once to twice or more a week.

mind+heart is research based and loosely aligns to the CASEL framework of the 5 core competences for SEL. It provides educators with an affordable option that is comprehensive and appropriate for the K-2 classroom.



RELATED RESOURCES

Click on any teacher resource to see more details in store!

Social & Emotional Learning

emotions self-management growth mindset relationships

social awareness kindness respect responsibility

mind+heart

K-2 Curriculum by Proud to be PRIMARY

Printable Curriculum

DIGITAL Social-Emotional Learning

digital emotions unit digital self-management unit digital growth mindset unit digital relationships unit

digital social awareness unit digital kindness unit digital respect unit digital responsibility unit

mind+heart

K-2 Curriculum by Proud to be Primary

Digital Curriculum

Use both together to enhance learning and provide a meaningful SEL program.



BEST SELLING

teacher resources

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Social & Emotional Learning

mind+heart

K-2 Curriculum by *Proud to be PRIMARY

Social & Emotional Learning

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17 UNIT BUNDLE

Proud to be Primary

Poem of the Week

BUNDLE by Proud to be Primary

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10 Comprehensive Math Units

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