

social- emotional CURRICULUM BUNDLE

Social & Emotional Learning



PRINTABLE BUNDLE
mind+heart



3-5 Curriculum by Proud to Be PRIMARY

Social-Emotional Learning



DIGITAL BUNDLE
mind+heart



3-5 Curriculum by Proud to Be Primary

3-5 PROGRAM by Proud to Be Primary



mind+heart 3-5

CURRICULUM *map*

Unit 1	Self-Awareness	identifying and expressing emotions; personal strengths and traits; role models; self-esteem
Unit 2	Self-Management	self-regulation; mindfulness; handling difficult things; personal safety; impulse control
Unit 3	Growth Mindset	fixed vs. growth mindset; the brain; perseverance; goal setting
Unit 4	Relationships	teacher-student; making & keeping friends; communication; cooperation & teamwork
Unit 5	Social Awareness	empathy & compassion; social and non-verbal cues; peer pressure; conflict resolution; anti-bullying
Unit 6	Kindness	kindness; gratitude; generosity & giving; bucket filler system; random acts of kindness & projects
Unit 7	Respect	respect; dignity; integrity & honesty; appreciating differences; stereotyping
Unit 8	Responsibility	decision making; identifying responsibilities; leadership; academic behaviors; job & career awareness



mind+heart 3-5

LESSON *Overview*

Social Emotional Learning Curriculum

Proud to be PRIMARY

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

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

Use the lesson goal to guide the lesson.

mind+heart - SELF-AWARENESS	
Lesson 1 : Identifying Emotions	
Community Building Activity	Bring the kids into a circle. Ask them to show emotions with their faces and bodies when given different emotion words. For example, say "pleased" and watch as kids smile and stand with confidence.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	<p>Discussion, Brainstorm, & Anchor Chart: Ask "What are emotions?" and have kids write down emotion words. Share the words they came up with and record them on the left side of a T-chart. Ask kids what situations cause the emotions. Record ideas on the other side of the T-chart.</p> <p>Discuss Emotion Intensities: Ask "Do you feel every emotion the same each time?". Discuss intensity levels (0-10 intensity poster). Talk specifically about what situations may cause an emotion to escalate or calm down.</p> <p>Book & Writing Activity: Read "In My Heart" and discuss each page of the book and the physical ways emotions make us feel. Ask them if they have any connections or if they experience feelings differently. Have them write about the physical ways emotions make them feel and decorate a heart.</p>
Follow-up Activities	<p>Reflection Journal: Reflect on the lesson through writing and drawing on page 1. Complete the prompt or record personal thoughts from the lesson.</p> <p>Emotions & Situations Sort: Sort picture cards of different emotions, with the emotion word, and two situations that typically cause that emotion.</p> <p>Emotions Headbands: See the card game instructions.</p>
Lesson Goal	Identify different emotions and what situations cause them. Recognize that feelings can be felt differently.
Vocabulary	emotion, feeling, major emotions (happy, sad, etc.), less common emotions (satisfied, disgusted, etc.)
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Book: In My Heart by Jo Witek Writing and heart templates Reflection Journal (pg. 1) Intensity Poster Emotions & Situations sort Emotions Headbands game & instructions

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

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

Important SEL vocabulary terms.

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



mind+heart - Self-Awareness Unit

LESSON *Overview*

Lesson 1

Identifying Emotions

Lesson 2

Communicating Emotions

Lesson 3

Personality Traits -
Personal Strengths

Lesson 4

Confidence & Self-Esteem

Lesson 5

Role Models

self-awareness

PRINTABLE UNIT

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Primary

What is Included in this Resource

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities
- ♥ Make an impact in your classroom with lessons and activities that teach important social-emotional skills



LESSON 2 - Communicating Emotions

Lesson 2 teaches kids to handle and express emotions appropriately. They will practice using socially acceptable language to communicate feelings.

mind+heart - SELF-AWARENESS Lesson 2 : Communicating Emotions	
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 conversations with kids. Ask them questions, read the scenarios, and show photos and encourage kids to respond and share their thoughts.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart: Discuss ways of handling and communicating emotions. Brainstorm DOs and DON'Ts on a chart (i.e. Do talk respectfully to adults. Don't push someone when you're mad). Practice Communicating Feelings: Teach kids that responding in a socially acceptable manner is important. Teach them to respond by stating the feeling, then describe the situation, and finally by asking for what you need (see poster). Have kids practice this with a partner. Emotions Role-Play: Have kids act out the scenarios on task cards. Ask what emotion is being portrayed. Ask if someone else wants to act it out differently. Have them also practice expressing the emotion using the appropriate language.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 2. Complete the prompt or record personal thoughts and ideas. Daily Emotions Check-In: Create a ring of mini-emotion cards for each child. They can use these as a daily self-awareness check-in. "Express Yourself" Board Game: See the board game instructions.
Lesson Goal	Lesson Materials
Learn to handle and express emotions appropriately. Use socially acceptable language to communicate feelings.	Discussion Starters Anchor chart pieces and chart paper Communicating Feelings poster Emotions scenarios cards

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal



Express Yourself Board Game



Emotions Scenarios



Emotions Cards & Check-In Ring

LESSON 3 - Personality Traits

Lesson 3 teaches kids what personality traits are and give personal examples. They will reflect on their own strengths and positive qualities, and describe what makes them successful at school.

mind+heart - SELF-AWARENESS
Lesson 3 : Personality Traits

Community Building Activity
Draw together in a circle and place several soft, small objects in the center. Ask kids to each choose an object and describe its strengths. You learn something about their strengths and what they personally love in nature. Explain the versatility of objects and how they may have

Discussion Starters
Use the Discussion Starters to have conversations with kids. Ask them what they learned from the activities and how they will use what they learned to be successful in school.

Whole Group Lesson
Read the Book and the Anchor Chart. Explain that we all have personality traits. The things we love to do, behaviors, thoughts, and feelings. Brainstorm (POSITIVE and NEGATIVE) personality traits that people possess (see list). Have them create a list of positive personality traits that they love.

Follow-up Activities
Definition Journal Entries on the lesson through writing and drawing. Have them complete the journal on their own personal thoughts and ideas. Personalize the journal for their own use with the help of the teacher. Have them reflect on their own personality traits.

Lesson Goal
Understand what personality traits are and why they are important. Reflect on their own strengths and qualities.

Lesson Materials
Anchor Chart, Discussion Starters, Lesson Plan, Personalized Journal, and a list of personality traits.

Lesson Plan

A collection of colorful cards for discussion starters and challenges. The cards are arranged in a fan shape. The top row has yellow cards with questions like 'What are your personality traits?', 'What are the things you love to do?', 'What are the things you are good at?', and 'What do you do when you are sad?'. The middle row has pink cards with prompts like 'I am proud of my...' and 'I am good at...'. The bottom row has red cards with prompts like 'I am a...' and 'I am a...'.

Discussion Starters & Challenges

We Have Personality Traits

POSITIVE	NEGATIVE
<ul style="list-style-type: none"> * understanding * strong * punctual * loyal 	<ul style="list-style-type: none"> * aggressive * selfish * jealous * lazy

Anchor Chart Idea

Two yellow sheets of paper titled 'Positive Personality Traits' and 'Negative Personality Traits'. A pink sheet titled 'My Personality Traits' is in the center, with a list of traits written on it. There are also some colored pencils and markers scattered around.

Personality Traits Lists

A book titled 'The Best Part of Me' is shown. Next to it is a worksheet titled 'THE BEST PART OF ME' with a drawing of a hand. Another worksheet titled 'THE BEST PARTS OF ME' is also visible, with a drawing of a hand.

Book & Writing Activity

A worksheet for writing a personality acrostic poem. It features a grid of boxes for writing the letters of the student's name, with lines for writing the poem.

Personality Acrostic Poem

Two pages from a reflection journal. The first page is titled 'SELF-AWARENESS' and 'Lesson 1 - Understanding Lessons'. The second page is titled 'SELF-AWARENESS' and 'Lesson 2 - Generalizing Lessons'. Both pages have a heart-shaped graphic and lines for writing.

Reflection Journal

LESSON 5 - Role Models

Lesson 5 teaches kids to understand what a role model is, the positive qualities they have, and can identify role models in their lives. They will think of ways that they are and can be positive role models to others.

mind+heart - SELF-AWARENESS Lesson 5 : Role Models	
Community Building Activity	Bring kids into a circle to play 'What They Do!' Say the name of an important role model in the school or community. Have kids take turns saying a word that describes that person (i.e. patience, hard-working, kind, etc.). Record words on a chart labelled 'Qualities of a Role Model'.
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, Brainstorm, & Anchor Chart Discuss what a role model is and refer to the chart 'Qualities of a Role Model'. Create an anchor chart separated into 4 parts (school, family, community, world) and brainstorm/record the names of different role models. Ask them to give a reason why and something that person does that makes them one. Role Models DO & DON'T: Have kids read and act out scenarios. They hold up a sign to show whether it is something role models DO or DON'T do. Book & Writing Activity Read 'The Tree Lady' or another book with a strong role model. Discuss the book and what makes the main character a role model. Write creatively using the prompt 'If I were a role model.'
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 5. Complete the prompt or record personal thoughts and ideas. 'I am a Role Model' Banner: Each person decorates a pennant to add to a class banner. Thank You Letters: Write a thank you note to a role model in your life.
Lesson Goal	Understands what a role model is, the positive qualities they have, and can identify role models in their lives.
Lesson Materials	Discussion Starters Anchor chart pieces and chart paper DO & DON'T signs Thank You Letters Leafy Pennants

Lesson Plan



Discussion Starters & Challenges



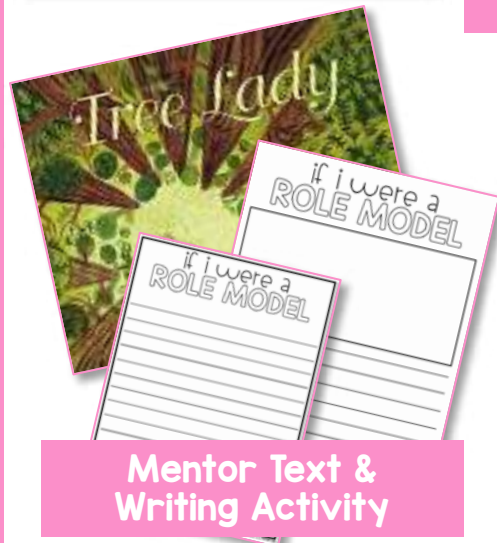
Anchor Chart Idea



Role Models Dos & DON'Ts



Thank You Notes



Mentor Text & Writing Activity



Banner & Pennant Writing



Reflection Journal

self-awareness

DIGITAL UNIT

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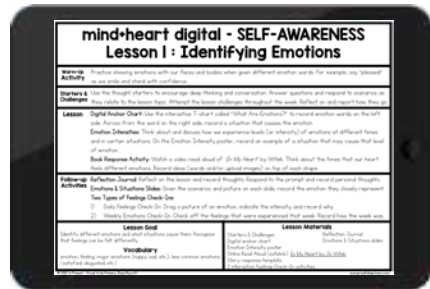
What is Included in this Unit

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes thought starter questions, digital anchor chart, lesson and follow-up activities
- ♥ Get started easily with copy links for Google Slides & interactive PowerPoint files that are ready for you!



LESSON 1 - Identifying Emotions

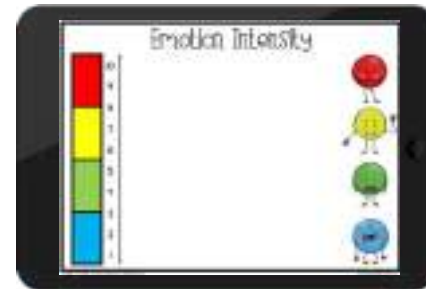
Lesson 1 teaches kids to identify different emotions and what situations cause them. They will learn to recognize that feelings can be felt differently and that they are linked to our thoughts and behaviors.



Lesson Plan



Starters & Challenges



Emotion Intensity Chart



Digital Anchor Chart



Read Aloud & Response



Reflection Journal



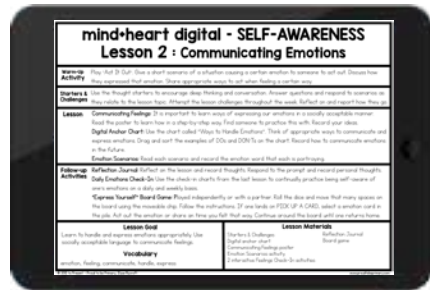
Scenario & Photo Slides



2 Feelings Check-Ins

LESSON 2 - Communicating Emotions

Lesson 2 teaches kids to handle and express emotions appropriately. They will practice using socially acceptable language to communicate feelings.



Lesson Plan



Starters & Challenges



Lesson Poster



Digital Anchor Chart



Scenario Cards



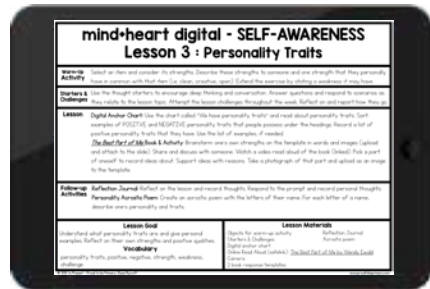
Reflection Journal



Board Game

LESSON 3 - Personality Traits

Lesson 3 teaches kids what personality traits are and give personal examples. They will reflect on their own strengths and positive qualities, and describe what makes them successful at school.



Lesson Plan



Starters & Challenges



Personality Traits Poster



Digital Anchor Chart



Brainstorm Activity



Read Aloud & Response



Reflection Journal



Acrostic Poem

LESSON 4 - Confidence & Self-Esteem

Lesson 4 teaches kids about confidence and self-esteem. They will describe why they are important and understand the varying degrees of each. They will learn to use positive self-talk and name things that they are good at.



Lesson Plan



Starters & Challenges



Digital Anchor Chart



Read Aloud & Response



Talents & Skills



Affirmations Chart



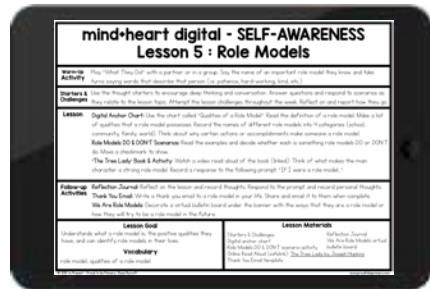
Affirmation Cards



Digital Selfie-Portrait

LESSON 5 - Role Models

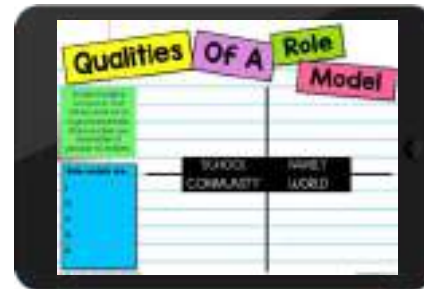
Lesson 5 teaches kids to understand what a role model is, the positive qualities they have, and can identify role models in their lives. They will think of ways that they are and can be positive role models to others.



