SOCIAemotional CURRICULUM BUNDLE





K-2 PROGRAM by Proud to Be Primary

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

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

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

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
- For use in Seesaw Class App (Compatible with Chromebooks, computers, iPads, iPhones, Android tablets, Android phones, Kindle Fire)

Benefits:

- Kids learn to use different digital methods and devices
- Gain practice and skills working and interacting online
- Provides I:I 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



mind-heart CURRICULUM map

Unit I	Emotions	Identifying and labelling; What causes emotions; Expressing emotions; Labelling experiences
Unit 2	Self-Management	self-regulation; mindfulness; self-control; self-esteem; calming down
Unit 3	Growth Mindset	fixed vs. growth mindset; self-perception; effort & perseverance; failure is learning; the brain
Unit 4	Relationships	communication; friendship; teamwork & cooperation; sharing & taking turns
Unit 5	Social Awareness	feelings & behaviors affect others; empathy; community; inclusion
Unit 6	Kindness	being kind to others; ways to show; kindness project; Bucket Filling; generosity
Unit 7	Respect	what is respect?; showing respect; honesty; gratitude; appreciating differences
Unit 8	Responsibility Proud to be PRIMARY	taking on responsibilities; how to be responsible; goal setting; conflict resolution; anti-bullying

mind+heart ESSON Exercise

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 - EMOTIONS sson I : Identifying & Labelling Emotions

Community Building Activity

Bring children into a circle. Ask them to show emotions with their faces and bodies when given different emotion words. For example, say "happy" and watch as kids smile and stand with confidence.

Discussion Starters

Use the discussion starters to have open conversations with children. Ask the question(s), read the scenario(s), and show the photo(s) one at a time and encourage children to respond and share their th

Whole Group Lesson Emotions Posters: Show each emotion poster one at a time and what it is showing. Encourage children to come up with different terms for each emotion. Talk about facial expressions and body language and what the face/body is doing while showing each emotion. Have children model each emotion.

Collaborative Anchor Chart: Create a chart called "We all have emotions" using the pieces provided. Get each child to draw themselves showing a certain feeling. Add to the anchor chart. Feelings Check-In Clip Chart: Give each child a clip with their name on it. They can attach their clip next to the emotion they are feeling.

Follow-up How Do They Feel? Mini-Book: Read the sentence on the page, trace, Activities the emotion, and complete the face by drawing to show that emotion Emotions Memory Game: Place a set of emotion and word cards upside down. Children need to match emotion pictures with emotion words. Emoji-tions Go Fish Card Game: See the card game instructions.

Lesson Goal

Identify and label 12 major emotions based on facial expressions and body language. Recognize their own emotions.

Vocabulary

emotion, feeling, facial expression, body language, each of the 12 major tions.

Lesson Materials

Discussion Starters Emotions posters Anchor chart pieces and chart paper Clip chart and labeled clips for each child How Do They Feel? mini-book (2 variations) Emotions Memory game Emoji-tions Go Fish card game (see inst.)

Important SEL vocabulary terms.

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

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

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



Proud to Be

PRINTABLE UNIT

What is Included in this Resource

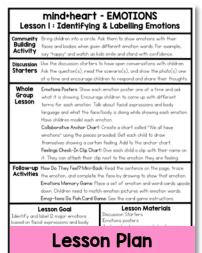
- 5 lessons that include detailed lesson plans
- Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities
- Make an impact in your classroom with lessons and activities that teach important social-emotional skills

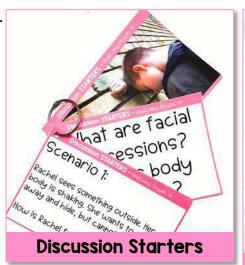


lessen 1 - Identifying & Labelling Emotions

Lesson I teaches children to identify and label I2 major emotions and other terminology commonly used for those emotions with the use of emotions posters. Children will draw facial expressions, recognize their own emotions, and

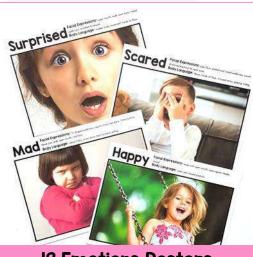
match emotions with words.













Emotions Match Game



I feel excited.

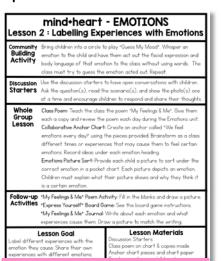
I feel proud.

Emotions Clip Chart

I feel happy

lessin 2 - Labelling Experiences with Emotions

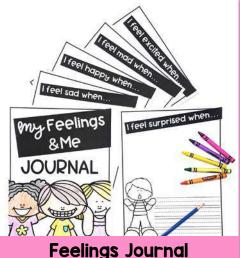
Lesson 2 teaches children to label different experiences with the emotion they cause. Children will share their own experiences with different emotions and complete various activities to help them with that.



