

Social-Emotional Learning

Social & Emotional Learning



mind-heart 3-5 Curriculum by Proud to Be Primary

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DIGITAL BUNDLE

mind+heart

Social & Emotional Learning



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mind+heart DIGITAL 3-5 CURRICULUM map

Unit 1 Self-Awareness

Unit 2 Self-Management

Unit 3 Growth Mindset

Unit 4 Relationships

Unit 5 Social Awareness

Unit 6 Kindness

Unit 7 Respect

Unit 8 Responsibility

Why mind+heart digital

The **mind+heart digital** social-emotional learning program was designed to help teachers guide and instruct kids to develop emotional awareness and social competence. The goal is for kids in grades 3-5 to develop a healthy sense of self and positive interpersonal skills, that will continue throughout their lives and lead to success in academics and beyond. Kids will learn to express emotions appropriately, develop a “growth mindset”, build relationships, and be thoughtful citizens who take responsibility and show respect.

mind+heart digital complements the original version with the same great lessons that have been modified to fit digital learning. It adds a different modality for students to experience. Kids will have opportunities to learn, practice, and develop SEL through a variety of engaging lessons, warm-up ideas, and digital activities. The program provides teachers and parents with lesson plans, instructions, videos, and activities to support social-emotional learning in digital format. It is recommended that a group lesson be taught before but it is not mandatory.

mind+heart digital can be used in conjunction with the original mind+heart SEL 3-5 curriculum to enhance learning. It can also be used separately to further an individual's independent practice of social-emotional skills: in the classroom, in a homeschool setting, or in counselling sessions. This digital SEL program can be used in Google Classroom and other similar online platforms to support 1:1 classrooms in delivering a meaningful SEL program.

mind+heart digital aligns to the CASEL framework of the 5 core competences for SEL. It provides educators with an affordable and accessible option that is structured and highly effective in 3-5 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



self-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 mind+heart - self-awareness Unit



LESSON Overview



Lesson 1

Identifying Emotions

Lesson 2

Communicating Emotions

Lesson 3

Personality Traits - Personal Strengths

Lesson 4

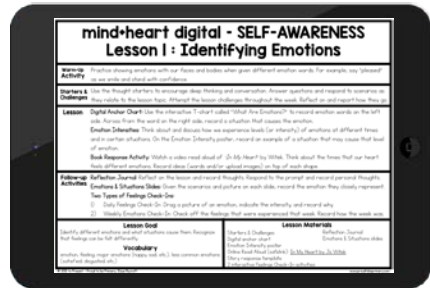
Confidence & Self-Esteem

Lesson 5

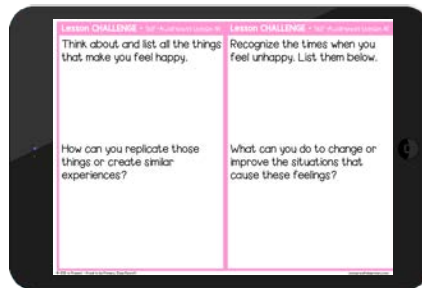
Role Models

LESSON 1 - Identifying Emotions

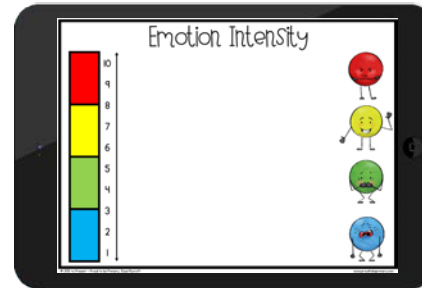
Lesson 1 teaches kids to identify different emotions and what situations cause them. They will learn to recognize that feelings can be felt differently and that they are linked to our thoughts and behaviors.



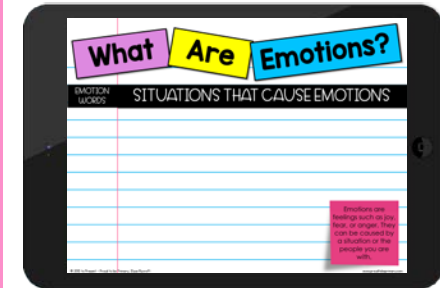
Lesson Plan



Starters & Challenges



Emotion Intensity Chart



Digital Anchor Chart



Read Aloud & Response



Reflection Journal



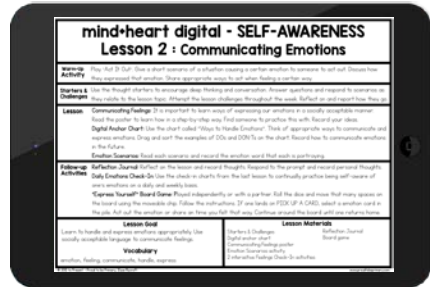
Scenario & Photo Slides



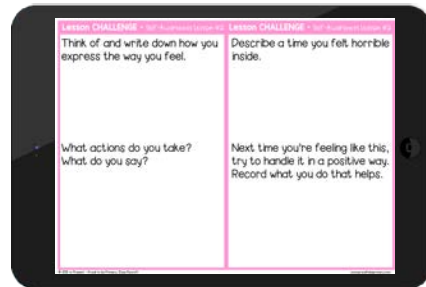
2 Feelings Check-Ins

LESSON 2 - Communicating Emotions

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



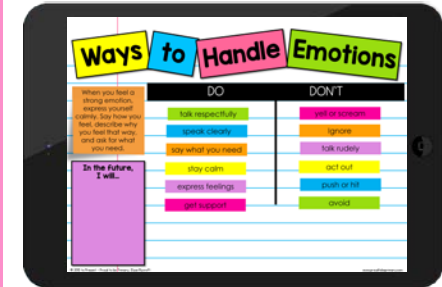
Lesson Plan



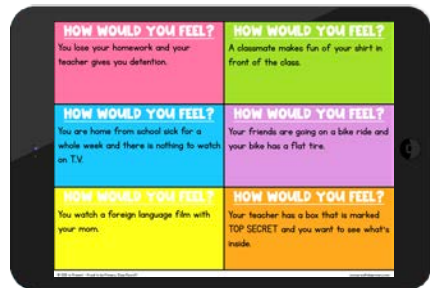
Starters & Challenges



Lesson Poster



Digital Anchor Chart



Scenario Cards



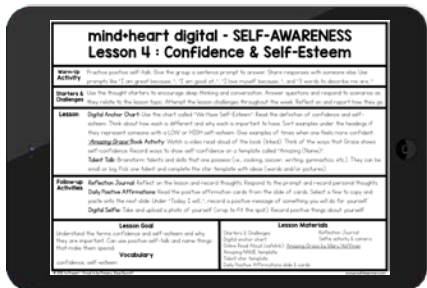
Reflection Journal



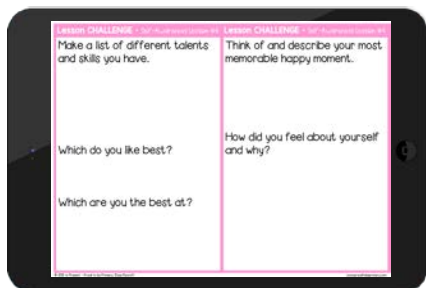
Board Game

LESSON 4 - Confidence & Self-Esteem

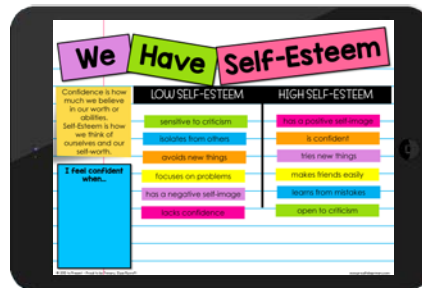
Lesson 4 teaches kids about confidence and self-esteem. They will describe why they are important and understand the varying degrees of each. They will learn to use positive self-talk and name things that they are good at.



Lesson Plan



Starters & Challenges



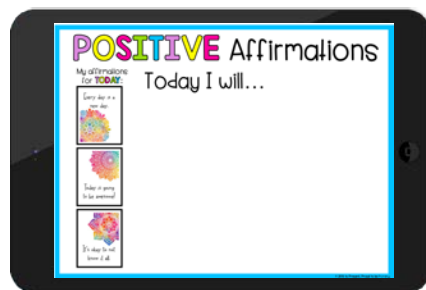
Digital Anchor Chart



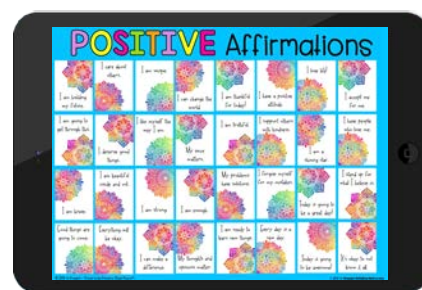
Read Aloud & Response



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.

mind-heart digital - SELF-AWARENESS Lesson 5 : Role Models

Objective: They will understand what a role model is and be able to identify one in their lives.

Activity: They will understand what a role model is and be able to identify one in their lives.

Starters & Challenges: They will understand what a role model is and be able to identify one in their lives.

Lesson: They will understand what a role model is and be able to identify one in their lives.

Follow-up Activities: They will understand what a role model is and be able to identify one in their lives.

Lesson Goal: They will understand what a role model is and be able to identify one in their lives.

Materials: They will understand what a role model is and be able to identify one in their lives.

Lesson Plan

Starters & Challenges

Make a list of positive role models you know personally.

- 1.
- 2.
- 3.

Record some qualities that they have in common.

Think of someone you are a positive role model to (sibling, neighbour, peer), who?

How are you a positive role model to them?

Starters & Challenges

Qualities Of A Role Model

A role model is someone that others look up to as a good example. Role models are examples of people to imitate.

Role models are:

- 1.
- 2.
- 3.
- 4.
- 5.

SCHOOL COMMUNITY FAMILY WORLD

Digital Anchor Chart

Role models bring out the best in others.

DO DON'T

Role models act integrity and fail to follow through on promises.

DO DON'T

Role models are kind, caring, and supporting of everyone they know.

DO DON'T

Role models think they are perfect and do no wrong.

DO DON'T

Role Model DO & DON'Ts

The Tree Lady
by Wendy Ewald

Click the video icon to go to the internet to see the book being read about (Safe link)

The Tree Lady
If I were a role model...

Read Aloud & Response

SELF-AWARENESS Reflection Journal

Describe a role model in your life and the qualities they have.

Reflection Journal

A Thank You Email for My Role Model

New message

To: _____

Subject: _____

SEND A B

Thank You Email

We Are Role Models

is a **ROLE MODEL**.