Lesson Plan



Starters & Challenges



Digital Anchor Chart



Role Model DO & DON'Ts



Read Aloud & Response



Reflection Journal



Thank You Email



Role Model Banner

self-management

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What is Included in this Resource

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities
- ♥ Make an impact in your classroom with lessons and activities that teach important social-emotional skills



LESSON I - Self-Regulation & Calming

Lesson I teaches kids to recognize their own personal cues and triggers for certain emotions. Kids will learn to identify and use self-regulation and calming strategies when necessary.

mind+heart - Self-Management Lesson I: Self-Regulation & Calming Strategies	
Community Building Activity	Have kids find a partner to share with their eyes closed. Share their favorite memory or their favorite hobby with their partner. (You can also have them share their favorite food.)
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the discussion challenges with response cards. Have students write their thoughts. Encourage kids to take a challenge from the book cards.
Whole Group Lesson	Questions & Writing Activity (Use the 10 questions below to start a conversation) and suggest (what happens that makes you feel a certain way?) Ask them to write about their emotions and identify their triggers. (What are the things that make you feel a certain way?) Ask them to write about their emotions and identify their triggers. (What are the things that make you feel a certain way?)
Follow-up Activities	Reflection: Journal Reflect on the lesson through writing and drawing. Encourage kids to write about their emotions and identify their triggers. (What are the things that make you feel a certain way?)
Lesson Goal	Lesson Materials

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



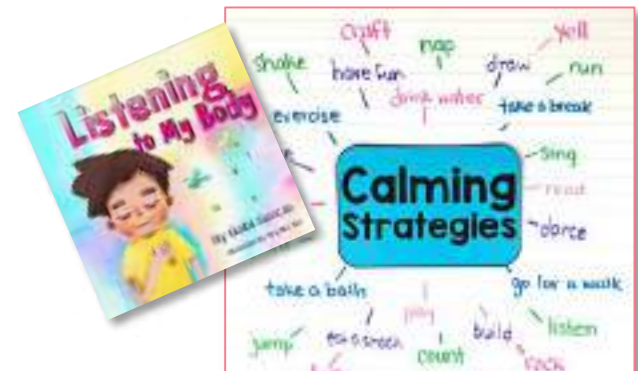
Calm Down Kit



Reflection Journal



Self-Regulation Check-In Chart



Calming Strategies

LESSON 2 - Handling Stress

Lesson 2 teaches what stress is, the positive and negative types of stress, and its impact. Kids will learn ways to manage stress and create and implement a plan to handle stress.

mind+heart - Self-Management Lesson 2: Handling Stress	
Commonly Building Activity	Bring this into your life by "Start, Stop, Go" each person something to start, stop, or go. It can be as simple as "Start" to go to the gym, "Stop" to stop eating, or "Go" to go to bed. Encourage them to go to the gym, stop eating, or go to bed.
Discussion Starters	Use the discussion starters to have conversations with kids. They are questions and words to encourage and encourage kids to consider and discuss. Use thought. Encourage kids to think and challenge their own thoughts.
Whole Group Lesson	Read the story, "The Stress Monster," and discuss. Discuss what stress is using the STRESS acronym (start, stop, go). Explain that stress is normal and everyone experiences it. It can be good or bad for our health. Share the examples of good stress, providing strategies and list (see below) and show. Share the bad stress examples with kids and the bad stress effects (heart rate, blood pressure, etc.). Explain the negative (or bad) and positive (or good) stress. Explain that stress is not always bad and can be good for us. Share the "Stress Monster" and explain that it is not a monster, but a part of us. Share the "Stress Monster" and explain that it is not a monster, but a part of us.
Follow-up Activities	Children Journal Reflect on the lesson through writing and drawing. Ask 2: Explain the process of mental and physical health and stress. Share (1) each child's work in small groups based on common themes. Mental Health (Stress, etc.) and hand-drawn with positive messages. Share (2) each child's work in small groups based on common themes.
Lesson Goal	Identify what stress is, good and bad stress, and how to manage it. Encourage them to go to the gym, stop eating, or go to bed.
Lesson Materials	Stress Monster, Reflection Journal, Discussion Starters, Hand-drawn with positive messages, Share (1) each child's work in small groups based on common themes.

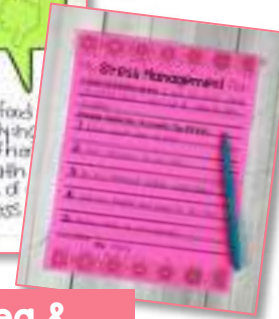
Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea & Stress Management Plan



Reflection Journal



Mantra Posters & Coloring Posters



Stress Scenario Task Cards



Stress Busters Card Game

LESSON 3 - Mindfulness

Lesson 3 teaches kids about mindfulness and different ways they can be mindful. Kids will practice and learn to use mindfulness strategies daily.

mind+heart - Self-Management Lesson 3 : Mindfulness	
Community Building Activity	Bring kids 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 "Pretend you are sinking into the ground" or "Imagine you are laying on a beach", etc.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart: Explain what mindfulness is (focused attention on the present moment) and that learning to be mindful is beneficial for our well-being (promotes happiness and relieves stress). Brainstorm times when being mindful is needed in our lives, what happens when we are mindful, and strategies we can use on an anchor chart. Books, Video, & Activity: Read/watch and discuss the books and videos listed below. Write and draw themselves doing something mindful on the "I am mindful" template. Have kids share their ideas. Breathing & Yoga Practices: Teach different breathing exercises (see posters) and yoga poses (see cards). Use daily to calm the body and mind.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 3. Complete the prompt or record personal thoughts and ideas. Mindful Bingo: Select mindfulness choices from the bingo "menu" card. "Mindful Me" Cards: Use the cards to promote mindful minutes daily. Create a Mindful center using the tools from this lesson & banner.
Lesson Goal	Understand what mindfulness is and identify ways they can be mindful. Use mindfulness strategies daily.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper "I am Mindful" template Mindful Bingo

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal



"I am Mindful" Writing



Yoga Cards



Breathing Strategies



Mindful Me Cards



Mindfulness BINGO

LESSON 4 - Impulse Control

Lesson 4 teaches kids to understand what impulses are and identify why it's important to have self-control. Kids will strive to control their own impulses and have self-control daily.

mind+heart - Self-Management Lesson 4: Impulse Control	
Community Building Activity	Conduct a book or self-control program. Invite the students to read and discuss the book and then have them write a story about it. Discuss after the book is read and have them write a story about it.
Discussion Starters	Use the discussion starters to have students discuss. Ask them to define and read the material and encourage them to expand on their thoughts. Encourage them to take on challenges from the text cards.
Whole Group Lesson	Discuss the problem and the text. Start by reading and why it is important to control them. Have them read the text and control. Read & Reflect about the text. What did you think? and discuss. Read & Reflect about the text. What did you think? and discuss. Read & Reflect about the text. What did you think? and discuss. Read & Reflect about the text. What did you think? and discuss.
Follow-up Activities	Definition: Control. Control is the power to direct or manage. Use it to control the people or things around you. Use it to control the people or things around you. Use it to control the people or things around you. Use it to control the people or things around you.
Lesson Goal	Understand what impulses are and identify why it's important to have self-control.
Lesson Materials	Discussion Starters, Reflection Journal, Kite Craftivity, Board Game, Scenario Task Cards, Writing Activity, Book, Poster, & Writing Activity to Teach Concept.

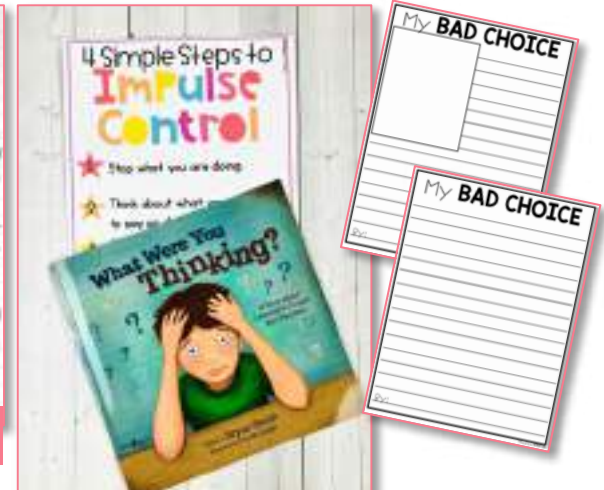
Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Book, Poster, & Writing Activity to Teach Concept



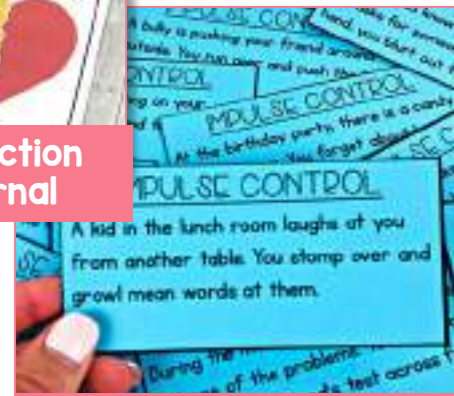
'If Everybody Did That' Book & Comic Activity



Board Game



Reflection Journal



Impulse Control Scenario Task Cards



Kite Craftivity

LESSON 5 - Personal Safety

Lesson 5 teaches kids to understand what personal safety means and identify ways to keep oneself safe. Kids will learn to identify and use a safety network.

mind+heart - Self-Management Lesson 5 : Personal Safety	
Community Building Activity	Play the "Name the Rules" game. Talk about the social and personal rules we have that help us (i.e. kissing others; keeping bad secrets; giving out personal info on the internet). Have kids list the rules that protect them and reward them with points to use on something fun in the classroom.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart Discuss what personal safety means, why it is important, and in what ways it is needed. Create an anchor chart separated into 3 parts (school, home, community) and brainstorm examples when they may be presented with unsafe choices/events. Remind kids to say "no" and have them practice assertively saying this. Safety Role Playing Read and act out safety scenarios. They hold up signs to show if it is something SAFE or UNSAFE (suggest alternatives). Safety Network & Sign Discuss the importance of having people in our lives who help keep us safe. Brainstorm/record who they are. Kids record their "safety network" on the pledge sign with some ways they will stay safe. Good vs. Bad Secrets: Emphasize that secrets should not be kept if they make you feel bad or uncomfortable. Brainstorm examples of each together.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 5. Complete the prompt or record personal thoughts and ideas. "What Should You Do?" Board Game See board game instructions.
Lesson Goal	Understand what personal safety means and identify ways to keep oneself safe. Identify and use a safety network.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Safety scenario cards

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Safety Network Chart & Pledge



Board Game



Safety Scenario Task Cards



Reflection Journal

self-management

DIGITAL UNIT

Proud to Be
Primary

What is Included in this Unit

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes thought starter questions, digital anchor chart, lesson and follow-up activities
- ♥ Get started easily with copy links for Google Slides & interactive PowerPoint files that are ready for you!



Lesson 1 - Self-Regulation & Calming Strategies

Lesson 1 teaches kids to recognize their own personal cues and triggers for certain emotions. Kids will learn to identify and use self-regulation and calming strategies when necessary.



Lesson Plan



Starter & Challenges



Digital Anchor Chart



Calm Down Strategies



Read Aloud & Response



Check-in Chart



Online Calming Activities



Self-Regulation Journal

Lesson 2 - Handling Stress

Lesson 2 teaches what stress is, the positive and negative types of stress, and its impact. Kids will learn ways to manage stress and create and implement a plan to handle stress.



Lesson Plan



Starters & Challenges



Poster & Anchor Chart



The Brain & Stress



Stress Scenarios



Positive Mantras



Card Game



Self-Regulation Journal

Lesson 3 - Mindfulness

Lesson 3 teaches kids about mindfulness and different ways they can be mindful. Kids will practice and learn to use mindfulness strategies daily.



Lesson Plan



Starters & Challenges



Digital Anchor Chart



Mindful Reflection



Breathing & Yoga Activities



Mindfulness Strategies



Mindfulness Bingo



Online Yoga Videos & Books

Lesson 4 - Self-Control

Lesson 4 teaches kids to understand what impulses are and identify why it's important to have self-control. Kids will strive to control their own impulses and have self-control daily.



Lesson Plan



Starter & Challenges



Digital Anchor Chart



Read Aloud & Poster



Bad & Good Choices



Book & Comic Activity



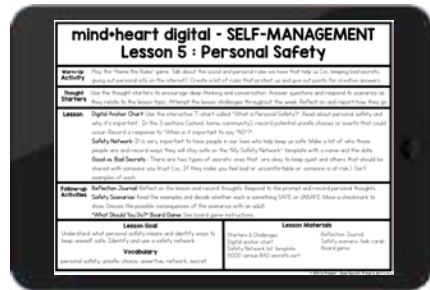
Boardgame



Self-Regulation Journal

Lesson 5 - Personal Safety

Lesson 5 teaches kids to understand what personal safety means and identify ways to keep oneself safe. Kids will learn to identify and use a safety network.



Lesson Plan



Starters & Challenges



Digital Anchor Chart



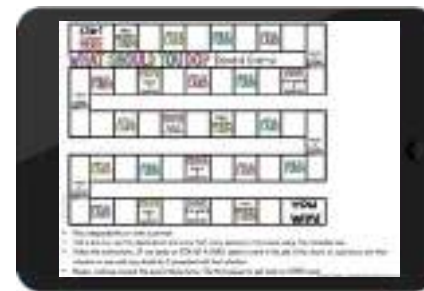
Safety Network



Good vs. Bad Secrets Sort



Safe or Unsafe Scenarios



Boardgame



Self-Regulation Journal

growth mindset

PRINTABLE UNIT

Proud to Be
Primary

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- ♥ Make an impact in your classroom with lessons and activities that teach important social-emotional skills



LESSON I - Fixed Versus Growth Mindsets

Lesson I teaches kids to understand what a fixed and growth mindset is and identify ways to change their mindset (statements, behaviors, etc.). Kids will be encouraged to show a growth mindset in discussions and activities.

mind+heart - Growth Mindset Lesson I : Fixed Versus Growth Mindset	
Community Building Activity	Bring kids together to share their strengths and weaknesses. Go around the circle and have each person say something they are good at or working on. Ask others to put up their hands if they agree or disagree.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Videos: Teach the terms fixed and growth mindset (see posters). Explain that our mindset is our attitude and thoughts about our ability to do and learn things. Emphasize that we want to have a growth mindset. Show videos to illustrate the difference and how to change mindset. Fixed Vs. Growth Mindset: Come up with growth mindset statements for each fixed mindset statement on a 1-chart. Add (or write) statements to a bulletin board using the materials (brain and title) provided (see photo). *Change Your Mindset: Writing Brainstorm: situations that demonstrate a fixed mindset. Share a personal example with a partner and think of what they could have done differently. Write about changing their mindset.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 1. Complete the prompt or record personal thoughts from the lesson. *Whats the Mindset? Game: Play the board game in pairs (see instructions). Fixed or Growth Mindset: Act out scenarios and discuss ways to change FM. Fill It Up Activity: Fill a jar with a marble each time they catch someone using a GM. Encourage them to change their mindset when necessary.
Lesson Goal	Lesson Materials
Understand what a fixed and growth mindset is and identify ways to change their mindset (statements, behaviors, etc.).	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Posters - Writing template Video: Fixed and Growth Mindsets

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



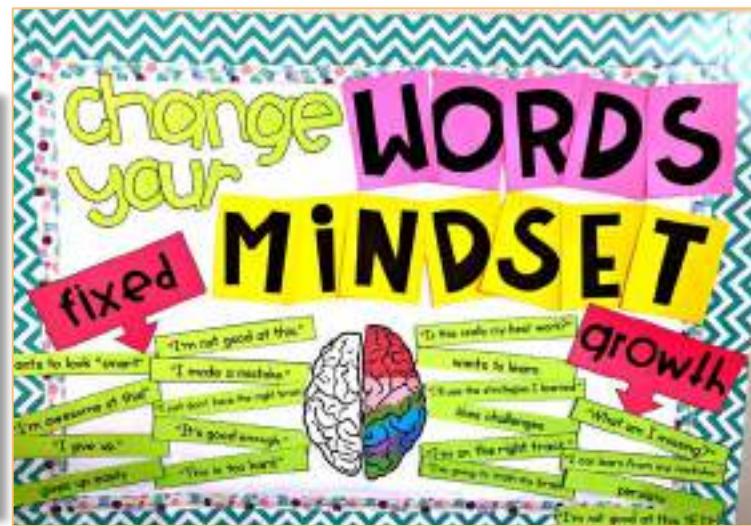
Reflection Journal



Writing Activity



What's the Mindset Board Game



Sort Pieces & Bulletin Board Materials



Scenario Task Cards

LESSON 2 - The Brain

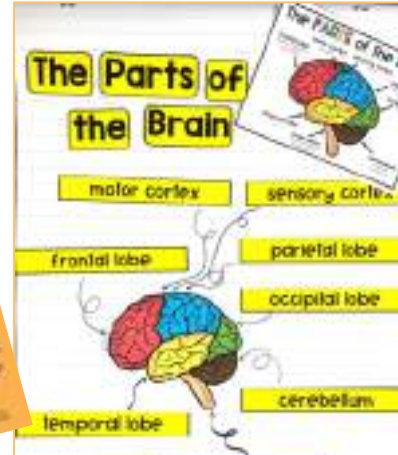
Lesson 2 teaches kids about how to identify the different parts of the brain, what they are called and what each part does. Kids will understand that the brain changes and grows as they learn new things and work through challenges.

mind+heart - Growth Mindset Lesson 2 : The Brain	
Community Building Activity	Post a single word on different posters (i.e., creativity, mistakes, effort, dedication, risks, courage, etc.) Ask kids to write down what that word means to them on each poster. Bring kids together and share/discuss the ideas and thoughts that were written for each word.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Book, & Videos: Teach kids about their brains, the different parts, and what they do. Use the posters and make a chart. Emphasize how the brain changes when we learn new things and challenge ourselves. Say "Our brains have billions of tiny neurons. Learning something new causes the brain to grow more connections among neurons (neuroplasticity). The brain develops and makes more room to learn new things and face new challenges." Use the videos (linked) and read "Our Fantastic Elastic Brain" to illustrate. Anchor Chart & Brain Craftivity: Brainstorm things they trained/stretch their brain to learn and have them share about how they did it and the steps they took. Write examples on the 3D brain template (see instructions).
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 2. Complete the prompt or record personal thoughts and ideas. "My Brain Bag": Select a few items from home to place inside a bag that represents their accomplishments. Have them share with the class. Brain Hat: Follow directions to color and create a wearable hat of the brain.
Lesson Goal	Identify the different parts of the brain and what it can do. Understand that the brain changes and grows.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Book: Our Fantastic Elastic Brain Video: Brain Areas with Mind the Brain

Lesson Plan



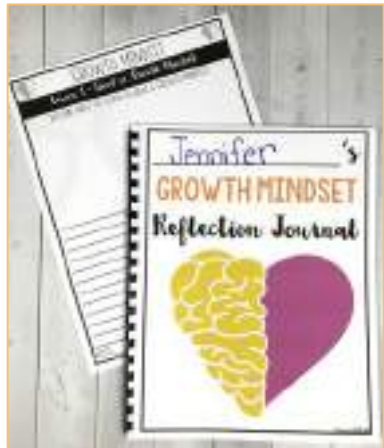
Discussion Starters & Challenges



Anchor Chart Idea, Poster & Materials



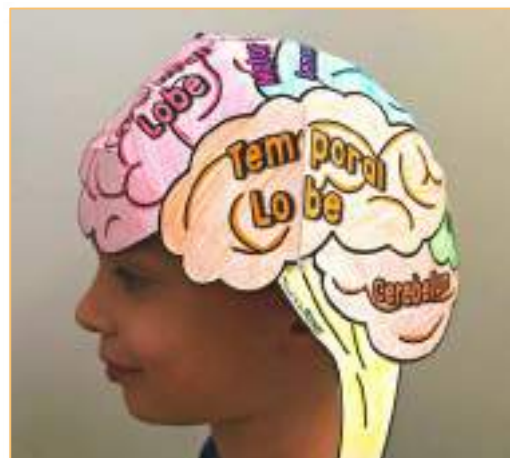
Anchor Chart Idea



Reflection Journal



Brain Bag Activity & Parent Letter



Make a Brain Hat



3D Brain Craftivity

LESSON 3 - Mistakes & Challenges

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

mind+heart - Growth Mindset Lesson 3 : Mistakes & Challenges	
Community Building Activity	Bring kids together as a group. Ask them one at a time to repeat the statement "My brain can..." and complete the sentence. Encourage kids to share an idea they learned from the previous lesson.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Video Talk about the importance of having challenges, making mistakes and failing, and how they help us learn and grow (explain). If we challenge ourselves, we learn more. If we only do easy things, we don't learn to our potential (Use the video listed below) to illustrate. Anchor Chart & Writing Brainstorm examples of difficult things they have overcome. Ask them to share what they learned. Have them pick one example and write about it. Book & Drawing Activity Read "The Book of Mistakes". Instruct kids to think about how they view mistakes and share their thoughts. Have them draw a creative picture of their own, embracing the mistakes they make as they go.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 3. Complete the prompt or record personal thoughts and ideas. Meaningful Mistakes Foldable : Create a pamphlet with their experiences on making mistakes. Print two pages back to back and fold in the center. Talking/Thinking Bubbles Have kids write things they can say to themselves and others when they fail or are challenged.
Lesson Goal	Lesson Materials
Identify and describe how mistakes, failures, and challenges are positive and help us learn new things.	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Video: You Can Learn Anything Video: Growth Mindset Kids

Lesson Plan



Discussion Starters & Challenges



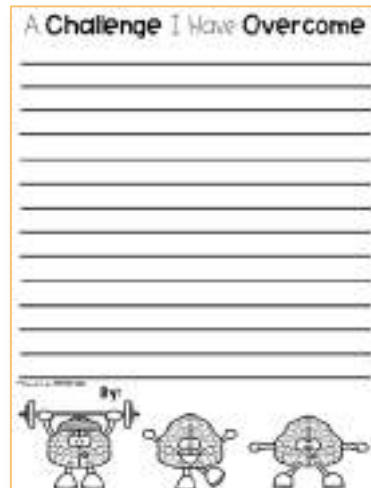
Anchor Chart Idea



Reflection Journal



Making Mistakes Pamphlet



Writing Activity



Drawing Mistakes Book Activity



Talking/Thinking Bubble Activity

LESSON 5 - S.M.A.R.T. Goal Setting

Lesson 5 teaches kids to describe what a SMART goal is and why goal setting is important. They will learn to set goals, create a strategy, stick to a plan, and reflect.

mind•heart - Growth Mindset Lesson 5 : S.M.A.R.T. Goal Setting	
Community Building Activity	Play "The Human Knot" game in a circle. Each person reaches across with their left hand to grab someone else's left hand. Repeat with the right hand. Work together as a group to find a way to untangle the knot.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart Discuss what goals are and why we need them. Teach the class about SMART goals and share the steps needed in setting and working towards a goal (using posters). Brainstorm different goals on an anchor chart. Have them discuss with a partner and pick one to focus on as a first goal. Fill out the plan sheet in detail and check to make sure the goal is SMART. Bulletin Board Create a floral-themed bulletin board called "Garden of Goals." Kids write their goal on a flower, decorate it (see print on colored cardstock) and hang up to create a bulletin board display. SMART Goal Sort-Read different examples of goals and discuss whether they are SMART. For those that aren't, suggest ways to make them SMART. Variation: Act out the goals given.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 5. Complete the prompt or record personal thoughts and ideas. Student Self-Reflection Evaluate how they did with their goal after the time they chose. Write responses to each question and make future plan.
Lesson Goal	Describe what a SMART goal is and why goal setting is important. Set a goal, create a strategy and stick to a plan.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Posters Goal setting scenario cards

Lesson Plan



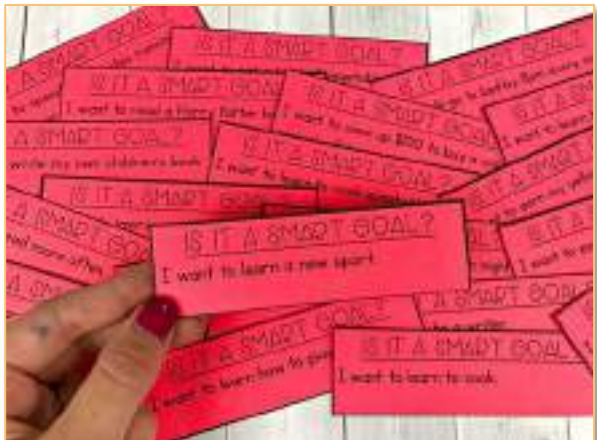
Discussion Starters & Challenges



Reflection Journal



Anchor Chart Idea & Posters



SMART Goal Sorting Task Cards



Bulletin Board & Goal Writing



SMART Goal Plan & Reflection Templates

growth mindset

DIGITAL UNIT

Proud to Be
Primary

What is Included in this Unit

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes thought starter questions, digital anchor chart, lesson and follow-up activities
- ♥ Get started easily with copy links for Google Slides & interactive PowerPoint files that are ready for you!



LESSON I - Fixed Versus Growth Mindsets

Lesson I teaches kids to understand what a fixed and growth mindset is and identify ways to change their mindset (statements, behaviors, etc.). Kids will be encouraged to show a growth mindset in discussions and activities.



Lesson Plan



Starters & Challenges



Anchor Chart & Poster



Recording Exercise



Sorting Activity



Mindset Scenarios



Reflection Journal



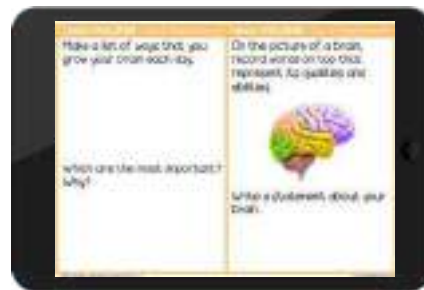
Board Game

LESSON 2 - The Brain

Lesson 2 teaches kids to identify the different parts of the brain, what they are called and what each part does. Kids will understand that the brain changes and grows as they learn new things and work through challenges.



Lesson Plan



Starter & Challenges



Anchor Chart & Poster



Brainstorming Activity



Vocabulary Posters



Reflection Journal



My Brain & Me Activity



Brain Games

LESSON 3 - Mistakes & Challenges

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



Lesson Plan



Starter & Challenges



Digital Anchor Chart



Brainstorm & Response



Reflection Journal



Read Aloud & Sketching



Making Mistakes Posters



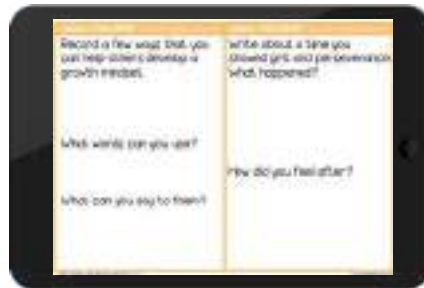
Words to Say & Think

LESSON 4 - Grit & The Power of YET

Lesson 4 teaches kids to understand what grit and related words mean. They will understand and connect to the concept of the power of YET. They will learn strategies that can help them show grit when things are difficult.



Lesson Plan



Starter & Challenges



Anchor Chart & Poster



Brainstorm & Response



The Power of YET



GM Posters & Markers



Reflection Journal



Student Awards

LESSON 5 - S.M.A.R.T. Goal Setting

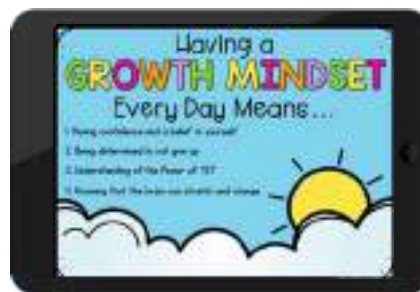
Lesson 5 teaches kids to describe what a SMART goal is and why goal setting is important. They will learn to set goals, create a strategy, stick to a plan, and reflect.



Lesson Plan



Thought Starters



Growth Mindset Poster



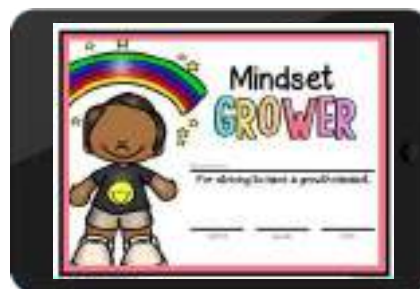
Digital Chart & Videos



Fill-In Storybook



Read Aloud & Response



Growth Mindset Awards



Quote Posters

relationships

PRINTABLE UNIT

Proud to Be
Primary

What is Included in this Resource

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities
- ♥ Make an impact in your classroom with lessons and activities that teach important social-emotional skills



LESSON I - Teacher-Student Relationships

Lesson I teaches kids to understand what a relationship is and why the teacher-student one is important. They will work on this relationship together through get to know you activities and open discussions.

mind+heart - Relationships
Lesson I : Teacher-Student Relationships

Community Building Activity
 Play a variation of "20 Questions" as a class. Have kids take turns asking the teacher a question that they answer and the kid must answer as well. Continue until all 20+ kids have asked/answered questions with the teacher.

Discussion Starters & Challenges
 Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.

Whole Group Lesson
 Discussion & Anchor Chart: Ask "What is a relationship?" and define different types. Talk specifically about the teacher-student relationship and why it is unique and important. Brainstorm together the components that are needed for it to be healthy and helpful (trust, respect, fun, etc.).
 Getting to Know You: Talk about how important it is to get to know each other so that one can understand the others' situation and personal experiences. Fill out a questionnaire. Share and say what they learned about another person.
 Teacher-Student Role Play: Have kids act out different scenarios on task cards in pairs. Have them illustrate the different roles (teacher & student) and their past experiences with certain scenarios. Discuss each after.