Role Model Banner

self-awareness

DIGITAL UNIT



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 Overview



Lesson 1

Self-Regulation & Calming Strategies

Lesson 2

Handling Stress

Lesson 3

Mindfulness

Lesson 4

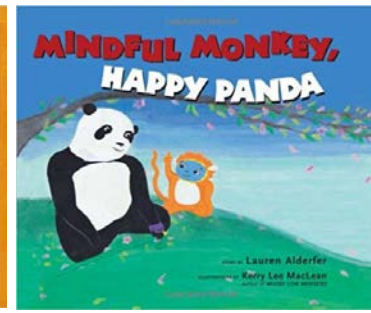
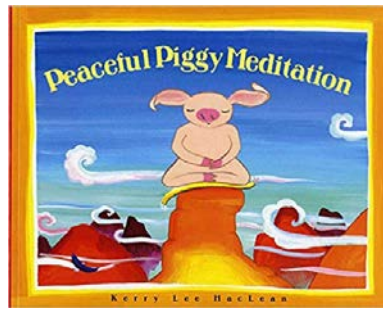
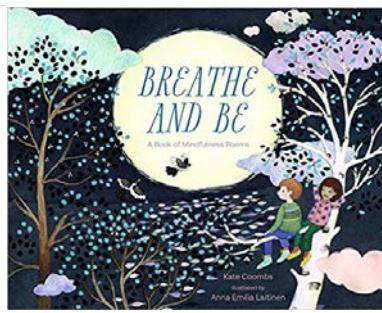
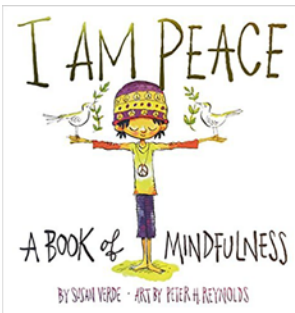
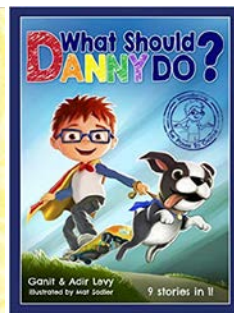
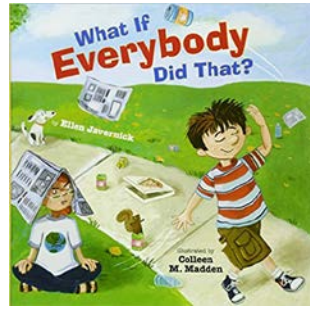
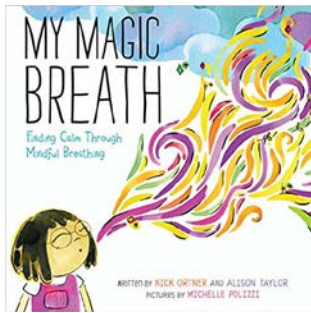
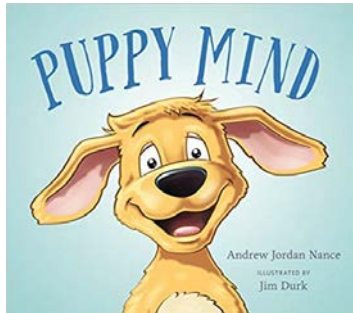
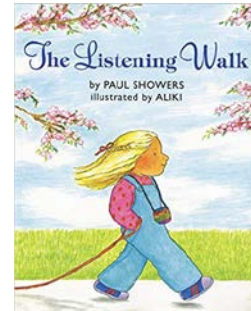
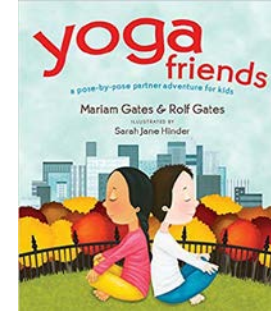
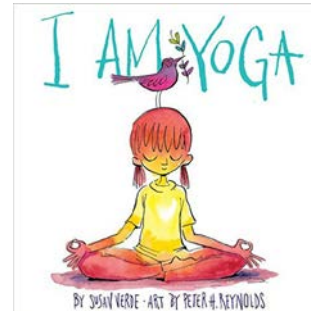
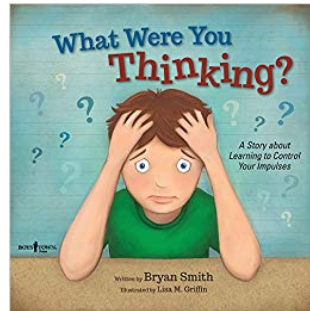
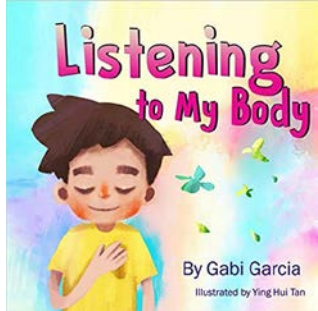
Self-Control

Lesson 5

Personal Safety

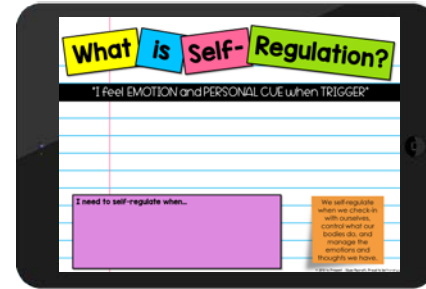
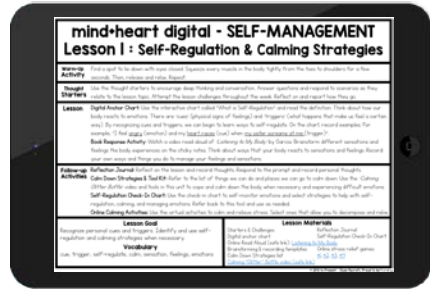
digital self-management Unit Book List

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



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

Starters & Challenges

Digital Anchor Chart

Calm Down Strategies



Read Aloud & Response

Check-in Chart

Online Calming Activities

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.

mind+heart digital - SELF-MANAGEMENT Lesson 5 : Personal Safety

Objective: This lesson teaches students to understand what personal safety means and identify ways to keep oneself safe.

Activities: Students will use the interactive 'What is Personal Safety?' chart to understand personal safety and identify ways to keep oneself safe.

Starter: Students will write about a time when they felt unsafe and what they did to feel safe again.

Challenge: Students will identify a time when they felt unsafe and what they did to feel safe again.

Lesson Goal: Understand what personal safety means and identify ways to keep oneself safe.

Materials: Interactive chart, writing paper, markers.

Lesson CHALLENGE
Write about a time when you felt unsafe. What did you do?

Where were you?

What happened to make you feel safe again?

Lesson GOAL
Remember those feelings to help you stay safe.

What is Personal Safety

Personal safety means understanding and doing what is needed to keep you and your friends safe. It means building your feelings and knowing when to get help.

It's important to say "NO" when...

HOME

SCHOOL

COMMUNITY

my SAFETY network

The people in my safety network are... I will stay safe by...

Name _____ Date _____

Lesson Plan

Starter & Challenges

Digital Anchor Chart

Safety Network

GOOD Secrets

BAD Secrets

SAFE UNSAFE SAFE UNSAFE

SAFE UNSAFE SAFE UNSAFE

SAFE UNSAFE SAFE UNSAFE

WHAT SHOULD YOU DO? Board Game

Start HERE

GOAL: YOU WIN!

Rules:
1. This is a board game for 2-4 players.
2. Roll a die (or use the digital die) and move that many spaces on the board using the movable die.
3. Follow the instructions. If you land on PEEK (P.A. CARD), select a card in the pile. Either share an experience with that person or see what you should do if confronted with that situation.
4. Players continue around the board taking turns. The first player to get back to START wins!

SELF-MANAGEMENT Reflection Journal

Lesson 5 - Personal Safety

DESCRIBE WHAT BEING SAFE MEANS TO YOU AND WHY

Good vs. Bad Secrets Sort

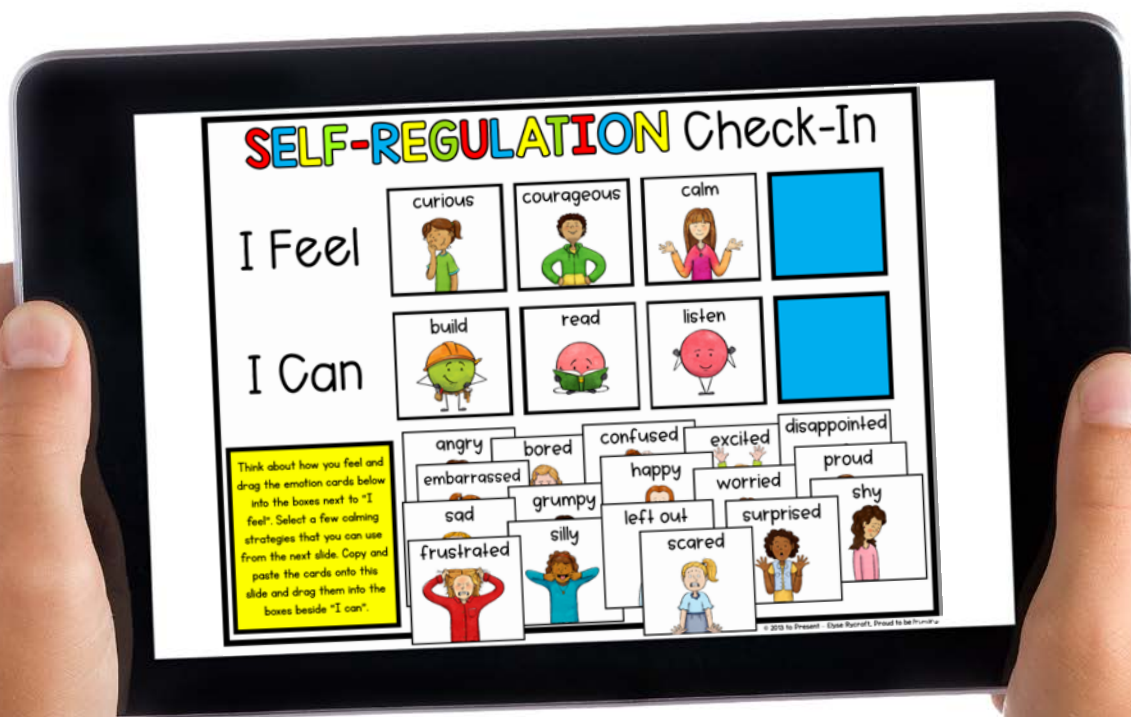
Safe or Unsafe Scenarios

Boardgame

Self-Regulation Journal

self-management

DIGITAL UNIT



growth mindset

DIGITAL UNIT

Proud to Be
Primary

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- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes thought starter questions, digital anchor chart, lesson and follow-up activities
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LESSON Overview