Follow-up Activities
 Reflection Journal: Reflect on the lesson through writing and drawing on page 1.
 Complete the prompt or record personal thoughts from the lesson.
 Icebreaker Games: Play icebreaker games regularly as a class to have kids and the teacher get to know each other better. (see cards for ideas).
 Student Survey: Check-in with kids every term and see how they are doing. "I Wish My Teacher Knew" Activity: Kids fill out note cards to submit privately.

Lesson Goal
 Understand what a relationship is and why the teacher-student one is important. Work on the relationship together through activities.

Lesson Materials
 Discussion Starters & Challenge Task Cards
 Anchor chart pieces and chart paper
 Questionnaires & student surveys
 Role play scenario cards

Lesson Plan

Discussion Starters & Challenges

Anchor Chart Idea

Reflection Journal

Scenario Task Cards

Questionnaire & Survey

What I Wish My Teacher Knew

Ice Breaker Activities

LESSON 2 - Communication Skills

Lesson 2 teaches kids to understand the importance of effective communication skills in building relationships. They will practice and demonstrate these skills with others.

mind+heart - Relationships Lesson 2 : Communication Skills	
Community Building Activity	Pair kids up with a partner to play 'Introduce Each Other'. Give kids a list of questions they must ask their partner and remember about them. After each person has had some time to ask, listen, and get to know their partner, each person will have a turn to introduce them to the class.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Type of Communication Discussion Explain that there are different types of communication (verbal, non-verbal, written) and each are important in helping us build relationships. Brainstorm different examples for each type. Effective Communication Skills Use the videos (linked) and discuss why we need to communicate and why effective communication skills are important (i.e. attentive listening, body language, facial expressions, responding). Brainstorm different ways we communicate and have them share experiences. Write about how to be a good communicator. Teach Listening Skills and Role Play Teach kids how to be good listeners by following a 4-step plan. Practice this skill with a partner given specific topics to discuss together. Be clear, concise, and complete when speaking.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 2. Complete the prompt or record personal thoughts and ideas. *Think Before You Speak* Board Game Talk about thinking before speaking (use the poster). Use the game to practice. Use game instructions.
Lesson Goal	Understand the importance of effective communication skills in building relationships. Practice and demonstrate these skills with others.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Video: Effective Communication Skills in Youth Video: What is Communication?

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal

I am a Good Communicator

Handwriting practice lines with a drawing of a person with arms raised at the bottom.

Writing Activity



Listening Skills Poster & Practice Activity



'Think Before You Speak' Board Game & Poster

LESSON 3 - What is a Friend?

Lesson 3 teaches kids to describe what a friend is and the qualities they possess. They will identify ways that they can be a good friend and work towards that goal.

mind+heart - Relationships Lesson 3 : What is a Friend?	
Community Building Activity	Play "The Compliment Game" in a circle as a class. One person passes a beanbag to a kid and gives them a compliment (says something nice). Play until everyone has had a chance to give and receive a compliment.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Video, & Vocabulary Ask kids "What is a friend?" and define it together. Brainstorm the qualities of a friend and record their ideas on an anchor chart. Use the video (linked below) to give more relatable ideas. Give pairs of students one of the Friendship traits on a sheet of paper and have them define, illustrate, and teach the class the meaning of their word. *True Friend Discussion & Pamphlet Discuss ways that they can be a good friend to others and add their ideas to the anchor chart. Have them write about what it means to be a true friend in the pamphlet provided. *Healthy vs. Unhealthy Friendship* Role Play Have kids act out scenarios given on task cards. Discuss whether they are healthy or unhealthy examples.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 3. Complete the prompt or record personal thoughts and ideas. Friendship Bingo Read descriptions of specific friendship qualities and cover the related word on the Bingo board. Friendship Mantra Banner Create a classroom banner with different friendship qualities. Kids choose a pennant to decorate and add.
Lesson Goal	Describe what a friend is and they qualities they possess. Identify ways that they can be a good friend and work towards that goal.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Video: Kids Talk About Friends Video: Friendship

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal



Friendship BINGO Game



'True Friend' Pamphlet



Healthy or Unhealthy Friendship Scenarios



Friendship Qualities



Friendship Quote Banner

LESSON 4 - Making & Keeping Friends

Lesson 4 teaches kids to describe specific behaviors and strategies they can use to help them make friends. They will understand that there are dilemmas and ways that they can be avoided.

mind+heart - Relationships Lesson 4 : Making & Keeping Friends	
Community Building Activity	Send kids to complete a "friend scavenger hunt" activity. They must look for different people who share the same examples they have written down on the template provided. Write their names down. Learning who they have things in common with is a great first step in building friendships.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Anchor Chart: Ask "How do you make friends?" and record ideas on an anchor chart. Discuss behaviors one can do to try and make friends. Show the video (linked). Have kids practice and role play in pairs. Book & Writing Activity: Talk about how a friendship takes work. Read the book "Enemy Pie" and discuss how that friendship developed. Jet down what the characters did to build a friendship. Record more ideas from kids. Have them choose 5-6 "ingredients" and write their own "friendship recipe". Friendship Dilemmas: Talk about the negative aspects of friendships and the things that cause drama (gossip, overreacting, ignoring, etc.). Brainstorm ways to avoid. Read/out loud scenarios and connect them with a solution.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 4. Complete the prompt or record personal thoughts and ideas. Friend Wanted Ad & Bulletin Board: Make a poster with the qualities they look for in a friend and draw them. Add the posters to a bulletin board. 10 Ways to Grow a Friendship: Write down 10 specific things they can do to grow a new friendship. Add on a bulletin board with flower artwork.
Lesson Goal	Describe specific behaviors and strategies they can use to help them make friends. Understand that there are dilemmas and
Lesson Materials	Friendship Scavenger Hunt Discussion Starters & Challenge Task Cards Anchor chart paper and short paper Video: Kid President's Guide to Making a New Friend

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal



Dilemma Scenario Task Cards



Bulletin Board & Writing Activity



Scavenger Hunt



Writing Activity



Book & Writing Activity

LESSON 5 - Collaboration & Teamwork

Lesson 5 teaches kids to understand the importance of collaboration and teamwork in the classroom. They will work cooperatively with others for a common goal.

mind+heart - Relationships Lesson 5 : Collaboration & Teamwork	
Community Building Activity	Play "10 Things In Common" in pairs. Give each pair a sheet of paper and have them work together to come up with a list of 10 things they have in common with each other (not things like "we both have 2 hands"). Share.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart: Define and brainstorm examples of collaboration, cooperation, and teamwork. Talk about why each is important. Finding Solutions & Role Playing: Talk about what happens when there is a problem in a group and brainstorm solutions together. Emphasize that solutions should include the opinions of others and make them feel respected. Have kids practice by working in groups to complete projects and work through challenges together (see cooperative game cards for ideas). Book & Writing Activity: Read the book "The Enormous Potato" and discuss its meaning. Brainstorm situations where they've needed the help of others to succeed at something. Write about one of those experiences that required the cooperation and teamwork of others.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 5. Complete the prompt or record personal thoughts and ideas. Play Cooperative Games: Play various games on cards that require kids to cooperate and demonstrate teamwork with peers. Foldable Craft: Write different solutions under each flap of a cootie catcher that kids put together. Use when needed to solve problems.
Lesson Goal	Lesson Materials
Understand the importance of collaboration and teamwork in the classroom and work cooperatively with others for a common goal.	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Book: <i>The Enormous Potato</i> Cootie Catchers

Lesson Plan



Discussion Starters & Challenges



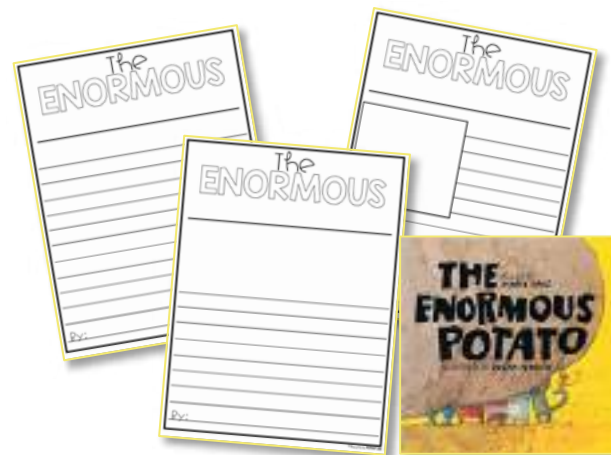
Anchor Chart Idea



Reflection Journal



Groups Solutions Cootie Catchers



Book & Writing Activity



Cooperative Game Cards

relationships

DIGITAL UNIT

Proud to Be
Primary

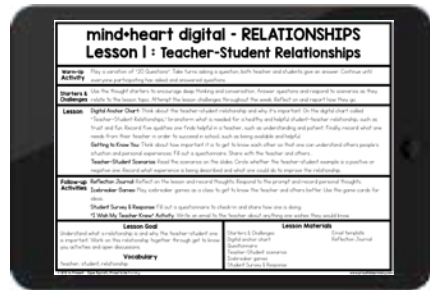
What is Included in this Unit

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes thought starter questions, digital anchor chart, lesson and follow-up activities
- ♥ Get started easily with copy links for Google Slides & interactive PowerPoint files that are ready for you!



Lesson 1 - Teacher-Student Relationships

Lesson 1 teaches to understand what a relationship is and why the teacher-student one is important. They will work on this relationship together through get to know you activities and open discussions.



Lesson Plan



Starters & Challenges



Digital Anchor Chart



Student Questionnaire



Relationship Scenarios



Ice Breaker Games



Student Survey



Reflection Journal

Lesson 2 - Communication Skills

Lesson 2 teaches kids to understand the importance of effective communication skills in building relationships. They will practice and demonstrate these skills with others.



Lesson Plan



Starters & Challenges



Digital Anchor Chart



Videos & Response Template



Listening Poster & Activity



Lesson Poster



Boardgame



Reflection Journal

Lesson 3 - What is a Friend?

Lesson 3 teaches kids to describe what a friend is and the qualities they possess. They will identify ways that they can be a good friend and work towards that goal.



Lesson Plan



Starter & Challenges



Digital Chart & Brainstorm



Scenario Task Cards



Poster Activities



Quality Matching Activity



Friendship Mantras



Reflection Journal

Lesson 4 - Making & Keeping Friends

Lesson 4 teaches kids to describe specific behaviors and strategies they can use to help them make friends. They will understand that there are dilemmas and ways that they can be avoided.



Lesson Plan



Starter & Challenges



Scavenger Hunt



Digital Anchor Chart



Video Responses



Writing Activities



Friendship Dilemmas



Reflection Journal

Lesson 5 - Collaboration & Teamwork

Lesson 1 teaches kids to understand the importance of collaboration and teamwork in the classroom. They will work cooperatively with others for a common goal.



Lesson Plan



Starter & Challenges



Digital Anchor Chart



Read Aloud & Response



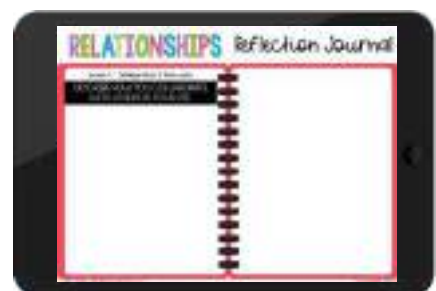
Group Problems & Solutions



Cooperative Games



Game Cards



Reflection Journal

social awareness

PRINTABLE UNIT



What is Included in this Resource

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities
- ♥ Make an impact in your classroom with lessons and activities that teach important social-emotional skills



LESSON 2 - Empathy

Lesson 2 teaches kids to understand what empathy is and why it is important. They will describe ways of being empathetic (looks, sounds, feels) and ways that are not. They will be encouraged to act in empathetic ways.

mind•heart - Social Awareness Lesson 2 : Empathy	
Community Building Activity	Play "I Wish" 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 ask the new kid to join in; I will help someone if they are struggling; I will try to understand). Discuss, encourage, and record ideas as necessary.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Empathy Discussion & Anchor Chart: Talk about what empathy means and why it is important. Create a T-chart with ideas about what empathy looks like, sounds like, and feels like. Talk about what empathy is not. Read "Stand In My Shoes" to provide more examples for discussion. Showing Empathy: Talk about how to notice and consider the feelings of others in order to show empathy. Teach kids to follow the 3-step approach given on the poster (1. notice feelings, 2. consider feelings, 3. show empathy). Have pairs stand up and act out scenarios (see task cards). Ask the class for suggestions of ways to show empathy and act out the suggestions given. Book & Writing: Read "The Invisible Boy". Discuss and write a connection.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing. Empathy Scavenger Hunt: Find peers who have had the experiences listed on the sheet and write their name. 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 Involvement: Arrange to visit and spend some time in a place for those less fortunate (i.e., children's hospital, animal shelter, elderly home).
Lesson Goal	Understand what empathy is and why it is important. Describe ways of being empathetic (looks, sounds, feels) and not. Make strides to act in empathetic ways.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Book: <i>Stand In My Shoes</i> Showing empathy poster

Lesson Plan



Discussion Starters & Challenges



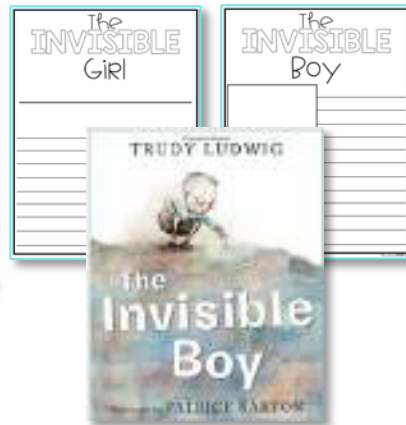
Anchor Chart Idea



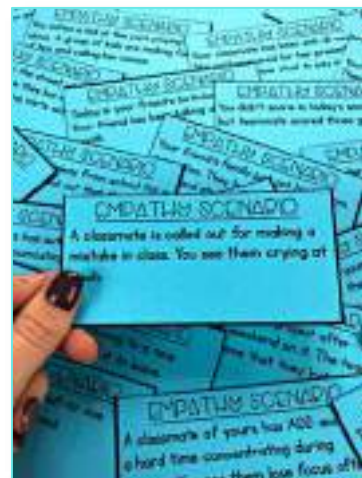
Reflection Journal



Posters



Book & Writing Activity



Empathy Scenarios



Empathy Scavenger Hunt

LESSON 3 - Peer Pressure

Lesson 3 teaches kids to understand what peer pressure is and share good and bad examples from their knowledge and experience. They will learn strategies of how to avoid and respond to negative peer pressure.

mind•heart - Social Awareness
Lesson 3 : Peer Pressure

Community Building Activity
Give each pair a balloon to hold in between their bodies facing each other to play "Under Pressure". Give scenarios out loud (i.e., told to eat a bug, lie to a parent, ignore someone). Move closer, puffing pressure on the balloon if that is something they wouldn't do or stay still if they would. See if it pops!

Discussion Starters
Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.

Whole Group Lesson
Discussion & Anchor Chart: Ask "What is peer pressure?" and share ideas on a chart. Remind kids of the balloon activity and how peer pressure is like a force that is put on us to make a choice. Ask them if peer pressure is a good thing to face. Explain that it helps them figure out their values, what's important to them, and helps them understand themselves. Gauge understanding and past experiences by giving kids a survey to answer. Talk about responses.
Positive vs. Negative Peer Pressure: Brainstorm positive (i.e., studying for a test, exercising, voting, etc.) and negative examples (i.e., bullying, stealing, excluding, etc.) of peer pressure. Ask what they should do when faced with negative peer pressure (and how to avoid it). Develop an action plan together by teaching kids strategies of how to STOP peer pressure (see poster). Have kids practice by role playing negative peer pressure scenarios (on task cards).

Follow-up Activities
Reflection Journal: Reflect on the lesson through writing and drawing.
Board Game: Play the "Peer Pressure" board game (see game instructions).
Writing: Share advice and write ways to avoid and respond to peer pressure on the poster or pamphlet template provided.

Lesson Goal
Understand what peer pressure is and share good and bad examples. Describe strategies of how to avoid and respond.

Lesson Materials
Inflated balloons
Discussion Starters & Challenge Task Cards
Anchor chart pieces and short paper
STOP poster

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal



Poster & Pamphlet Templates



Poster



Peer Pressure Scenarios



Peer Pressure Board Game

LESSON 4 - Conflict Resolution

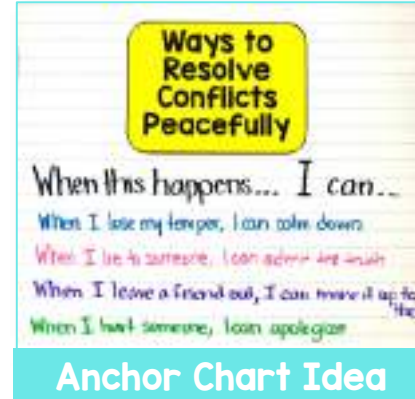
Lesson 4 teaches kids to identify ways to solve conflict and demonstrate effort in solving them peacefully. They will describe conflicts they have encountered and what they learned.

mind•heart - Social Awareness Lesson 4 : Conflict Resolution	
Community Building Activity	Kids line up silently side by side for the "Power Shuffle" activity. Read statements one at a time and instruct kids to take a step away from the line if they believe a statement holds true for them (eg. "Take a step if you've been teased"). The purpose is to see that others have had similar experiences.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	<p>Discussion & Anchor Chart Start: the lesson by discussing how conflict is okay (normal and healthy). Ask kids to share examples of conflicts they have encountered, ask them what happened, and what they learned.</p> <p>Solving Conflicts Brainstorm: ways to resolve conflicts peacefully. Ask "When this happens... I can..." Share and write ideas. Sort examples of constructive and destructive ways of dealing with conflict ("roads" & "roadblocks").</p> <p>Conflict Resolution Method: Teach 4 specific steps to solving a conflict.</p> <p>Introduce each step, discuss what they mean, and role play to practice.</p> <p>Hang poster and provide cards to refer to if necessary. Have kids write their plan for solving conflicts step by step in a tabbed notebook.</p>
Follow-up Activities	<p>Reflection Journal: Reflect on the lesson through writing and drawing.</p> <p>Conflict Resolution BINGO: Provide a variety of ways to solve conflicts on a BINGO sheet that kids can refer to when looking for a strategy to help them.</p> <p>Bulletin Board: Write about being a peaceful problem solver and add to a bulletin board (materials provided)</p> <p>Card Game: Play the "Conquer Conflict" card game (see game instructions).</p>
Lesson Goal	Lesson Materials
Describe conflicts they have encountered and what they learned. Identify ways to solve conflict and demonstrate effort in.	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Sorting cards (roads & roadblocks) Conflict Resolution BINGO Conquer Conflict

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal

ROADS	ROADBLOCKS
Use Kind Words	Refuse Help
Problem Solve	Use Means Words
Apologize	Fight
Talk It Out	Ignore
Compromise	Yell & Scream
Use "I" Statements	Look Self-Centered
Have Self-Control	Ignore Responsibility
Ask for Help	Refuse to Cooperate
Show Compassion	Intimidate

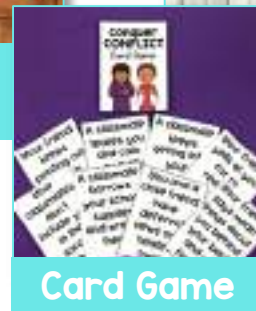
Ways to Deal with Conflict Sort



Bulletin Board & Writing Activity



Posters & Tabbed Booklet



Card Game



Solving Conflict BINGO

LESSON 5 - Anti-Bullying

Lesson 5 teaches kids to understand what bullying is and what it is not. They will learn to demonstrate ways to stand up to and stop bullying behavior. They will be encouraged to actively attempt to stop bullying when they encounter it.

mind•heart - Social Awareness Lesson 5 : Anti-Bullying	
Community Building Activity	Have two apples ready for this activity - bruise one by gently tapping it on the floor before. Proceed to tell the group how much you dislike that one apple and why. Pass it around the circle and have kids say mean things about that apple as well. Pass the other apple around and say nice things about it. After, slice both apples in half and look at the effects of the "bullying" on the bruised apple. Emphasize that the effects of bullying are permanent.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Anchor Chart: Define bullying and discuss what a bully is (i.e., attacks, hurts others, harasses, cyber bullies). Share a personal story of bullying and encourage kids to share their own (experienced or seen). Talk about the consequences of bullying. Use the videos linked below to illustrate. Is It Bullying? Discuss when an incident is bullying and when it is not (use poster). Give situations and discuss whether it is an example of bullying. Standing Up to Bullies: Read the book "Over" and discuss its meaning. Talk about what to do when they or someone they know is being bullied. Discuss what it means to stand up to bullies safely. Discuss, brainstorm, and write ways to stop a bully (see poster and template). Bullying Role Play: Teach and practice response strategies. 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 and act out bullying scenarios together (goals and description cards). Kids help the victim using the strategies taught. Use response strategies when acting out scenarios.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing. Erosed Meanness: Try this powerful whiteboard activity with the group. Anti-Bullying Pledge: Fill out a pledge to stand up to bullies with details about

Lesson Plan



Discussion Starters & Challenges



Bullying Scenario & Photos



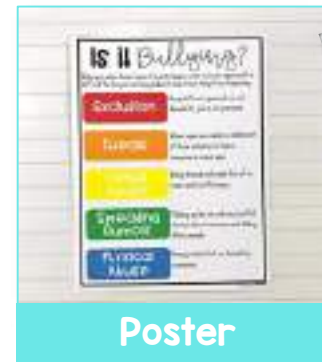
Reflection Journal



Anchor Chart Idea & Materials



STOP a Bully Pledge



Poster



Book & Writing Activity

social awareness

DIGITAL UNIT

Proud to Be
Primary

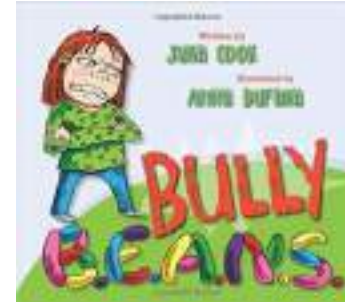
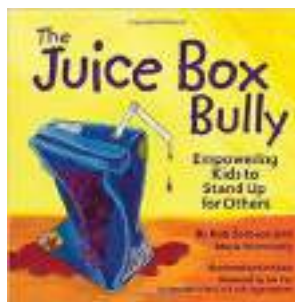
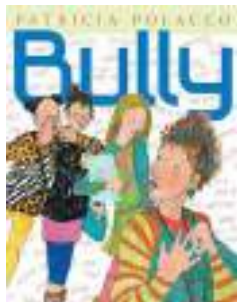
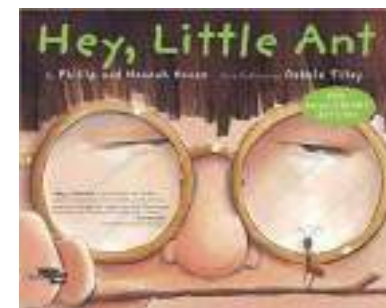
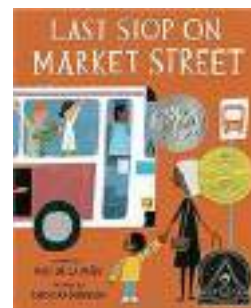
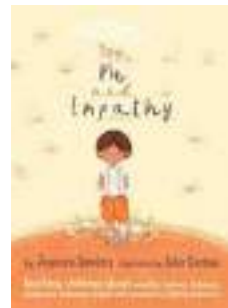
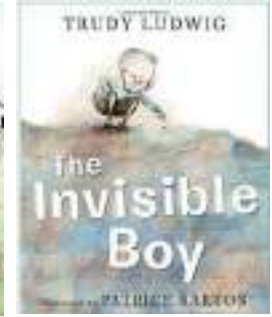
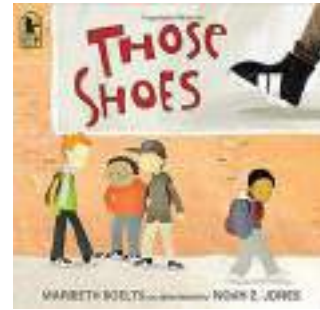
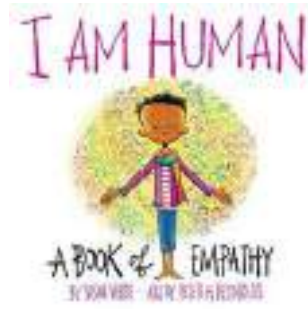
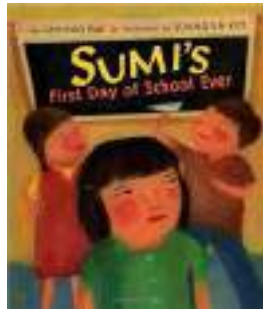
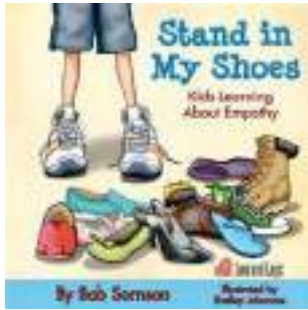
What is Included in this Unit

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes thought starter questions, digital anchor chart, lesson and follow-up activities
- ♥ Get started easily with copy links for Google Slides & interactive PowerPoint files that are ready for you!



digital social awareness Unit Book List

Click the book images below to see a video of them being read aloud (safe links).



Lesson 1 - Social Cues & Expectations

Lesson 1 teaches kids to understand what social expectations are and attempt to follow them. They will learn and understand what social cues are and how they are used to communicate messages differently.

mind•heart digital - SOCIAL AWARENESS
Lesson 1 : Social Cues & Expectations

Objective: Students will be able to identify and describe social cues and expectations. They will be able to explain the importance of social cues and expectations in different situations.

Standards: This lesson aligns with the following standards: SEL.3-5.C.1, SEL.3-5.C.2, SEL.3-5.C.3, SEL.3-5.C.4, SEL.3-5.C.5, SEL.3-5.C.6, SEL.3-5.C.7, SEL.3-5.C.8, SEL.3-5.C.9, SEL.3-5.C.10, SEL.3-5.C.11, SEL.3-5.C.12, SEL.3-5.C.13, SEL.3-5.C.14, SEL.3-5.C.15, SEL.3-5.C.16, SEL.3-5.C.17, SEL.3-5.C.18, SEL.3-5.C.19, SEL.3-5.C.20, SEL.3-5.C.21, SEL.3-5.C.22, SEL.3-5.C.23, SEL.3-5.C.24, SEL.3-5.C.25, SEL.3-5.C.26, SEL.3-5.C.27, SEL.3-5.C.28, SEL.3-5.C.29, SEL.3-5.C.30, SEL.3-5.C.31, SEL.3-5.C.32, SEL.3-5.C.33, SEL.3-5.C.34, SEL.3-5.C.35, SEL.3-5.C.36, SEL.3-5.C.37, SEL.3-5.C.38, SEL.3-5.C.39, SEL.3-5.C.40, SEL.3-5.C.41, SEL.3-5.C.42, SEL.3-5.C.43, SEL.3-5.C.44, SEL.3-5.C.45, SEL.3-5.C.46, SEL.3-5.C.47, SEL.3-5.C.48, SEL.3-5.C.49, SEL.3-5.C.50, SEL.3-5.C.51, SEL.3-5.C.52, SEL.3-5.C.53, SEL.3-5.C.54, SEL.3-5.C.55, SEL.3-5.C.56, SEL.3-5.C.57, SEL.3-5.C.58, SEL.3-5.C.59, SEL.3-5.C.60, SEL.3-5.C.61, SEL.3-5.C.62, SEL.3-5.C.63, SEL.3-5.C.64, SEL.3-5.C.65, SEL.3-5.C.66, SEL.3-5.C.67, SEL.3-5.C.68, SEL.3-5.C.69, SEL.3-5.C.70, SEL.3-5.C.71, SEL.3-5.C.72, SEL.3-5.C.73, SEL.3-5.C.74, SEL.3-5.C.75, SEL.3-5.C.76, SEL.3-5.C.77, SEL.3-5.C.78, SEL.3-5.C.79, SEL.3-5.C.80, SEL.3-5.C.81, SEL.3-5.C.82, SEL.3-5.C.83, SEL.3-5.C.84, SEL.3-5.C.85, SEL.3-5.C.86, SEL.3-5.C.87, SEL.3-5.C.88, SEL.3-5.C.89, SEL.3-5.C.90, SEL.3-5.C.91, SEL.3-5.C.92, SEL.3-5.C.93, SEL.3-5.C.94, SEL.3-5.C.95, SEL.3-5.C.96, SEL.3-5.C.97, SEL.3-5.C.98, SEL.3-5.C.99, SEL.3-5.C.100

Why do people act differently in different situations? Do you act different at home than at school? Why or why not?

Why is communicating by text sometimes difficult? Why are manners important?

Social Expectations

SOCIAL CUE	SOCIAL EXPECTATION
Salute	
Shake hands	
Playground	
Pool	
Friends House	
Ball	
Library	
At Night	
Home	

SOCIAL CUES

Students can use this card to practice identifying social cues and expectations in different situations.

Two cards showing a woman talking on a phone, one with a pink border and one with a yellow border.

Lesson Plan

Starter & Challenges

Digital Anchor Chart

Social Cues Practice

Tone of Voice

HEED
HAPPY
ANGRY
SAD
WORRIED
CALM
FRUSTRATED
SERIOUS

Illustration of a head with sound waves and a speech bubble.

MANNERS Matter

- Home
- School
- Store
- Pool
- Library

SOCIAL AWARENESS

Reflection Journal

Illustration of a purple spiral notebook and a yellow pencil.