Lesson 1

Fixed vs. Growth Mindset

Lesson 2

The Brain

Lesson 3

Mistakes & Challenges

Lesson 4

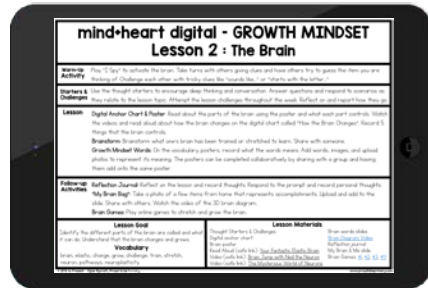
Grit & The Power of Yet

Lesson 5

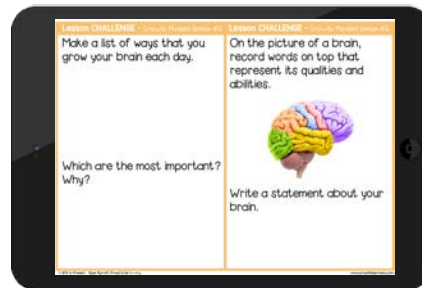
S.M.A.R.T. Goal Setting

LESSON 2 - The Brain

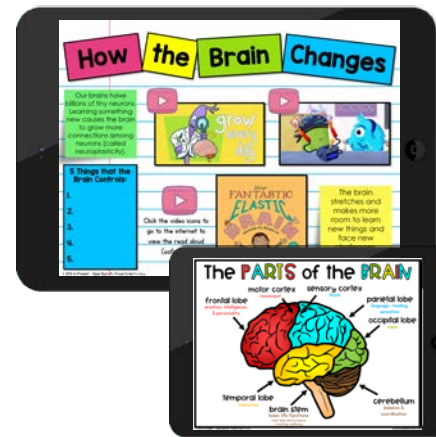
Lesson 2 teaches kids to identify the different parts of the brain, what they are called and what each part does. Kids will understand that the brain changes and grows as they learn new things and work through challenges.



Lesson Plan



Starter & Challenges



Anchor Chart & Poster



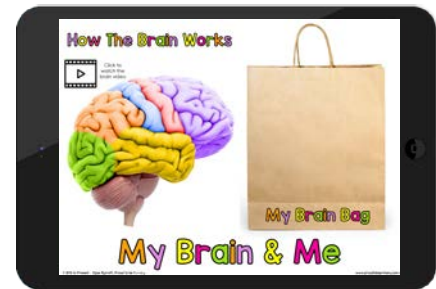
Brainstorming Activity



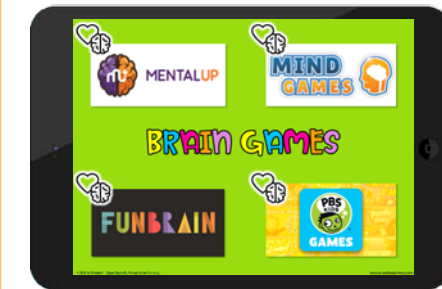
Vocabulary Posters



Reflection Journal



My Brain & Me Activity



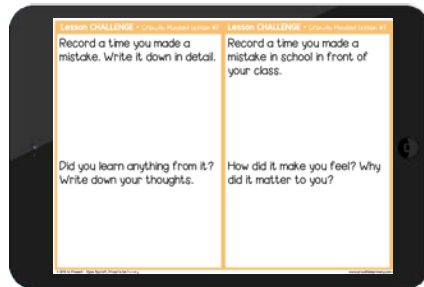
Brain Games

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



Starters & Challenges



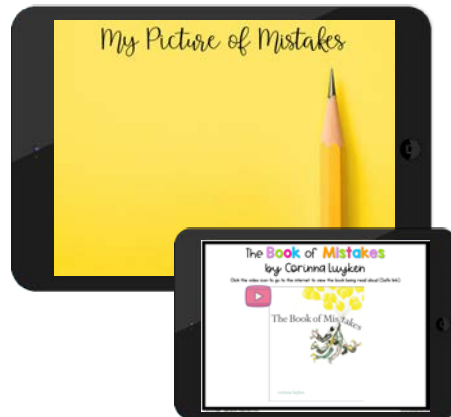
Digital Anchor Chart



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.

mind+heart digital - Growth Mindset
Lesson 4 : Grit & The Power of YET

Activity: Record a message and do an interview that has been prepared for you to do the opposite lesson. This will allow you to see how you can be a growth mindset and how you can be a fixed mindset.

Starters & Challenges: How do you think you will be? How do you think you will be? How do you think you will be?

Lesson: **Light Hearted Start & End:** How do you think you will be? How do you think you will be? How do you think you will be?

Follow-up Activities: **Brainstorm:** Brainstorm ideas for how you can be a growth mindset. **Write a Speech:** Write a speech for how you can be a growth mindset.

Lesson Goal: Understand what grit and perseverance mean, as well as the power of YET. Learn strategies that can help them show grit when things are difficult.

Vocabulary: Grit, perseverance, growth mindset, fixed mindset, growth mindset.

Lesson Plan

Learn Objectives: Record a few ways that you can help others develop a growth mindset.

Write about a time you showed grit and perseverance. What happened?

What words can you use?

How did you feel after?

What can you say to them?

Starters & Challenges

We Need Grit

Grit is passion and perseverance toward long-term goals. It is what we need to succeed and accomplish difficult tasks.

Click the video link to go to the relevant to view the video (Grit 1:1)

HOW I CAN SHOW GRIT

TASK

- Learn an Instrument
- Ride a Skateboard
- Write a Speech
- Complete a Project

Grow with GRIT

Give it your best effort
Redo if necessary
Ignore the urge to quit
Take the time to do it right

Anchor Chart & Poster

Strategies I can use when things are hard

I can do hard things

Brainstorm & Response

The Power of YET

I Can... I Can't Yet...

The Power of YET

I AM CAPABLE OF LEARNING ANYTHING

Use the words on labels or draw pictures to show how the words make you feel.

GROWTH MINDSET Markers

CAREER, TEAM, MIND, ACTION, GOALS, GROWTH, CHALLENGE, PERSEVERANCE, GROWTH, MINDSET, MARKERS

GM Posters & Markers

GROWTH MINDSET Reflection Journal

Lesson 4 - Grit & The Power of YET

DESCRIBE WHAT GRIT IS AND WHY THAT YOU SHOW IT

Reflection Journal

Persevering PUPIL

Presented to: _____
 For working hard and never giving up.

_____ grade _____ date _____

Inspiring STUDENT

Presented to: _____
 For inspiring others.

_____ grade _____ date _____

Student Awards

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

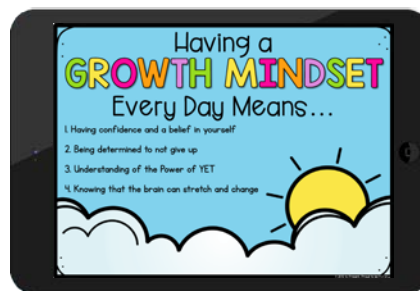
Lesson 5 teaches kids to describe what a SMART goal is and why goal setting is important. They will learn to set goals, create a strategy, stick to a plan, and reflect.



Lesson Plan



Thought Starters



Growth Mindset Poster



Digital Chart & Videos



Fill-In Storybook



Read Aloud & Response



Growth Mindset Awards



Quote Posters

growth mindset

DIGITAL UNIT

Read the scenarios.
Decide whether they are examples of a fixed or growth mindset and circle that option.
Describe the mindset and what one would do to change it for each scenario.



MINDSET scenarios

Is this GROWTH or FIXED mindset?
Circle the mindset.



You have a great idea for your class project. When you get home, you realize you don't have the parts. You do something easier instead.

Describe the mindset.
Type here

Would you change this mindset? How?
Type here

www.proudtobeprimary.com

digital mind+heart - relationships Unit



LESSON Overview



Lesson 1

Communication: Speaking & Listening

Lesson 2

Sharing & Taking Turns

Lesson 3

What is a Friend & How to Be a Good Friend

Lesson 4

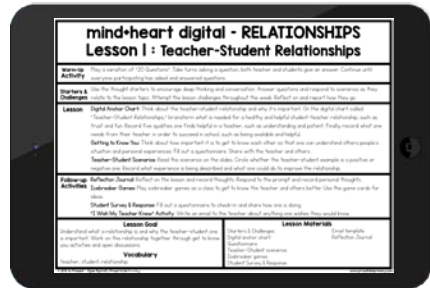
Making Friends & Including Others

Lesson 5

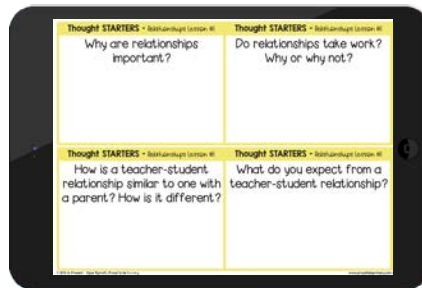
Cooperation & Teamwork

Lesson 1 - Teacher-Student Relationships

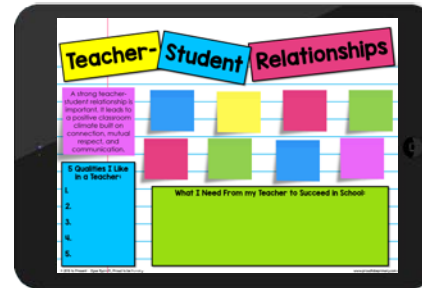
Lesson 1 teaches to understand what a relationship is and why the teacher-student one is important. They will work on this relationship together through get to know you activities and open discussions.



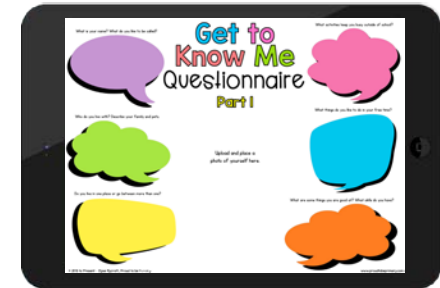
Lesson Plan



Starters & Challenges



Digital Anchor Chart



Student Questionnaire



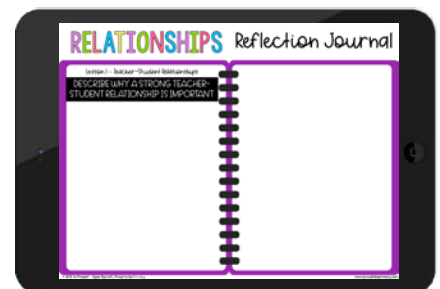
Relationship Scenarios



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.

mind+heart digital - RELATIONSHIPS Lesson 2 : Communication Skills

Activity
With a partner, play 20 Questions. Each player chooses an object or someone they know. They have 20 questions to guess the answer to the question. The player who asks the most questions to guess the answer is the winner. They will use a list of questions to help them.

Starters & Challenges
How do you think others in your age group think and communicate? How do you think you can improve your communication skills? Write in the box below.

Lesson
Effective Communication Skills Watch the video (below) and think about why we need to communicate. We do about why effective communication skills are important and how we can be a good communicator.

Follow-up Activities
Reflection Journal Reflect on the lesson and record thoughts. Respond to the prompt and record your thoughts.
"Think Before You Speak" Game Think about what it means to THINK before you SPEAK. Use the game to practice skills and record your score. The objective is to be the best THINKER before you SPEAK. The player who has the most correct answers is the winner. The last person to be the best THINKER before you SPEAK is the winner.

Lesson Goal
Understand the importance of effective communication skills and how to be a good communicator. Practice and demonstrate these skills with others.

Vocabulary
Communication: the act of exchanging information, ideas, feelings, etc. between people.

Lesson Materials
20 Questions Game: <https://www.twinkl.com/primary-resources/worksheets/20-questions-game>
Effective Communication Skills: <https://www.youtube.com/watch?v=1G1G1G1G1G1>
"Think Before You Speak" Game: <https://www.twinkl.com/primary-resources/worksheets/think-before-you-speak-game>

Lesson Plan

Lesson CHALLENGE - 20 Questions Game #1
Think of and write about a time that you met someone and had really good conversation.

Lesson CHALLENGE - 20 Questions Game #2
Make a list of 5 things you could ask someone to learn about who they are.

What was it about that conversation that went well?

Use this list next time you meet someone new.

Starters & Challenges

Ways We Communicate

Communication is giving, sharing and receiving information. It's how we tell our friends, family and the world around us. We use our body language and the words we write and read. Being a good communicator is important. It helps us to get along with others and to be successful in school and in the world around us.

Communication is given, shared and received information. It's how we tell our friends, family and the world around us. We use our body language and the words we write and read. Being a good communicator is important. It helps us to get along with others and to be successful in school and in the world around us.

Click the video icon to go to the internet to view the video (below)

VERBAL	NON-VERBAL	WRITTEN

Digital Anchor Chart

Kids Can Communicate

Click the video icons to watch the videos and learn effective communication skills.

I am a Good Communicator

Effective communication skills are important because...

I can be a good communicator by...

Videos & Response Template

The Worst Day of My Life Ever!

Why is **Listening Carefully** important?

How to be a GOOD LISTENER

- Body Language** Stand or sit with body facing the speaker. Body is all with others.
- Make Eye Contact** Look at the speaker while they are talking.
- Pay Attention** Think about what the speaker is saying. Don't interrupt!
- Ask Questions** Ask questions about what the speaker just said.

Listening Poster & Activity

THINK Before You SPEAK

T Is it true?
H Is it helpful?
I Is it inspiring?
N Is it necessary?
K Is it kind?

Lesson Poster

THINK BEFORE YOU SPEAK Board Game

start HERE

Need a die? Use your own dice or use a digital one.

The most person is always safe.

YOU WIN!

Boardgame

RELATIONSHIPS Reflection Journal

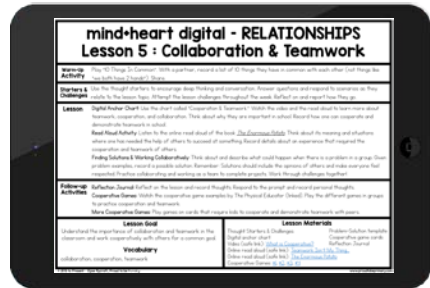
Lesson 2: Communication Skills

DESCRIBE HOW YOU COMMUNICATE WITH THOSE IN YOUR LIFE

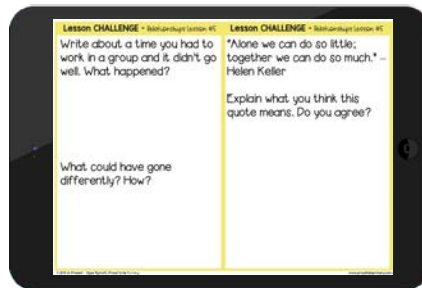
Reflection Journal

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



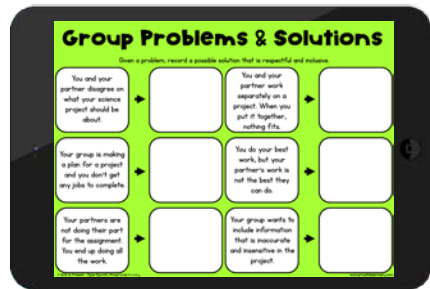
Starters & Challenges



Digital Anchor Chart



Read Aloud & Response



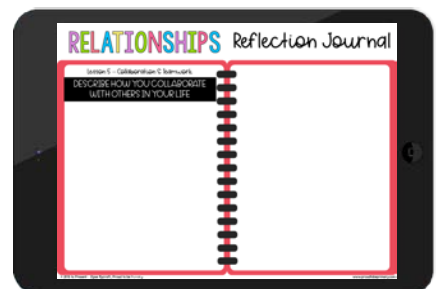
Group Problems & Solutions



Cooperative Games



Game Cards



Reflection Journal

relationships

DIGITAL UNIT

Read the descriptions of friendship qualities. Find and drag the word that matches under each definition. See slides #37-38 for answers.

FRIENDSHIP Qualities

A person who shows sympathy or concern for others	A person who is dependable with trustworthy qualities	A person who gives and shows constant support	A person who says how they genuinely feel and what they believe	A person who has a mild temperament and who is kind
A person who is respectful and uses manners	A person who gives support and confidence	A person who is calm and tranquil	A person who doesn't cheat or try to gain unjust advantages	A person who is giving and ready to give help
A person who is honest and reliable	A person who is willing to be helpful by doing what someone asks	A person who stops blaming or being angry at someone	A person who is cheerful, kind, and interested in you	A person who openly shares and exchanges information
A person who thinks of the needs of others	A person who expresses gratitude	A person who is kind and treats others fairly	A person who is optimistic and confident	A person who cares about the feelings and lives of others

gentle
considerate
communicates
loyal
fair
cooperative
polite
positive
compassionate
helpful
respectful
peaceful
thankful
sincere
reliable
thoughtful
encouraging
friendly
trustworthy
forgiving

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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!





LESSON Overview



Lesson 1

Social Cues & Expectations

Lesson 2

Empathy

Lesson 3

Peer Pressure

Lesson 4

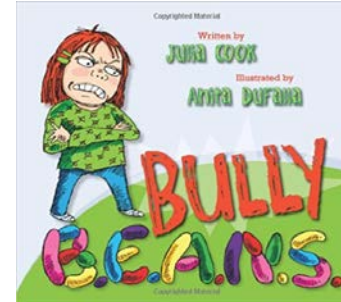
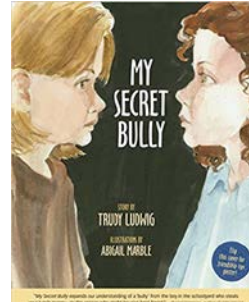
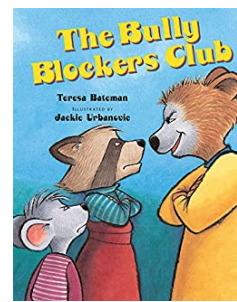
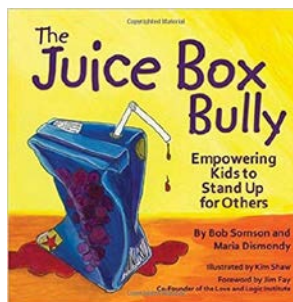
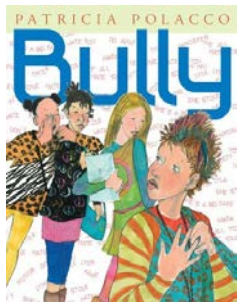
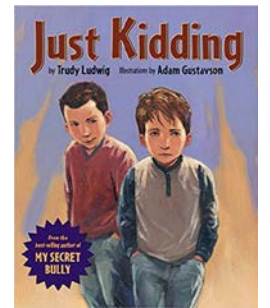
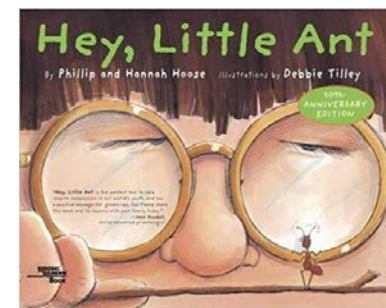
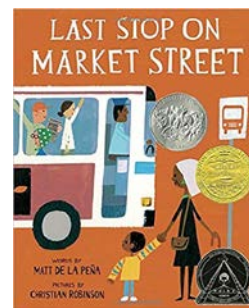
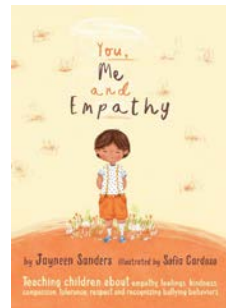
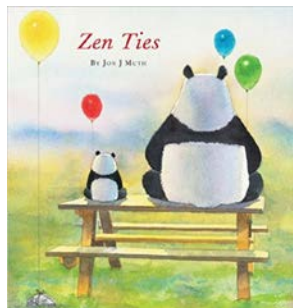
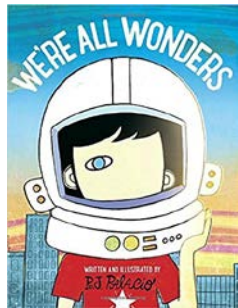
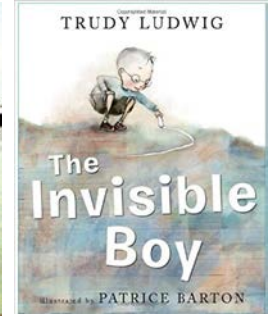
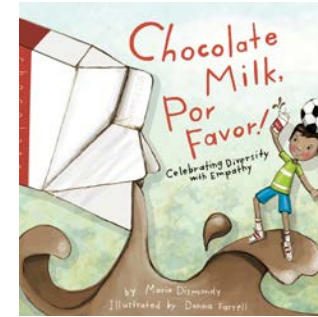
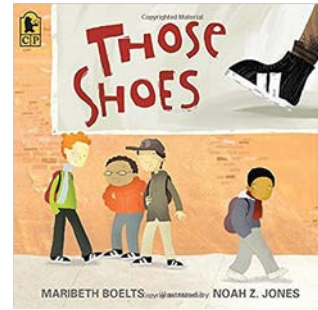
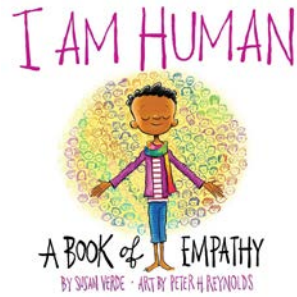
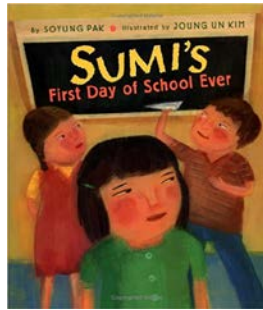
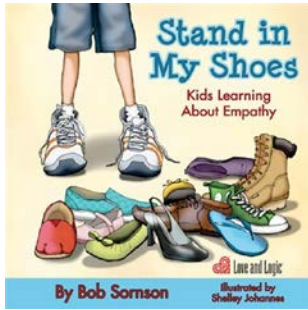
Conflict Resolution