SOCIAL AWARENESS Reflection Journal

Tone of Voice Activity

Manners Reflection

Reflection Journal

Lesson 2 - Empathy

Lesson 2 teaches kids to understand what empathy is and why it is important. They will describe ways of being empathetic (looks, sounds, feels) and ways that are not. They will be encouraged to act in empathetic ways.



Lesson Plan



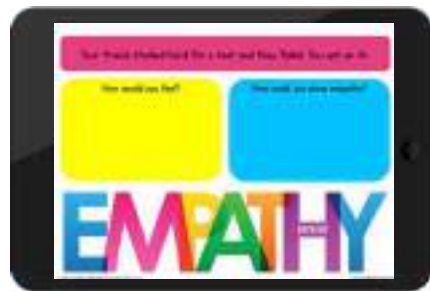
Starters & Challenges



Digital Anchor Chart



Get Well Notes



Scenario Slides



Read Aloud & Response



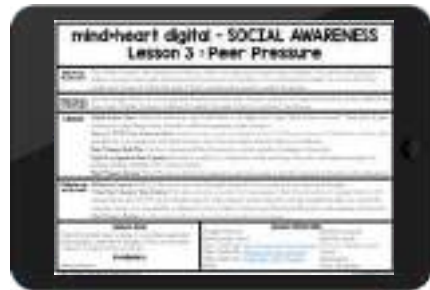
Scavenger Hunt



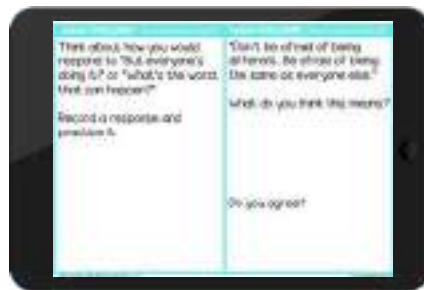
Reflection Journal

Lesson 3 - Peer Pressure

Lesson 3 teaches kids to understand what peer pressure is and share good and bad examples from their knowledge and experience. They will learn strategies of how to avoid and respond to negative peer pressure.



Lesson Plan



Starter & Challenges



Digital Chart & Poster



Survey & Reflection



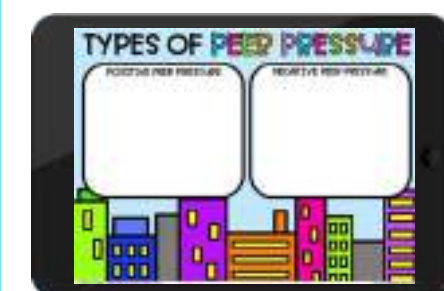
Role Play Cards



Board Game



Poster Activity



Brainstorm Activity

Lesson 4 - Conflict Resolution

Lesson 4 teaches kids to identify ways to solve conflict and demonstrate effort in solving them peacefully. They will describe conflicts they have encountered and what they learned.



Lesson Plan



Starter & Challenges



Digital Chart & Poster



Brainstorm & Plan



BINGO Board



Card Game



Sorting Activity



Reflection Journals

Lesson 5 - Anti-Bullying

Lesson 5 teaches kids to understand what bullying is and what it is not. They will learn to demonstrate ways to stand up to and stop bullying behavior. They will be encouraged to actively attempt to stop bullying when they encounter it.



Lesson Plan



Starters & Challenges



Digital Chart & Poster



Story, Response, & Poster



Scenarios



Pledge



Quote Posters



Reflection Journal

kindness

PRINTABLE UNIT



What is Included in this Resource

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities
- ♥ Make an impact in your classroom with lessons and activities that teach important social-emotional skills



LESSON 1 - What is Kindness?

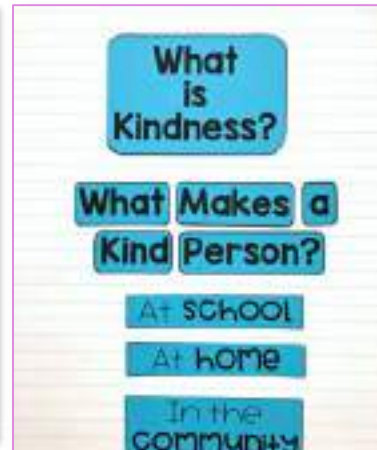
Lesson 1 teaches kids to understand what kindness is and what it means to be a kind person. They will describe and demonstrate ways of being kind to others and make an effort to show kindness to others each day.

mind•heart - Kindness Lesson 1: What is Kindness?	
Community Building Activity	Kids pair up and create and practice a "secret" handshake and a greeting with each other's name in it. When ready, have all kids do their handshakes and greetings. Switch partners and teach each other your handshakes.
Discussion Starters & Challenges	Use the Discussion Starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Kindness Discussion & Anchor Chart: Ask "What is kindness?" and brainstorm the ideas and words that kids share on an anchor chart. Read the book "Each Kindness" and show the video (linked). Discuss each and their meaning. *Ask "What makes a kind person?" and have kids turn and talk with a partner. Share and discuss. Kids write about what they think makes a kind person. Kindness Oath: Emphasize that showing kindness is important everyday and in everywhere they go. Brainstorm things they can do daily at school, home, and in the community. Take those ideas and write a "Kindness Oath" together as a class. Have kids copy the oath and sign it. Post the oath on a bulletin board. Kindness Scenarios: Act out different scenarios and discuss whether they are kind or unkind actions. Share ideas of ways to turn unkind acts into kind ones.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on pg 1. Mantra Posters & Bookmarks: Read and reflect on the quotes about kindness. Color and hang the posters, and use the bookmarks as a daily reminder. Kind Heart Activity: Give each kid a large heart cut-out to put on their desk. Kids rotate around to each other's spot and write a kind note about that person. Kindness Bulletin Board: Add writing and posters on a board. (materials provided)
Lesson Goal	Lesson Materials
Understand what kindness is and what it means. To be a kind person. Describe and demonstrate ways of being kind to others. Make an effort to show kindness to others.	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Book: <i>Each Kindness</i> Scenario task cards Video: <i>10 Things We Should Say More Often</i>

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Kind Hearts Activity



Reflection Journal



Kindness Oath



Bulletin Board Pieces & Posters



Writing Template



Kindness Scenarios



Bookmarks

LESSON 2 - Gratitude

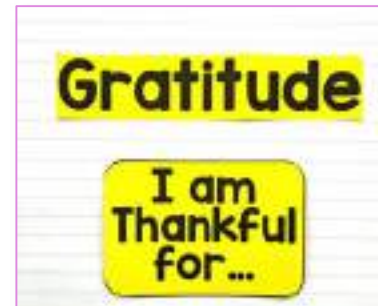
Lesson 2 teaches kids to describe what gratitude means and the importance of giving thanks. They will be encouraged to give thanks and appreciate what they have. They will practice giving gratitude daily.

mind•heart - Kindness Lesson 2 : Gratitude	
Community Building Activity	Teach kids ways to say "thank you" in the different languages represented in your classroom. Kids who speak different languages can share the word for others to repeat and write it on the board for others to see.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
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 (promotes happiness). Brainstorm things they are thankful for on an anchor chart (places, people, food, colors, books, smells, movies, games, friends, holidays, etc.). Kids will jot down the things they are thankful for on their own Gratitude List (Use template provided). Daily Gratitude Warm-up & Journal Each day, go around the room and have each person share something they are thankful for. Use the phrase, "I am thankful for..." and go around until everyone shares. Kids complete a one sentence journal of what they are thankful for that day in a gratitude journal. Gratitude Scavenger Hunt Complete the tasks on the list to encourage gratitude.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on pg 2. Gratitude Wall Jot down their gratitude on sticky notes or note cards around the word GRATITUDE to create a powerful display. Gratitude Collage Add personal drawings and pictures out out or printed to a collage of things they are thankful for. Thank Someone Write a thank you letter or note to someone (template given).
Lesson Goal	Lesson Materials
Describe what gratitude means and the importance of giving thanks. Strive to give thanks and appreciate what they have.	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Gratitude List template Gratitude Journal Thank You letters and notes.

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal



Thank You Notes & Letter Templates



Scavenger Hunt



Gratitude List



Thankful Notes



Gratitude Collage



Gratitude Journal

LESSON 3 - Generosity

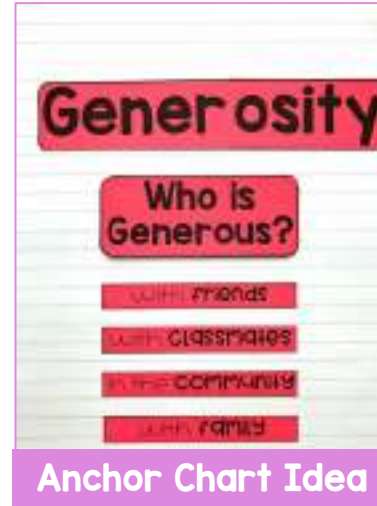
Lesson 3 teaches kids to describe what it means to be generous and identify different ways one can be generous. They will make intentions to be more generous and giving through actions and projects.

mind•heart - Kindness Lesson 3 : Generosity & Giving	
Community Building Activity	Sit in a circle and practice giving compliments to peers. For example, "I've noticed how Lexie has been helping the younger kids outside" or "Matt did a great job with his presentation." Have kids give specific compliments to recognize others and the things they have accomplished or the kind acts they have done.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Anchor Chart: Ask "What is generosity?" and ask what it means to be generous. Define together. (Giving freely and unselfishly to those in need.) Explain that there are different ways to be generous (with your time, talents, or things). Brainstorm examples of ways we can show generosity (with family, friends, classmates, and in the community) on an anchor chart. Who Is Generous? Share examples of people who are generous and what they do to show their generosity. Kids choose one person in their lives and write a letter or note of appreciation to them to say thank you. "I Will" Game & Writing Practice: making intentional "I will" statements of ways to be generous. Play a card game where kids say "I will," and then give a specific way they will be generous related to the location on the card. After playing, have kids write a list of "I will" statements on the template provided.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on pg 3. Community Project: Host a toy or food drive or create hampers for homeless people and give the donations to the community. Giving Club: Start a club where kids can get together to give in different ways. Put notes with ideas of ways to give in a jar called the Giving Jar.
Lesson Goal	Lesson Materials
Describe what it means to be generous and identify different ways one can be generous.	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Thank You letter & note templates (From L43)

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal



Writing Template



The Giving Club Materials



Giving Jar Cards



Generosity Card Game

kindness

DIGITAL UNIT

Proud to Be
Primary

What is Included in this Unit

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes thought starter questions, digital anchor chart, lesson and follow-up activities
- ♥ Get started easily with copy links for Google Slides & interactive PowerPoint files that are ready for you!



Lesson 1 - What is Kindness?

Lesson 1 teaches kids to understand what kindness is and what it means to be a kind person. They will describe and demonstrate ways of being kind to others and make an effort to show kindness to others each day.



Lesson Plan



Starter & Challenges



Digital Chart & Templates



Scenario Task Cards



Kindness Oath



Quotes & Markers



Kind Heart Activity



Reflection Journal

Lesson 2 - Gratitude

Lesson 2 teaches kids to describe what gratitude means and the importance of giving thanks. They will be encouraged to give thanks and appreciate what they have. They will practice giving gratitude daily.



Lesson Plan



Starters & Challenges



Digital Chart & Brainstorm



Gratitude List



Gratitude Journal



Gratitude Activities



Thank You Notes



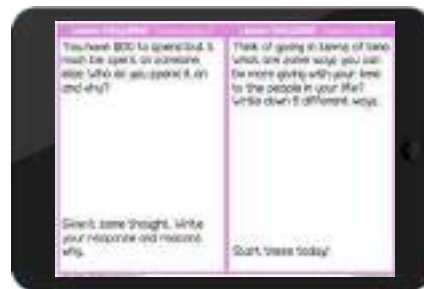
Reflection Journal

Lesson 3 - Generosity

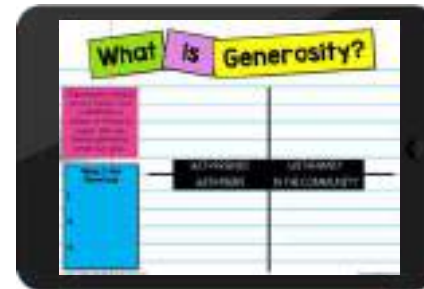
Lesson 3 teaches kids to describe what it means to be generous and identify different ways one can be generous. They will make intentions to be more generous and giving through actions and projects.



Lesson Plan



Starter & Challenges



Digital Anchor Chart



Who is Generous? Activity



"I Will" Card Game



Writing Activity



Giving Jar of Ideas



Reflection Journal

Lesson 4 - Random Acts of Kindness

Lesson 4 teaches kids to understand what random acts of kindness are and to describe ones they have seen and done. They will be encouraged to take action in being kind and perform different acts of kindness everyday.



Lesson Plan



Starter & Challenges



Digital Anchor Chart



Brainstorm & Writing



Kindness Activities



Kindness Project



Kindness Calendars



Kind Notes

Lesson 5 - Bucket Filler Classroom

Lesson 5 teaches kids to understand the differences between a bucket filler and bucket dipper, as well as what's needed to be a bucket filler. They will be encouraged to make an effort to be a bucket filler each day.



Lesson Plan



Starter & Challenges



Emotions Posters



Digital Anchor Chart



Feelings Clip Charts



How Do They Feel? Books



Emoji-tions Board Game



Emoji-tions Board Game

respect

PRINTABLE UNIT

Proud to be
Primary

What is Included in this Resource

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities
- ♥ Make an impact in your classroom with lessons and activities that teach important social-emotional skills



LESSON 1 - What is Respect?

Lesson 1 teaches kids to describe what respect is and explain it in terms of the 'Golden Rule'. Video links are provided to support the lesson topic.

mind+heart - Respect Lesson 1 : What is Respect?	
Community Building Activity	In a circle, give each kid a piece of paper. Have them write their name at the top, and pass it around the circle. Each person will write something they value about that person on their paper at the bottom, folds it to cover their words, and passes it on. Each person will unfold and read their messages silently after.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Golden Rule Discussion, Poster, & Book: Ask kids: "What is the most important rule that we all share?" Take ideas and discuss. Lead them to understand what the "Golden Rule" is. Hang poster and read the book "The Golden Rule: Discuss why this rule is important." Respect Videos & Writing Ask: "What is respect?" Lead kids to understand that respect is the golden rule (treating others the way you want to be treated). Show the videos linked below as extra examples. Have kids write about the golden rule and the meaning of respect on one of the templates. Respect Acronym: Play the song "Respect" by Aretha Franklin. Encourage kids get up and move as they listen to the words. Discuss. Brainstorm words related to RESPECT (synonyms). Teach kids the respect acronym from the poster. Have them write their own acronym for what it means to them.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 1. Complete the prompt or record personal thoughts from the lesson. Mantra Posters & Cards Color in posters and cards with quotes about respect. Keep a stack, hang, and read them as needed. Bulletin Board Create an interactive display using the letters, acronyms, writing, and mantras.
Lesson Goal	Describe what respect is and explain it in terms of the 'Golden Rule'.
Lesson Materials	Discussion Starters & Challenge Task Cards Video: What does respect mean? Song: Respect

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea & Writing Templates



Reflection Journal



Golden Rule Poster



Respect Acronym Activity



Respect Bulletin Board



Mantra Posters and Cards

LESSON 2 - Showing Respect

Lesson 2 teaches kids to describe and demonstrate ways to show respect. They will learn to understand and describe the differences between disrespect and respect.