Lesson 5

Anti-Bullying

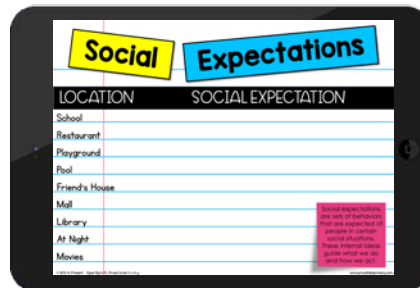
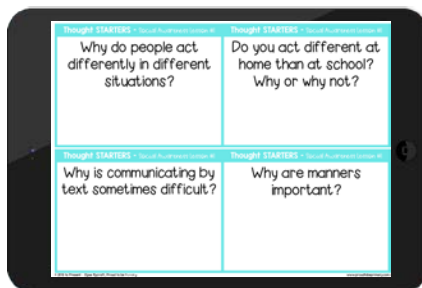
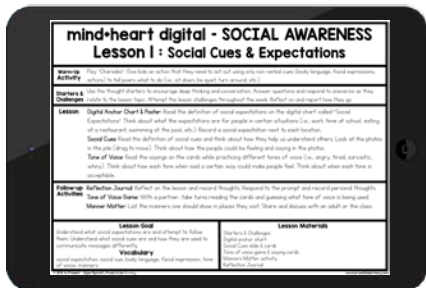
digital social awareness Unit Book List

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.

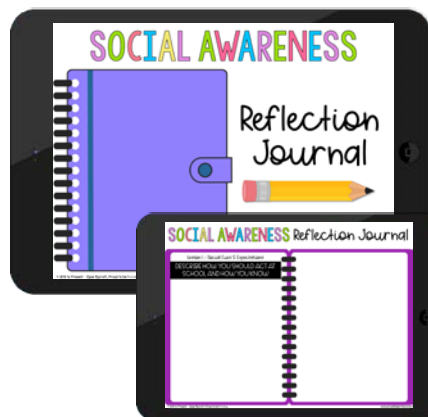
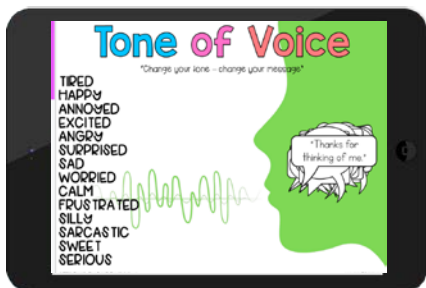


Lesson Plan

Starters & Challenges

Digital Anchor Chart

Social Cues Practice



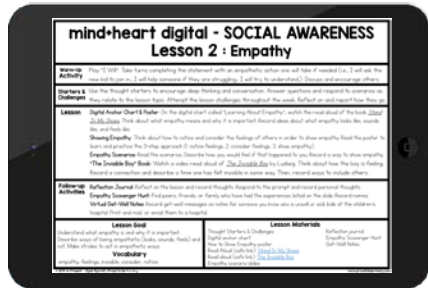
Tone of Voice Activity

Manners Reflection

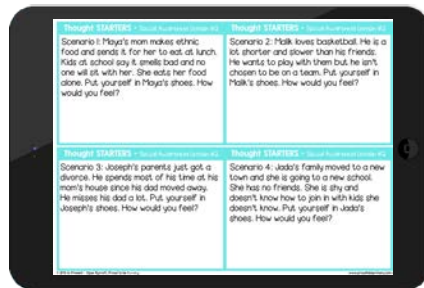
Reflection Journal

Lesson 2 - Empathy

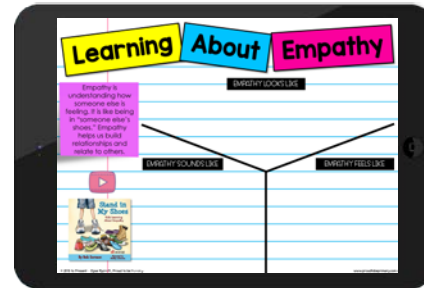
Lesson 2 teaches kids to understand what empathy is and why it is important. They will describe ways of being empathetic (looks, sounds, feels) and ways that are not. They will be encouraged to act in empathetic ways.



Lesson Plan



Starters & Challenges



Digital Anchor Chart



Get Well Notes



Scenario Slides



Read Aloud & Response



Scavenger Hunt



Reflection Journal

Lesson 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 and stop bullying behavior. They will be encouraged to actively attempt to stop bullying when they encounter it.

mind•heart digital - SOCIAL AWARENESS Lesson 5 : Anti-Bullying

Standards & Objectives: Social Studies: Understand the social and cultural differences that exist in our world. Social Studies: Understand the social and cultural differences that exist in our world. Social Studies: Understand the social and cultural differences that exist in our world.

Lesson: Digital Author: Create a digital author card for the lesson. Use the information you have learned about bullying and social awareness to create a digital author card for the lesson. Use the information you have learned about bullying and social awareness to create a digital author card for the lesson.

Learning Objectives: Understand what bullying is and what it is not. Demonstrate ways to stand up and stop bullying behavior. Be encouraged to actively attempt to stop bullying when they encounter it.

Activities: Watch the video and take notes. Write about what you think about bullying. Share your thoughts with your classmates. Write about what you think about bullying. Share your thoughts with your classmates.

Assessment: Write about what you think about bullying. Share your thoughts with your classmates. Write about what you think about bullying. Share your thoughts with your classmates.

Resources: Digital Author Card, Video, Worksheet, Writing Paper, Pencil, Eraser, Highlighter, Scissors, Glue, Stapler, Hole Punch, Paper Plates, Paper Cups, Paper Straws, Paper Plates, Paper Cups, Paper Straws.

Lesson Objectives: Think about cyber bullying. Write about what it means to you and give 5 examples you have seen or heard about.

Activity: "Meanness is a sign of weakness." - Proverbs 10:24 Explain what you think this quote means.

Reflection: Do you agree?

Goal: Make a pledge to never participate and call out those who do.

What is Bullying?

A bully is someone who acts aggressively towards someone else in an unwanted way to gain power. Bullying behavior is repeated over time.

My Bullying Experience: Click the video icons to go to the content to view.

What are the consequences of bullying?

Is it Bullying?

- Exclusion:** Being left out, ignored, or not allowed to join a group.
- Trends:** When a person makes a statement of their intention to harm someone in some way.
- Verbal Abuse:** Being teased and made fun of in a mean and hurtful way.
- Spreading Rumors:** Making up lies or untrue, harmful stories about someone and telling other people.
- Physical Abuse:** Being pushed, hit, or tripping someone.

Ways to Stop a BULLY

Ways to STOP a Bully

- Learn how bullies think
- Stand with the person being bullied
- Stop with friends in groups when confronting a bully
- Look busy in the eyes
- Stand straight and tall
- Use a loud voice
- Tell the bully to "STOP"
- Ignore what the bully says
- Report the bullying to an adult
- Be kind to others being bullied
- Get involved - spread the word that bullying is not okay and encourage others to stand with you

Lesson Plan

Starters & Challenges

Digital Chart & Poster

Story, Response, & Poster

BULLYING Scenarios

Tiffany's family is low income and can't afford to buy her new fashionable clothes. The girls at school make fun of her behind her back. Tiffany notices girls laughing and pointing at her.

What could the victim do?

What could a bystander do?

BULLYING Scenarios

What could the victim do?

What could a bystander do?

STOP a BULLY pledge

I promise to treat others with respect and kindness.

I promise to protect others who are being bullied.

I promise to stand up to bullies and try to make them stop.

I promise to tell an adult if I see someone being bullied.

STOP a BULLY pledge

I will...

MAKE FRIENDS NOT BULLIES

DON'T STAND BY STAND UP

Write words or ideas for these pictures to show how the words make you feel.

SOCIAL AWARENESS Reflection Journal

Lesson 5 - Anti-Bullying

DESCRIBE A TIME YOU WERE BULLIED AND WHAT HAPPENED AFTER.

Scenarios

Pledge

Quote Posters

Reflection Journal

social awareness

DIGITAL UNIT

Read the empathy scenarios. Describe how you would feel if that happened to you. Record a way to show empathy.

Today is your friend's birthday party. Your friend has been talking about it all month.

How would you feel?
Type here

How could you show empathy?
Type here

EMPATHY

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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!



digital mind+heart - kindness Unit



LESSON Overview



Lesson 1

What is Kindness?

Lesson 2

Gratitude

Lesson 3

Generosity

Lesson 4

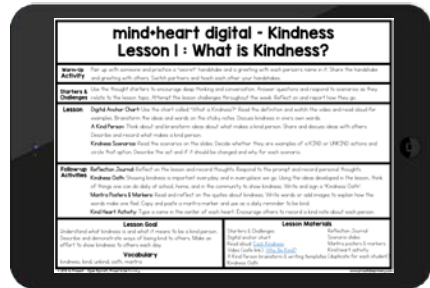
Random Acts of Kindness

Lesson 5

Bucket Filler Classroom

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



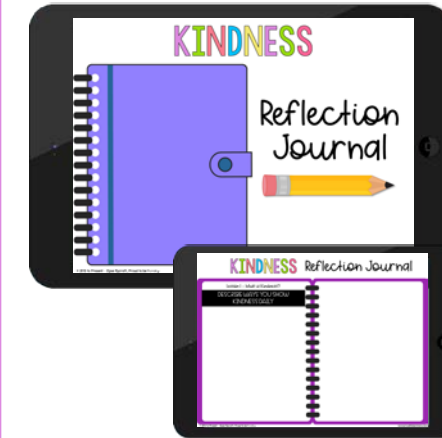
Kindness Oath



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.

mind+heart digital - Kindness Lesson 2 : Gratitude

Learning Objectives: Understand the meaning of gratitude and how it can be practiced. Recognize and appreciate the things in their lives that they are grateful for.

Starters & Challenges: Use the provided starters to encourage children to think about gratitude. Recognize and appreciate the things in their lives that they are grateful for.