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 conversations with kids. Ask them questions, read the scenarios, and show photos and encourage kids to respond and share their thoughts.
Whole Group Lesson	Brainstorm, Anchor Chart & Writing Review the meaning of respect and brainstorm ways to show respect (to one's self, in class, at home, & in the community). Write about ways they show respect on the template provided. Respect vs. Disrespect: After reviewing the meaning of respect, talk about what respect does not mean. Ask "What are some actions that can be considered disrespectful?" Talk about the impact of those things. Sort examples given on cards in a pocket chart. Give examples of respectful things to say instead of disrespectful things. Respect Role Playing: Read and act out the scenarios given on the "Respect" task cards to gain practice being respectful. Respect Contract: Have kids make an oath to show respect. Have the write how they will show respect in the classroom. Includes parent letter to be sent home.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 2. Complete the prompt or record personal thoughts and ideas. Act of Service Project: Have kids plan and execute a service project to show respect in a focused way (i.e., earth cleanup, helping others, etc.).
Lesson Goal	Describe and demonstrate ways to show respect. Understand the differences between disrespect and respect.
Lesson Materials	Discussion Starters Anchor chart pieces and chart paper Large RESPECT letters Scenario task cards Respect contract Parent letter Project planning

Lesson Plan



Discussion Starters & Challenges



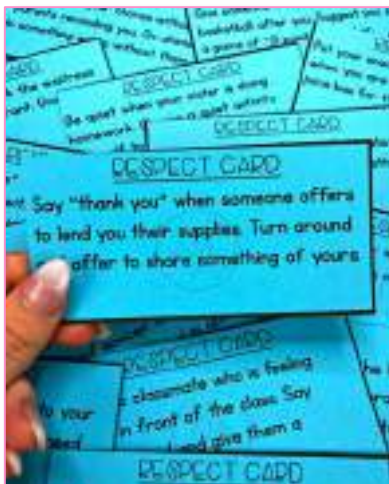
Anchor Chart Pieces



Sorting Activity



Respect Oath Contract & Parent Letter



Scenario Cards



Reflection Journal



Writing Activity



Acts of Service Project

LESSON 4 - Appreciating Differences

Lesson 4 teaches kids to understand and show appreciation of the differences and similarities they each possess. They will define related terms and make connections during discussions.

mind+heart - Respect Lesson 4 : Appreciating Differences	
Community Building Activity	Have kids look through magazines and online for pictures of people showing respect to others in different ways and of different kinds of people working and playing together. Use these images to create a class collage called "We Respect Differences".
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>Discussion, Anchor Chart & Writing Talk about how everyone deserves respect and equal treatment despite how they are different (gender, ethnicity, culture, language, abilities, etc.). Emphasize that things that make them different make them special. Brainstorm ways they are unique on an anchor chart. Have them write about their unique traits and qualities.</p> <p>Vocabulary Give pairs of students one of the important terms on a sheet of paper. Have them define, illustrate, include an example, and teach the class the meaning of their word. Post the words and use during future discussions.</p> <p>Book & Discussion Read a few of the books or show videos of the readings. (linked) Have discussions about the experiences of the characters and encourage kids to make connections to their own lives. Write about one or more of the stories using the specific template for a particular book.</p> <p>Share a Story Ask kids to bring in something from home that represents a part of their culture and/or background. Send the provided letter home to ask questions in order to appreciate and learn more about their peers.</p> <p>"A Day in the Life" Interview Kids interview a peer to get to know the similarities and differences that they possess with each other. Complete a Venn Diagram together. Using those ideas, write a story about a day in the life of the other person.</p>

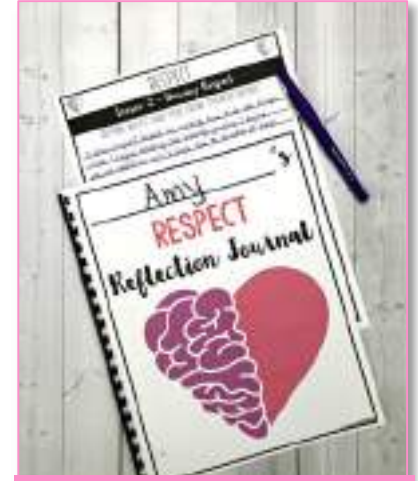
Lesson Plan



Discussion Starters & Challenges



Anchor Chart & Writing Activity



Reflection Journal



3 Book & Writing Activities



Quote Banner

LESSON 4 - Appreciating Differences

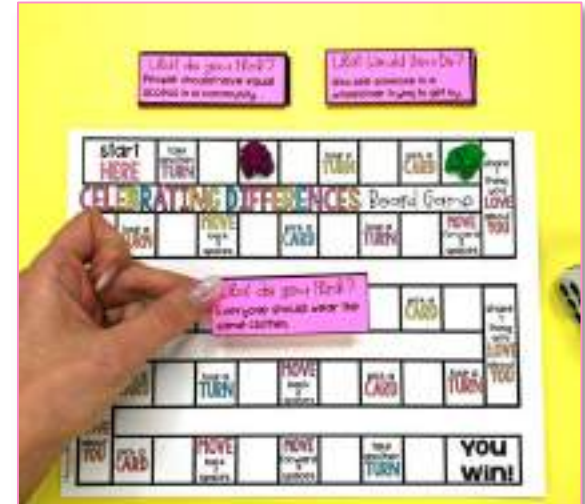
Lesson 4 teaches kids to understand and show appreciation of the differences and similarities they each possess. They will define related terms and make connections during discussions.



Interactive Bulletin Board & Puzzle Activity



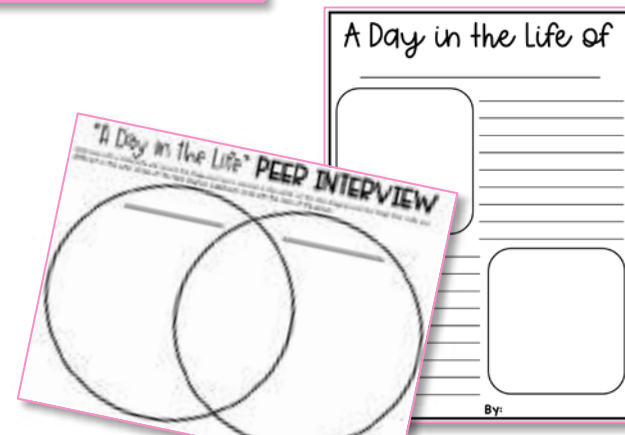
Sharing Cultures Activity & Parent Letter



Board Game



Vocabulary Activity



Peer Interview & Writing Activity

LESSON 5 - Stereotyping

Lesson 5 teaches kids to define stereotypes and describe different types of stereotypes. They will explain how they can influence attitudes and how they can lead to problems.

mind+heart - Respect Lesson 5 - Stereotyping	
Connective Building Activity	To make groups, give each child a sheet of paper from page 5 of a set of 10. They will be given five minutes to write down the first three words that come to mind when they think of a group. They will then be given five minutes to write down the first three words that come to mind when they think of a group. They will then be given five minutes to write down the first three words that come to mind when they think of a group.
Discussion Starters	What are some groups that you belong to? How do you feel about being part of a group? How do you feel about being part of a group? How do you feel about being part of a group?
Whole Group Lesson	Read the story "The Boy Who Swam with Piranhas" together. Discuss how the boy's actions challenge stereotypes about swimming. Ask the students to write down the first three words that come to mind when they think of a group. They will then be given five minutes to write down the first three words that come to mind when they think of a group.
Follow-up Activities	Write a story about a group of people who are different from you. How do you feel about being part of a group? How do you feel about being part of a group? How do you feel about being part of a group?
Lesson Goal	Students will be able to identify and describe different types of stereotypes.
Lesson Materials	Story "The Boy Who Swam with Piranhas", Discussion Starters, Follow-up Activities, Handouts.

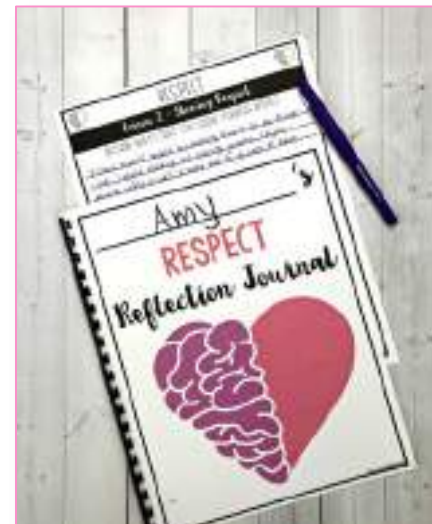
Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal

Gender Stereotypes Video & Writing Activity



Photos that Challenge



'I Have, Who Has' Card Game

FALSE stereotypes	
stereotype #1	stereotype #2
stereotype #3	stereotype #4
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	

False Stereotypes

respect

DIGITAL UNIT

Proud to Be
Primary

What is Included in this Unit

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes thought starter questions, digital anchor chart, lesson and follow-up activities
- ♥ Get started easily with copy links for Google Slides & interactive PowerPoint files that are ready for you!



Lesson 1 - What is Respect?

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



Lesson Plan



Thought Starters



Digital Anchor Chart



Book & Writing Activity



Song & Response Activity



Respect Acronym Activity



Respect Mantras



Reflection Journal

Lesson 3 - Integrity & Honesty

Lesson 3 teaches children to describe what honesty and telling the truth means and demonstrate ways of being honest.



Lesson Plan



Thought Starter



Digital Anchor Chart



Honesty Poster



Poster & Pamphlet



Book & Writing Activity



Self-Assessment



Game

Lesson 4 - Accepting Differences

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



Lesson Plan



Thought Starter



Digital Anchor Chart



Boardgame



Vocab. Posters



Book & Writing Activities



Sharing & Parent Letter



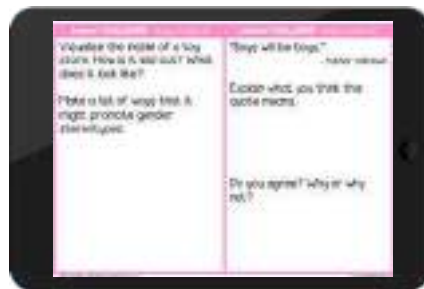
Peer Interview

Lesson 5 - Stereotyping

Lesson 5 teaches children to understand and show appreciation of differences and similarities amongst classmates.



Lesson Plan



Thought Starter



Digital Anchor Chart



Poster



"I Feel" Poster Template



Emotions Scenarios



Talking Bubbles



Emotions Journal

responsibility

PRINTABLE UNIT

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Primary

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- ♥ 5 lessons that include detailed lesson plans
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LESSON I - What is Responsibility?

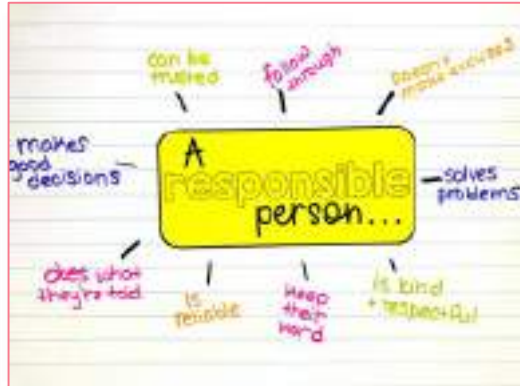
Lesson I teaches kids to understand what responsibility means by them lots of giving examples. They will learn to describe a responsible person and the behaviors they possess.

mind•heart - Responsibility Lesson I : 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, completing homework or remembering to write your name. Go around the circle and have children share their thoughts.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
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. being helpful, finish homework, staying committed). Talk about why it is an important trait to have. Show videos that give examples of responsibility (linked below). A Responsible Person Ask "What does a responsible person do each day?" and brainstorm ideas and behaviors on an anchor chart. Talk about why each of those are important (for success and happiness). Have kids show a responsible person with words, that describe them and things that they say and think in bubbles on a poster. Write about a responsible person on the template provided. RESPONSIBLE Posters On large letters that spell RESPONSIBLE, give a single letter to a few kids to decorate with words, sketches, clippings, etc. of what that word means to them. Share with the group and post on the wall together.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 1. Responsibility Scoot Read different scenarios and determine whether they illustrate responsible behavior. Record on template provided with an alternative idea. Responsibility Poem Write an acrostic poem with a different sentence about responsibility for each letter in the word "RESPONSIBLE".
Lesson Goal	Understand what responsibility means by giving examples. Describe a responsible person and the behaviors they possess.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and Large letters Poster template Writing template Large letters Task cards

Lesson Plan



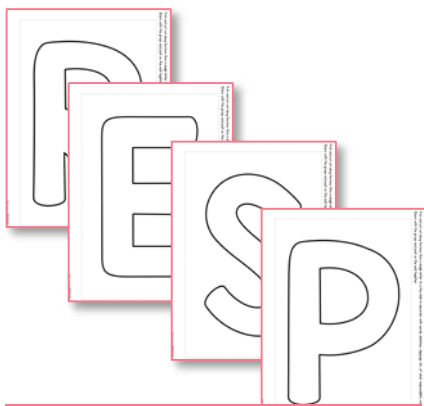
Discussion Starters & Challenges



Anchor Chart Idea



Draw & Write about a Responsible Person



RESPONSIBILITY Posters



Responsible Acrostic Poem



'Is it Responsible?' Scoot



Reflection Journal

LESSON 2 - Being Responsible

Lesson 2 teaches kids to describe ways to be responsible and ways that they are responsible in their own lives. They will understand what it means to take responsibility for their actions. Make a plan to be responsible in the future.

mind+heart - Responsibility
Lesson 2 : Being Responsible

Community Building Activity
Play "What's at Stake?" in a circle as a class. Remind kids that actions have consequences, so thinking through things and remembering what's at stake, helps us make the right decisions. Say simple scenarios, such as "You show up late to your 'board game' for kids to consider. Tell them to stand up once they've thought about who the stakeholders are (people affected by the action taken). Have kids share thoughts and talk about how it relates to responsibility.

Discussion Starters
Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.

Whole Group Lesson
Discussion & Anchor Chart Review what responsibility means. Brainstorm ways to be a responsible individual and their specific responsibilities to themselves, at school, at home, and in the community on an anchor chart in four sections. They record their individual responsibilities for each section on the template provided.
Responsible Role Playing Act out scenarios given on the "Being Responsible" cards. Demonstrate making responsible choices when faced with different scenarios.
Taking Responsibility Talk to kids about the importance of taking responsibility for our actions, whether the action resulted in something good or bad. Read the book *But It Was My Fault!* and discuss the actions of Noodle, the main character. Read and ask kids if each statement sounds like blame or excuses, or problem-solving. Sort statements into 2 groups.
Responsibility Plan Discuss and brainstorm ways that kids would like to be more responsible in the future. Ask them to think of different types of responsibilities they could take on. Write out their plan to be responsible with details about what they will do now and in the future, and what actions they will take to achieve their goal.