Lesson: Light-hearted Start: Use the provided starter 'What is Gratitude?' to introduce the topic. Discuss the definition and examples of gratitude. Gratitude is a feeling of being thankful for what you have. It is a way of saying 'thank you' to the things and people in your life that make you happy. Gratitude is a feeling of being thankful for what you have. It is a way of saying 'thank you' to the things and people in your life that make you happy.

Gratitude Board: Use the provided board to record the things and people that the children are grateful for. Encourage them to write down the things and people that they are grateful for.

Gratitude Scavenger Hunt: Complete the tasks on the list to encourage gratitude. Make a checklist and use it to find the things and people that the children are grateful for.

Lesson Goal: The children will be able to describe what gratitude means and how it can be practiced. They will be able to recognize and appreciate the things in their lives that they are grateful for.

Lesson Materials: Gratitude board, Gratitude scavenger hunt, Gratitude journal, Gratitude stickers, Gratitude cards, Gratitude posters, Gratitude worksheets, Gratitude activities, Gratitude games, Gratitude songs, Gratitude stories, Gratitude videos, Gratitude books, Gratitude apps, Gratitude websites, Gratitude resources.

Lesson Plan

Thought Starters - Scenario 1: Scenario 1: Naam's neighbor is always doing nice things for the kids on her street. She bakes cookies, picks them up from school when needed, and listens to their problems. How can Naam show gratitude?

Thought Starters - Scenario 2: Scenario 2: Donald's principal goes out of his way to connect with the kids at school. He asks questions about the games they play and helps them plan event days to celebrate. How can Donald show gratitude?

Thought Starters - Scenario 3: Scenario 3: Sarika's mom works 3 jobs to support her and her brother. She is often tired, but always shows them love and goes out of her way to be there for their school events. How can Sarika show gratitude?

Thought Starters - Scenario 4: Scenario 4: The playground is being torn down at the park where Milo plays. Some families in the neighborhood get together and goes out of her way to be there for their school events. How can Milo show gratitude?

Starters & Challenges

What is Gratitude?

Gratitude is a feeling of being thankful for what you have. It is a way of saying 'thank you' to the things and people in your life that make you happy.

I say 'Thank You' because...

Why is it important to recognize what we have?

Click the video icons to go to the internet to view.

Let's brainstorm!

Digital Chart & Brainstorm

My GRATITUDE List

People

Places

Food

Nature

Books

My GRATITUDE List

Friends

Books

Movies

Games

Holidays

Gratitude List

one sentence GRATITUDE journal

GRATITUDE journal

Gratitude Journal

My GRATITUDE collage

GRATITUDE scavenger hunt!

Look for something that smells nice. Do to a person that is a good friend.

Look for something that you enjoy looking at. Find something that you think is special.

Look for something nice in your favorite room. Look for something that reminds you of home.

Find something that makes you smile. Do to the person or pet you like spending time with.

Do to a person that you love. Find your favorite place to be alone.

Discover something new. Discover a new place to play.

Find something that makes you feel safe. Look for something that makes you giggle.

Do to the person that makes you laugh. Do to a person that is always there for you.

Find something that makes you beautiful. Find a new person to hang out with.

Look for something you are grateful for. Discover being grateful each day.

Gratitude Activities

Thank you!

THANK YOU

Page name

from

THANK YOU

Page name

from

Thank You Notes

KINDNESS Reflection Journal

Lesson 2 - Gratitude

DESCRIBE A PERSON YOU ARE MOST GRATEFUL FOR AND WHY

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.

mind+heart digital - Kindness Lesson 4 : Random Acts of Kindness

Activity: Create a Compassion Curriculum and a calendar for the month of kindness that you, or the rest of the class, can follow.

Starters & Challenges: Use the **Starter** to write up the history and importance of random acts of kindness. Use the **Challenge** to write up the history and importance of random acts of kindness. Use the **Challenge** to write up the history and importance of random acts of kindness.

Lesson: **Random Acts of Kindness** is the act of doing something nice for someone else. It can be as simple as saying "hello" to someone or as big as donating money to a charity.

Random Acts of Kindness: Random acts of kindness are small, everyday acts of kindness that can make a big difference in someone's life.

Random Acts of Kindness Calendar: A calendar of random acts of kindness that you can follow throughout the month.

Lesson Goal: To understand what random acts of kindness are and to describe ones they have seen and done. To take action in being kind and perform different acts of kindness everyday.

Lesson Materials: Random Acts of Kindness Calendar, Random Acts of Kindness Project, Random Acts of Kindness Project Worksheet, Random Acts of Kindness Project Worksheet Answer Key.

Lesson CHALLENGE - Random Acts of Kindness

Who is the kindest person you know? Jot down a list of traits and qualities they have, as well as the kindness acts you have seen them do.

"No act of kindness, no matter how small, is ever wasted." -Aesop

Explain what you think this quote means.

Do you agree?

Random Acts of Kindness

A random act of kindness is doing a kind, selfless thing for someone who doesn't expect or ask for it.

Click the video boxes to go to the internet to view.

What acts of kindness have you seen?

- 1.
- 2.
- 3.
- 4.

BIG Acts | **SMALL Acts**

Ways to Show KINDNESS

Lesson Plan

Starters & Challenges

Digital Anchor Chart

Brainstorm & Writing

KINDNESS tree

KINDNESS project

What is the name of your project?

What materials do you need? Illustrate.

January kindness CALENDAR

random acts of kindness everyday

1. Write a note of appreciation to someone.
2. Help someone with their homework.
3. Write a thank you note to someone.
4. Let someone go ahead of you.
5. Leave someone a happy note.
6. Build a sentence in someone's word.
7. ...
8. ...
9. ...
10. ...
11. ...
12. ...
13. ...
14. ...
15. ...
16. ...
17. ...
18. ...
19. ...
20. ...
21. ...
22. Offer a help to someone who needs it.

May kindness CALENDAR

random acts of kindness everyday

1. Write a note of appreciation to someone.
2. Help someone with their homework.
3. Write a thank you note to someone.
4. Let someone go ahead of you.
5. Leave someone a happy note.
6. Build a sentence in someone's word.
7. ...
8. ...
9. ...
10. ...
11. ...
12. ...
13. ...
14. ...
15. ...
16. ...
17. ...
18. ...
19. ...
20. ...
21. ...
22. Offer a help to someone who needs it.
23. ...
24. ...
25. ...
26. ...
27. ...
28. ...

you are PRECIOUS

Be kind to be Great

AMAZING KINDNESS

keep calm and pray

YOU are BEAUTIFUL

YOU make a difference

KINDNESS Activities

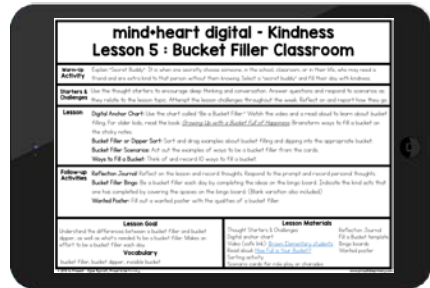
Kindness Project

Kindness Calendars

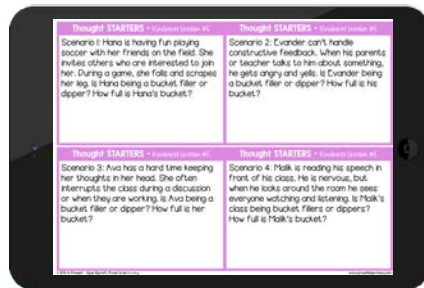
Kind Notes

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.



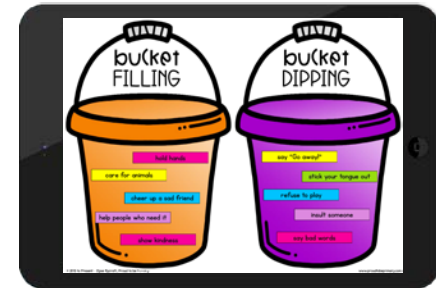
Lesson Plan



Starters & Challenges



Emotions Posters



Digital Anchor Chart



Feelings Clip Charts



How Do They Feel? Books



Emoji-tions Board Game



Emoji-tions Board Game

kindness

DIGITAL UNIT

January kindness CALENDAR

Random ACTs of Kindness performed by NAME

1 Donate old toys to charity	2 Bring in a can of food for a donation	3 Make hot chocolate for your class	4 Write 'Thank You' notes for your Christmas presents	5 Let someone go ahead of you	6 Leave someone a HAPPY note	7 Build a snowman in someone's yard
29 Help make dinner	30 Make a vow to be kind this year	31 Hang out with the younger kids				
8 Invite a new friend to play	9 Thank your parents and tell them you love them	10 Draw a picture for a friend	11 Say "good morning" to everyone you see	12 Bring your teacher their favorite hot drink	13 List what you're thankful for	14 Volunteer your time
15 Donate gloves and scarfs	16 Make and send a card to a family member far away	17 Draw someone a picture	18 SMILE at everyone you see today	19 Shovel the snow off of someone's property	20 Make someone laugh	21 HELP a classmate who needs it
22 Offer a high five to someone who needs it	23 Call a friend on the phone	24 Celebrate 'Give a Compliment Day'	25 Walk a neighbor's dog	26 Teach the class something you are good at	27 Tell someone you appreciate them and why	28 Bake someone cookies

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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!



digital mind+heart - respect Unit



LESSON Overview



Lesson 1

What is Respect?

Lesson 2

Showing Respect

Lesson 3

Integrity & Honesty

Lesson 4

Accepting Differences

Lesson 5

Stereotyping

Lesson 1 - What is Respect?

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

mind+heart digital - RELATIONSHIPS Lesson 1: What is Respect?

Objective: List seven words from a list of 15 words of power that have a related meaning to the word "respect" and explain the connection.

Activity: List seven words from a list of 15 words of power that have a related meaning to the word "respect" and explain the connection.

Starters & Exit Ticket: Use the "Thought Starters" to encourage deep thinking and conversation. Present "Reflections" and respond to questions in this activity. The lesson plan "What is Respect?" is available on the website.

Lesson: Digital Anchor Chart Read the definition and watch the video to learn about respect. In the digital anchor chart "What is Respect?" Record examples of what respect should look, feel, and sound like.

The Golden Rule: Think about what the most important rule is that we all should know. Read "The Golden Rule" and watch the book read aloud. Write about "The Golden Rule" and record reasons why you believe this rule to be important.

Repeat Sing & Brainstorm: Play the video with the song about respect. Listen closely to the words and share thoughts. Brainstorm words related to RESPECT.

Follow-up: Reflection Journal Write on the lesson and record of thoughts. Respond to the prompt and record your own thoughts.