Follow-up
Reflection Journal Reflect on the lesson through writing and drawing on page

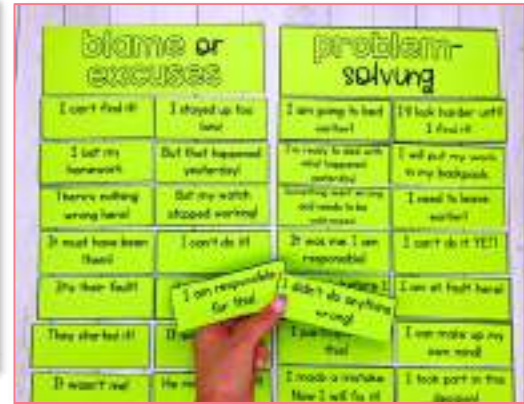
Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea & Writing



Sorting Activity



Bucket List Writing



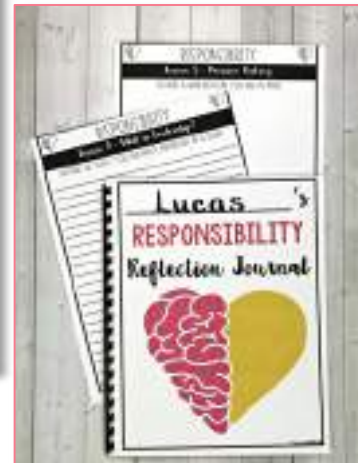
Punch Cards



Responsibility Cards



Role Play Scenarios



Reflection Journal

LESSON 3 - What is Leadership?

Lesson 3 teaches kids to understand what leadership is and describe what makes a good leader. They will define a leader in terms of positive traits.

mind+heart - Responsibility
Lesson 3 : What is Leadership?

Community Building Activity
How did you participate in a simulated rescue activity? Pretend that there has been an earthquake and that different 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 conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.

Whole Group Lesson
Discussion, Brainstorm, & Anchor Chart: Ask "What is leadership?"; Pass out the labeled pieces of paper for kids to sketch and write their ideas on. Bring everyone together to share. Now ask "What makes a good leader?" and have them pair-share. Split an anchor chart into 3 sections and ask for ideas based on what a leader says, does, and thinks. Show the linked video for more examples. Write about what makes a good leader on the WANTED poster provided. Leadership Traits Vocabulary & Sort: Give pairs a strip of paper with a leadership trait on it. Have them define it, illustrate it, and include an example of how a leader demonstrates it. Teach the meaning of their word through a skit. Boss vs. Leader: Discuss and brainstorm the differences between a leader and a boss on a T-chart. Sort! Sort examples on cards.

Follow-up Activities
Reflection Journal: Reflect on the lesson through writing and drawing on page 3. Tabbed Book: Create a tabbed booklet called "The 4 Habits of Kid Leaders". They choose and write about 4 traits or "habits" that a kid leader has. Leadership Quote Posters: Color in posters or use the colored posters with quotes about leadership. Hang and read them as needed. Leadership Survey: Answer questions regarding your leadership qualities.

Lesson Goal
Understand what leadership is and describe what makes a good leader. Define a leader in terms of positive traits.

Lesson Materials
Discussion Starters & Challenge Task Cards
Anchor chart pieces
Vocabulary traits strips
Video: "What Makes a Boss vs. Leader" sort

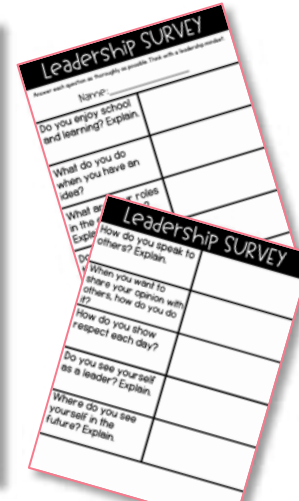
Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Survey



A Good Leader Wanted Poster



Quote Posters to Color & Hang



Sorting Activity



Tabbed Book



Reflection Journal

LESSON 4 - Leadership in Action

Lesson 4 teaches kids to describe and demonstrate ways that they can be a leader. They will take action to be a leader and show leadership skills daily.

mind+heart - Responsibility
Lesson 4 : Leadership in Action

Community Building Activity
Ask "Who inspires you?" and have kids take a few minutes to write down the name of someone inspiring and the reasons why they are (things they do, have done, what they say etc.). Go around and take turns sharing what they wrote. Record ideas on the board. Talk about any similarities between stories.

Discussion Starters
Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.

Whole Group Lesson
Discussion, Brainstorm, & Anchor Chart Review the last lesson and discuss actionable ways that kids can be leaders each day. Brainstorm things they can do daily at school, home, and in the community on an anchor chart called "Ways I Can Be a Leader!" See list for ideas if necessary. Have them write 10 ways that they can be a kid leader on the template provided.
Video Creation In small groups using an available device, kids will create "kid president" style videos. They will take the list that they wrote and plan how they will illustrate those 10 ideas on camera by acting them out, reading them, or any other way they come up with. Planning templates provided.
Leadership Oath & Plan Kids write a "Leader Oath" that includes specific actions they will take to be a kid leader. Kids and teachers sign and date it.

Follow-up Activities
Reflection Journal-Reflect on the lesson through writing and drawing on page 1. Consider the prompt or record personal thoughts and ideas.
Leadership Bingo Select tasks to perform from the bingo "years" card.
Leadership Role Kids apply for a leadership role in the classroom. Create a list as a class of the "jobs" or roles that need to be done regularly. Kids apply for the job(s) they want to have for an predetermined amount of time.

Lesson Goal
Describe and demonstrate ways that they can be a leader. Take action to be a leader and show

Lesson Materials
Discussion Starters & Challenge Task Cards
Leader Oath: templates
Reflection Journal (pg 10)
Anchor chart pieces and Bingo card

Lesson Plan



Discussion Starters & Challenges



Anchor Chart & Writing Idea



Leadership Role Application & Hired Cards



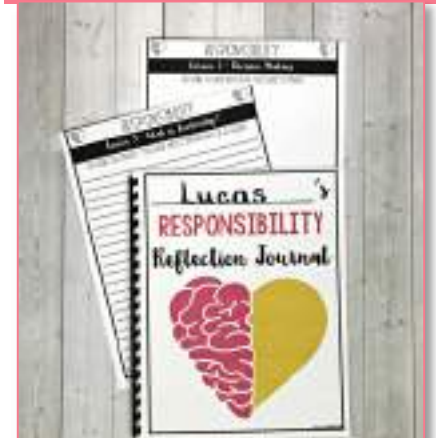
Leader Oath



Leader BINGO



Kid President Style Video



Reflection Journal

LESSON 5 - Decision-Making

Lesson 5 teaches kids to describe what decision making is and how to make thoughtful decisions (with a clear understanding of choices and consequences). They will describe and use the STAR decision making model.

mind+heart - Responsibility Lesson 5 : Decision Making	
Community Building Activity	Play "Would You Rather" as a group. Give kids two choices and ask them to think of the options and to consider the consequences. The choices can be silly, thought-provoking, reliable, or whatever you want. Ask kids to share their choice and why they made a given choice. Continue with different questions.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	<p>Discussion Anchor Chart: Discuss decision making. Watch the Kid President video (linked) and discuss his points and views. Create a list of questions that we should ask ourselves when making a decision (time 2:10 in the video). Ask "How do you make a decision?" and jot down ideas. Kids write, sketch, or draw a response to the video.</p> <p>STAR Decision Making: Using the poster to explain, teach the STAR decision making model. Discuss each step in the process and talk about how it can help guide someone to making a good decision. Talk about the differences between a good and bad decision maker (see list). Demonstrate using the STAR process given scenarios (i.e. your little sister is hitting you). Kids can role play simple problems and practice using the model as a guide.</p> <p>Choices and Consequences: Have kids brainstorm the choices they make each day on a piece of paper. Share ideas with the class and record on an anchor chart. Ask if these decisions are easy or hard. Talk about decisions that are harder to make and why. Talk about how all choices have consequences and need to be thought out. Given choice scenarios, ask kids to give possible consequences. Match choice cards with consequence cards (as a group or in pairs).</p> <p>Ethical Decision Making: Talk about the times when we are faced with difficult decisions that force us to think about our values and how others</p>

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Decision Making Posters



Writing Activity



Photo Scenario Cards



Sorting Activity



Good Decision Vouchers



Reflection Journal

responsibility

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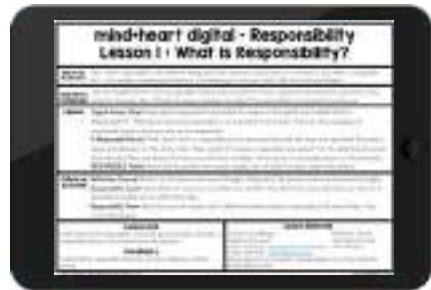
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Lesson 1 - What is Responsibility?

Lesson 1 teaches kids to understand what responsibility means by them lots of giving examples. They will learn to describe a responsible person and the behaviors they possess.



Lesson Plan



Starter & Challenges



Digital Anchor Chart



Brainstorm & Writing



Poster



Game



Acrostic Poem



Reflection Journal

Lesson 2 - Being Responsible

Lesson 2 teaches kids to describe ways to be responsible and ways that they are responsible in their own lives. They will understand what it means to take responsibility for their actions. Make a plan to be responsible in the future.



Lesson Plan



Starters & Challenges



Digital Chart & Response



Sort & Book Activities



Responsibility Plan



Responsible Me Cards



Sticker Chart



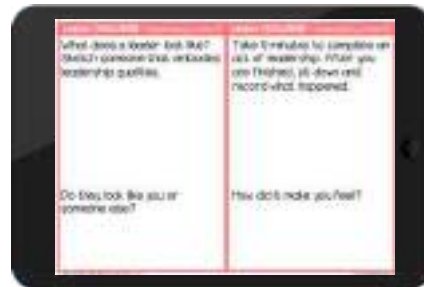
Bucket List

Lesson 3 - What is Leadership?

Lesson 3 teaches kids to understand what leadership is and describe what makes a good leader. They will define a leader in terms of positive traits.



Lesson Plan



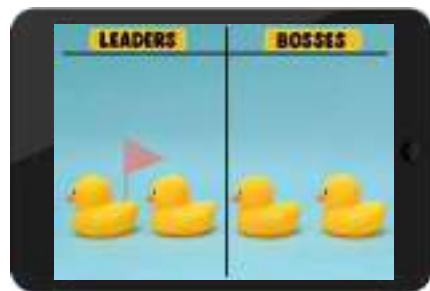
Starter & Challenges



Digital Anchor Chart



Vocabulary Posters



Sorting Activity



4 Habits Book



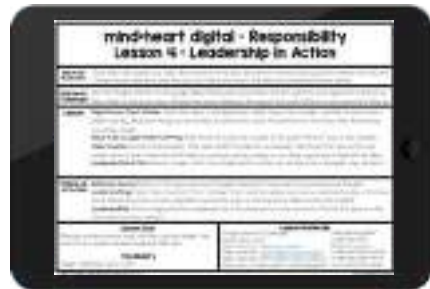
Leader Mantras



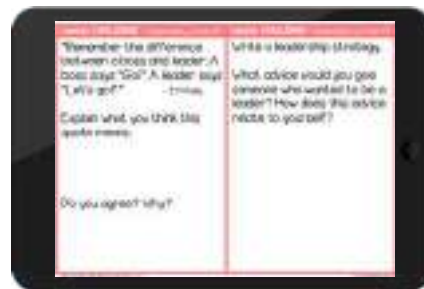
Survey

Lesson 4 - Leadership in Action

Lesson 4 teaches kids to describe and demonstrate ways that they can be a leader. They will take action to be a leader and show leadership skills daily.



Lesson Plan



Starter & Challenges



Digital Anchor Chart



Examples & Writing



Video Creation Plan



Leader Oath



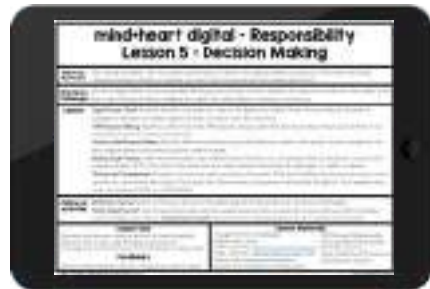
BINGO Activity



Role Application

Lesson 5 - Decision Making

Lesson 5 teaches kids to describe what decision making is and how to make thoughtful decisions (with a clear understanding of choices and consequences). They will describe and use the STAR decision making model.



Lesson Plan



Starter & Challenges



Digital Chart & Posters



Book & Writing Activity



Daily Choices Brainstorm



Sorting Scenarios



Choice Activity



Student Vouchers

why mind+heart

Proud to be PRIMARY

The **mind+heart** social and emotional learning curriculum was designed to help teachers instruct children to develop emotional literacy, self-management, and social competence. The ultimate goal is for them to develop a healthy sense of self, positive peer relationships, and a respectful understanding of the world, that will them to success and happiness throughout their lives. Children will learn to be self-aware and mindful, develop a “growth mindset”, maintain positive relationships, and be thoughtful, responsible citizens.

mind+heart includes a variety of thought provoking lessons and discussion topics, community building ideas, and engaging activities to help build and maintain important social and emotional skills. Children will have many opportunities to learn, practice, and develop through a variety of lessons and activities. Teachers are provided with 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 educators have time, while the recommendation is to teach a lesson once or more a week. The format works well during morning or classroom meetings.

mind+heart aligns to the CASEL framework of the 5 core competences for SEL. It provides educators with an affordable and accessible option for teaching SEL that is comprehensive and appropriate for 3rd, 4th, and 5th grade elementary classrooms.

How to Use mind+heart digital

This **mind+heart digital** resource has been reformatted and modified to be taught digitally in conjunction with the printable version or independent of it. The lessons and activities have been adapted to be used online in digital teaching platforms and on devices.

Possible Uses:

- Students can complete assignments digitally after a classroom lesson
- Beneficial for one-to-one classrooms
- For use in Google Slides and Google Classroom
- Interactive PowerPoint files are included for use in various online apps or on your classroom devices

Benefits:

- Kids learn to use different digital methods and devices
- Gain practice and skills working and interacting online
- Provides 1:1 classrooms with meaningful digital activities
- Supports school counselors and provides materials for sessions
- Provides families with additional tools to support kids at home
- Works well in a homeschool setting
- Supports remote and distance learning



THANK YOU!

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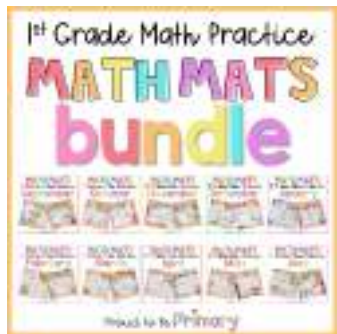
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