Activities: Master Practice: Reading and recording on the table or in the book. Record on song recording. Read the respect lesson. (optional) Write words or ideas to explain how respect can feel.

Lesson Goal: Describe what respect is and explain it in terms of the Golden Rule.

Lesson Materials: Reflection Journal, Master Practice, Song recording, Golden Rule book, Mind+Heart digital, What is Respect? video, Reflections, and a book about respect.

Vocabulary: respect, respectful, disrespected, disrespectful

Lesson Plan

Thought Starters - Lesson 1

Why is it important to think before you speak?

What does it feel like to be respected or disrespected?

Thought Starters - Lesson 1

How is respect important in relationships?

What are the benefits of treating others with respect?

Thought Starters

What is Respect?

Respect means treating others the way you want to be treated. It means caring about others and how your words and actions impact them.

Click the video icon to go to the internet to view the video (click link).

LOOK LIKE SOUND LIKE FEEL LIKE

Digital Anchor Chart

The Golden Rule

Why is "The Golden Rule" important?

Treat others the way you want to be treated.

Book & Writing Activity

Play the song and listen to the words. Record your thoughts.

Brainstorm words related to RESPECT.

Respect

Song & Response Activity

Recognize one another's differences as important

Equal and fair treatment for all

Support and encourage others in their endeavors

Politely communicate and use manners

Empathetically care for others

Connect with others and celebrate

Think

RESPECT

Respect Acronym Activity

Write words or ideas or draw pictures to show how the words make you feel.

Treat others the way YOU want to be treated.

LISTEN as much as you **SPEAK**

Respect Mantras

RESPECT

Reflection Journal

RESPECT Reflection Journal

Describe what RESPECT means to YOU.

Reflection Journal

Lesson 2 - Showing Respect

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

mind+heart digital - Respect Lesson 2 : Showing Respect

Scenario 1: Oliver hears a friend making rude comments about the new kid. Oliver ignores his friend and goes over to chat with the new kid. How does Oliver show respect?

Scenario 2: Amelia is playing basketball with her class. A few of her classmates are not being passed the ball. When she gets on the court, she makes sure to pass to those people. How does Amelia show respect?

Scenario 3: Chloe's friend tells her a secret and tells her not to say anything. Even though it is something worth talking about, she keeps her word and tells no one. How does Chloe show respect?

Scenario 4: Noah's teacher is presenting a new topic during science. He listens closely and ignores the kids around him who are whispering. He puts up his hand to ask questions when something is unclear. How does Noah show respect?

Lesson Plans

Thought Starters - Scenario 1 & 2

Thought Starters - Scenario 3 & 4

Thought Starters

Ways to Show Respect

IN CLASS AT SCHOOL

AT HOME COMMUNITY

Digital Anchor Chart

10 Ways to Show respect

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Writing Activity

IS IT RESPECTFUL?
Listening when someone reads a book.

YES
NO

IS IT RESPECTFUL?
Pumping into someone and running away.

YES
NO

IS IT RESPECTFUL?
Ignoring the rules in school.

YES
NO

IS IT RESPECTFUL?
Being patient and waiting your turn in line.

YES
NO

Sorting Activity

respect oath

respect oath

Oath & Parent Letter

RESPECT ROLE PLAY

RESPECT SCENARIO

Smile and say "good morning" to your neighbors. Help the elderly who need some help.

Role Play Cards

act of SERVICE project

SERVICE project

What is the name of your project?

How do you plan to describe your plan in detail? Sketch or add pictures to illustrate.

What materials do you need?

Service Project

respect

DIGITAL UNIT

Read the definition and watch the videos to learn about respect on the digital chart called "What is Respect?" Record examples of what respect should look, feel, and sound like.

Respect means treating others the way you want to be treated. It means caring about others and how your words and actions impact them.

What is Respect?



Click the video icon to go to the internet to view the video (safe link).

LOOK LIKE

SOUND LIKE

FEEL LIKE

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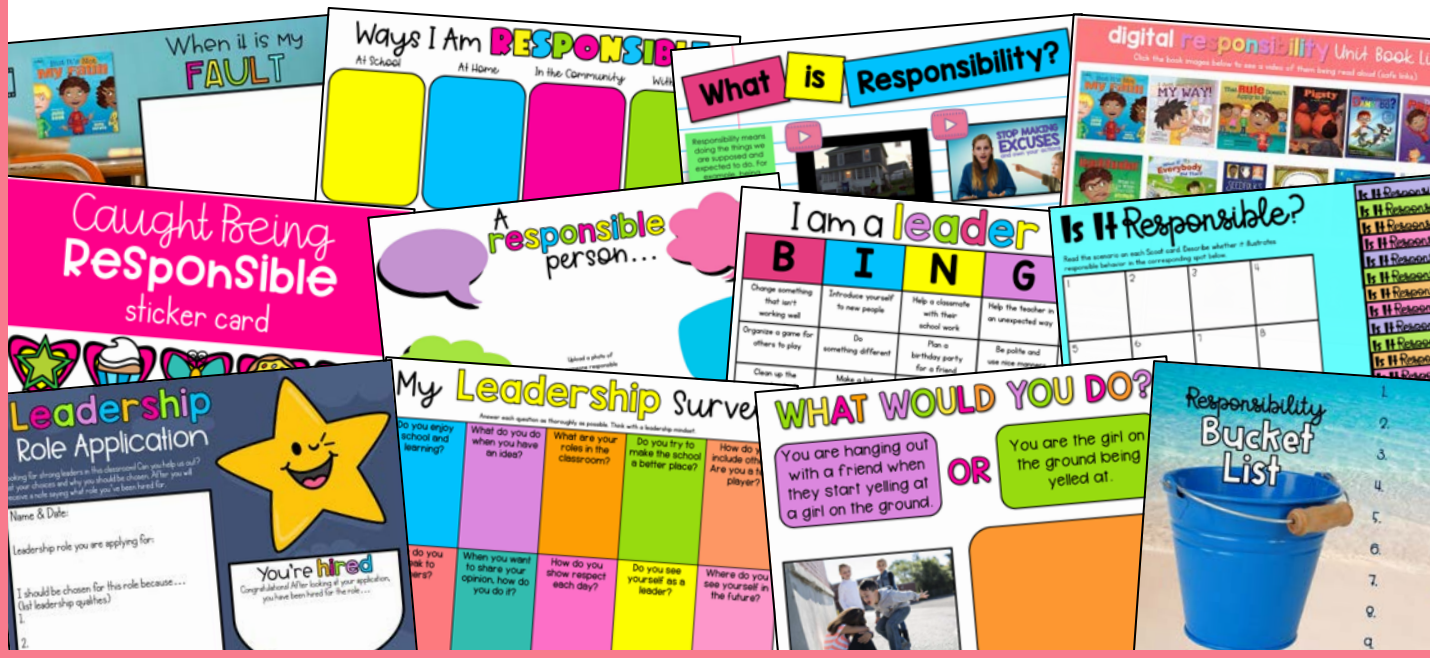
responsibility

DIGITAL UNIT

Proud to Be
Primary

What is Included in this Unit

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digital mind+heart - responsibility Unit



LESSON Overview



Lesson 1	What is responsibility?
Lesson 2	Being Responsible
Lesson 3	What is Leadership?
Lesson 4	Leadership in Action
Lesson 5	Decision Making

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.

mind+heart digital - Responsibility Lesson 1 : What is Responsibility?

Objective: This "What is Responsibility?" lesson will help students understand the meaning of responsibility and how to be responsible.

Activities: Use the "What is Responsibility?" lesson to introduce the concept of responsibility. After students understand the concept, use the "What is Responsibility?" lesson to help them understand the concept of responsibility. After students understand the concept, use the "What is Responsibility?" lesson to help them understand the concept of responsibility.

Lesson: Digital Anchor Chart: What is responsibility and why is it important? Use the video on the right to introduce the concept of responsibility. Use the video on the right to introduce the concept of responsibility. Use the video on the right to introduce the concept of responsibility.

Follow-up: Reflection Journal: What is responsibility and why is it important? Use the video on the right to introduce the concept of responsibility. Use the video on the right to introduce the concept of responsibility. Use the video on the right to introduce the concept of responsibility.

Lesson Goal: Understand what responsibility means and how to be responsible. Understand what responsibility means and how to be responsible. Understand what responsibility means and how to be responsible.

Lesson Materials: Digital Anchor Chart, Reflection Journal, Video: What is Responsibility?

Vocabulary: responsibility, responsible, behavior, conduct, happens, related.

Lesson Plan

Thought STARTERS - Responsibility 1
How is money connected with responsibility?

Thought STARTERS - Responsibility 2
How is responsibility different for adults and kids?

Thought STARTERS - Responsibility 3
Why might someone want to be considered responsible?

Thought STARTERS - Responsibility 4
What does trust have to do with responsibility?

Starters & Challenges

What is Responsibility?

Responsibility means doing the things we are responsible for expected to do. For example, being helpful, keeping homework, or doing chores.

STOP MAKING EXCUSES

What actions are responsible?

A responsible person...

Digital Anchor Chart

A responsible person...

A responsible person...

Brainstorm & Writing

responsibility

Poster

Is It Responsible?

Use the answer sheet to help you decide whether a behavior is responsible or not.

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16

RESOURCES

1. Is It Responsible? 2. Is It Responsible? 3. Is It Responsible? 4. Is It Responsible? 5. Is It Responsible? 6. Is It Responsible? 7. Is It Responsible? 8. Is It Responsible? 9. Is It Responsible? 10. Is It Responsible? 11. Is It Responsible? 12. Is It Responsible? 13. Is It Responsible? 14. Is It Responsible? 15. Is It Responsible? 16. Is It Responsible?

Make your hands right when you get home from school.

Game

responsibility

Acrostic Poem

RESPONSIBILITY Reflection Journal

RESPONSIBILITY Reflection Journal

What is responsibility?
Describe how it means to be responsible and to make.

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 digital - Responsibility Lesson 3: Leadership

Activity: Participants in a simulated lesson define a leader that has been seen or observed and that different people represent different aspects of their own world. They work together to create a leader that is unique and powerful.

Objectives & Challenges: Use the "Thought" activities to encourage deep thinking and conversation. Focus on quality and quantity of responses. They explore the lesson by: **What? The lesson is designed throughout the week. Reflect on and explain how they...**

Lesson: **Right Answer Chart** Read the definition and write the value on the right chart called "What a Leader is". Think about what leader they want and make a good leader. Be creative and make a leader that is unique and powerful on the chart.

Good Leader Worksheet Fill in about what makes a good leader on the worksheet.

Leadership Skills Review From the definition of leadership that you wrote, create a list that are qualities and traits for a leader. Do the partners, read about the words mean. Add words, images, and special phrases to describe and include an example of how leader demonstrate that trait. The partners can be completed individually or independently.

Be a Leader! List the differences between a leader and a boss on a chart.

Follow-up: **Reflection Journal** on the lesson and record thoughts, responses to the prompt and record personal thoughts.

Leadership Challenge: In the end about what "The Habits of Kid Leaders" write about four habits or leader that a leader has. Include words, images, or photographs to describe and define.

Leadership Skills Review Read the facts about leadership. Write words or ideas to explain what the words mean on that 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.

Vocabulary: leader, leadership, responsible, leadership, traits, habits, boss.

Thought Starter: Right answer chart

Lesson Materials: Reflection journal, Good leader, Leadership Skills Review, Good leader, Leadership Skills Review, Leadership Skills Review, Leadership Skills Review.

Lesson Plan

Lesson CHALLENGE 1 - Leadership journal
What does a leader look like? Sketch someone that embodies leadership qualities.

Lesson CHALLENGE 2 - Leadership journal
Take 5 minutes to complete an act of leadership. After you are finished, sit down and record what happened.

Do they look like you or someone else?

How did it make you feel?

Starters & Challenges

What is Leadership?

A good leader **DOES** **THINKS**

LEADERSHIP DEFINITION

Digital Anchor Chart

integrity

honesty

Vocabulary Posters

LEADERS | **BOSSSES**

Four yellow ducks are shown. The first duck is holding a red flag.

Sorting Activity

the 4 HABITS Of kid

HABIT #1

4 Habits Book

IF YOU CAN DREAM IT YOU CAN DO IT

WHY FIT IN WHEN YOU WERE BORN TO STAND OUT

Leader Mantras

My Leadership Survey

Answer each question as thoroughly as possible. Think with a leadership mindset!

Do you enjoy school and learning?

What do you do when you have an idea?

What are your roles in the classroom?

How do you show respect each day?

How do you see yourself as a leader?

Do you try to make the school a better place?

Do you try to include others?

Are you a team player?

How do you speak to other?

When you want to share your opinion, how do you do it?

Where do you see yourself in the future?

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.

mind+heart digital - Responsibility Lesson 4 : Leadership in Action

Activity: Think about your actions over the last week. Write down 3 things you did well on and 3 things you did not do so well on. Share with a partner.

Starters & Challenges: How do you think others will react to your actions? How do you think others will react to your actions?

Lesson: **Right Leader, Right Time** Think about the right time to be a leader. Think about the right time to be a leader. Think about the right time to be a leader.

Follow-up Activities: **Leadership Role:** Think about the right time to be a leader. Think about the right time to be a leader. Think about the right time to be a leader.

Lesson Goal: Think about the right time to be a leader. Think about the right time to be a leader. Think about the right time to be a leader.

Lesson Materials: Think about the right time to be a leader. Think about the right time to be a leader. Think about the right time to be a leader.

Vocabulary: Think about the right time to be a leader. Think about the right time to be a leader. Think about the right time to be a leader.

Lesson Plan

Lesson CHALLENGE - Summary page 11 Write a leadership strategy. "Remember the difference between a boss and leader. A boss says "Go!". A leader says "Let's go!". -Elm Kelly

What advice would you give someone who wanted to be a leader? How does this advice relate to yourself?

Explain what you think this quote means.

Do you agree? Why?

Starters & Challenges

Ways I Can Be A Leader

WHAT IS A LEADER?

To be a leader, I will...

Digital Anchor Chart

WAYS TO BE A leader

- Help the teacher.
- Help a classmate.
- Share a skill.
- Start a game outside.
- Include others.
- Participate in new activities.
- Get to know different people.
- Take interest in others and what they have to say.
- Make plans for the future.
- Plan ways to better the world.
- Listen to the opinions of others.
- Remember not to be a dictator.
- Be respectful.
- Show kindness to all.
- Be a good example to younger kids.
- Strategize with others.
- Admit mistakes and fix them.
- Be polite and always use manners.
- Be positive.
- Be open-minded and eager to learn.
- Stand up to bullies.
- Walk away your time.
- Help the less fortunate.
- Make plans for the future.
- Plan ways to better the world.
- Listen to the opinions of others.
- Remember not to be a dictator.
- Be respectful.
- Show kindness to all.
- Be a good example to younger kids.
- Strategize with others.
- Admit mistakes and fix them.
- Be polite and always use manners.
- Be positive.
- Be open-minded and eager to learn.

10 WAYS I CAN BE A leader

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Examples & Writing

Kid President VIDEO plan

VIDEO plan

What is the name of your video?

Make a plan to create your video in detail. Sketch or draw a picture for the duration.

What is in your video? What are the roles?

Video Creation Plan

leader oath

Name _____ Teacher _____ Date _____

Leader Oath

I am a leader

B I N G O

Change something that isn't working well.	Introduce yourself to new people.	Help a classmate with their school work.	Help the teacher in an unexpected way.	Smile and say a kind word to someone who needs it.
Organize a game for others to play.	Do something different.	Plan a birthday party for a friend.	Be polite and use nice manners.	Organize a classroom cleanup.
Clean up the ground outside.	Make a list of future goals.	Be a LEADER yourself!	Help friends solve a problem.	Take on a new classroom job.
Stand up to someone who is being unkind.	Help a friend who needs support.	Admit a mistake you made and fix it.	Be a "big buddy" to a younger kid.	Offer your help to someone who needs it.
Organize a playground cleanup.				

I am a leader

B I N G O

Be a LEADER yourself!

BINGO Activity

Leadership Role Application

Looking for strong leaders in the classroom? Can you help us out? List your choices and why your choices chosen. If you are not chosen a nice saying what role you can best handle!

Name & Date:

Leadership role you are applying for:

I should be chosen for this role because... (List leadership qualities)

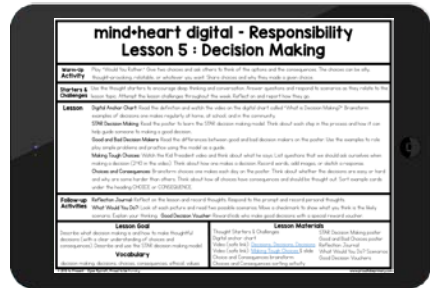
- 1.
- 2.
- 3.

You're hired!
Congratulations! All for looking at your application, you have been hired for the role....

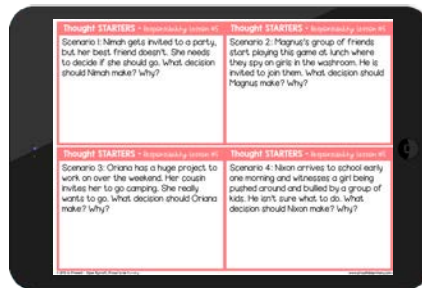
Role Application

Lesson 5 - Decision Making

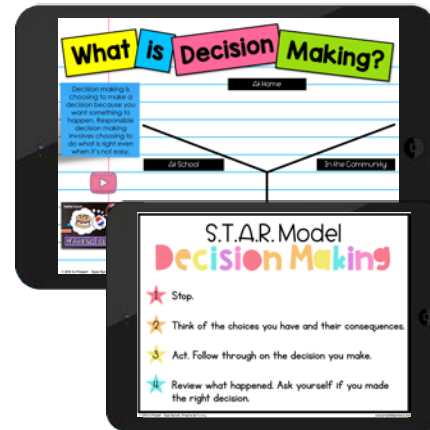
Lesson 5 teaches kids to describe what decision making is and how to make thoughtful decisions (with a clear understanding of choices and consequences). They will describe and use the STAR decision making model.



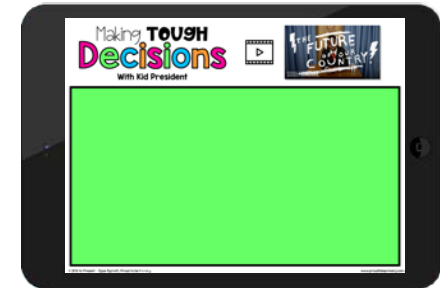
Lesson Plan



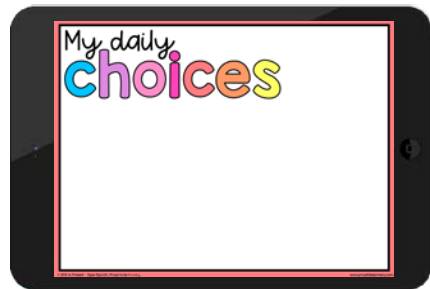
Starters & Challenges



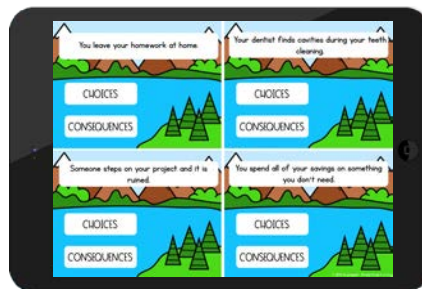
Digital Chart & Posters



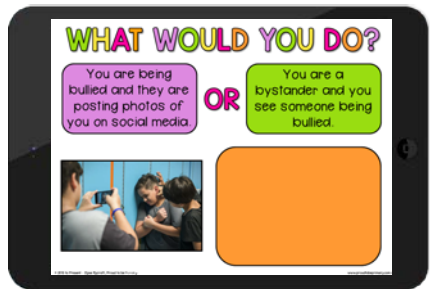
Book & Writing Activity



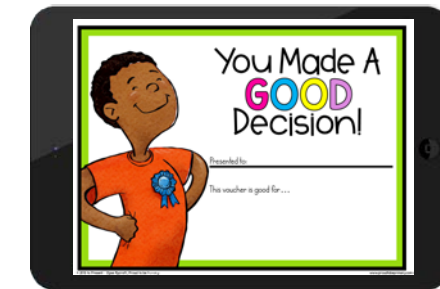
Daily Choices Brainstorm



Sorting Scenarios



Choice Activity



Student Vouchers

responsibility

DIGITAL UNIT

Read different scenarios and determine whether they illustrate responsible behavior. Record on template provided with an alternative idea.

Is It Responsible?

Read the scenario on each Scoot card. Describe whether it illustrates responsible behavior in the corresponding spot below.

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16

- Is It Responsible? ①
- Is It Responsible? ②
- Is It Responsible? ③
- Is It Responsible? ④
- Is It Responsible? ⑤
- Is It Responsible? ⑥
- Is It Responsible? ⑦
- Is It Responsible? ⑧
- Is It Responsible? ⑨
- Is It Responsible? ⑩
- Is It Responsible? ⑪
- Is It Responsible? ⑫
- Is It Responsible? ⑬
- Is It Responsible? ⑭
- Is It Responsible? ⑮
- Is It Responsible? ⑯

Washing your hands right away when you get home from school.

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