Lesson Plan





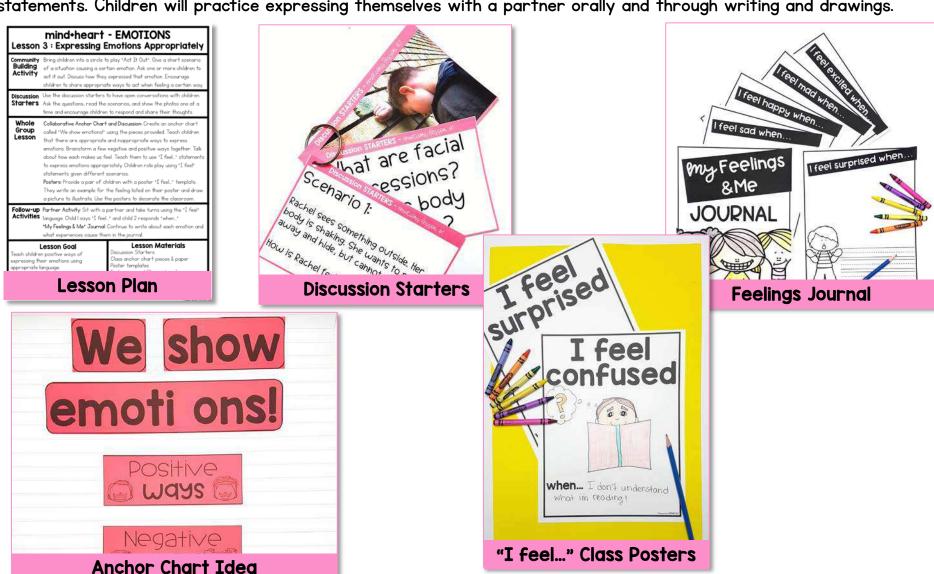






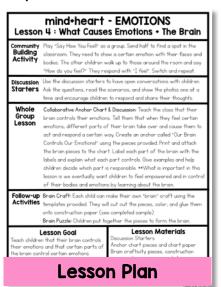
lessen 3 - Expressing Emotions Appropriately

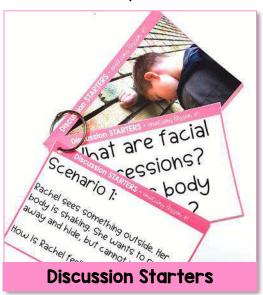
Lesson 3 teaches children positive ways of expressing their emotions using appropriate language and "I feel" statements. Children will practice expressing themselves with a partner orally and through writing and drawings.

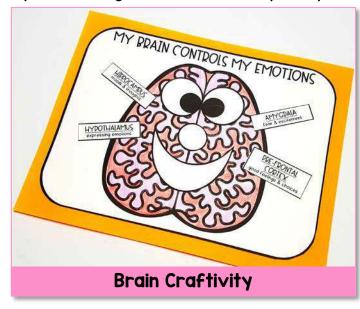


lessen 4 - What Causes Emotions + The Brain

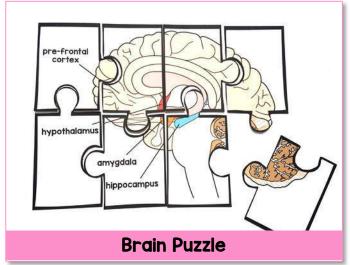
Lesson 4 teaches children that their brain controls their emotions and that certain parts of the brain control how they act and feel. Children will learn what those parts are and where they are through a brain craftivity and puzzle.





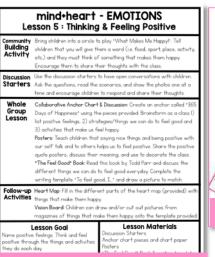






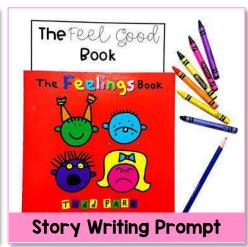
bessen 5 - Thinking & Feeling Positive

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



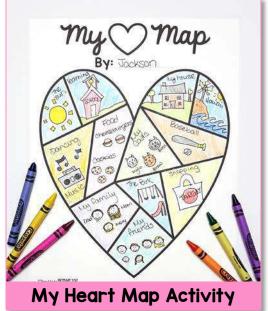














emotions DIGITAL UNIT Primary

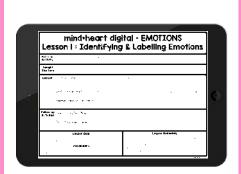
What is Included in this Unit

- 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 & pre-loaded Seesaw activities that are ready for you!



Lesson I - Identifying & Labelling Emotions

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









Lesson Plan

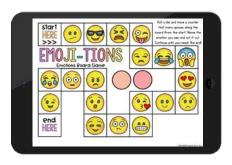
Thought Starters

Emotions Posters

Digital Anchor Chart



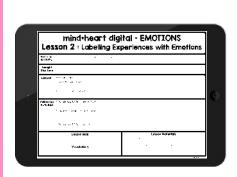




Feelings Clip Charts How Do They Feel? Books Emoji-tions Board Game

Lesson a - Labelling Experiences with Emotions

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









Lesson Plans

Thought Starters

Feelings Poem

Digital Anchor Chart









Emotion Picture Labelling

Board Game

Poem Activity

Emotions Journal

digital emotions unit - mind+heart K-2 Curriculum by Proud to Be Primary

Lesson 3 - Expressing Emotions Appropriately

Lesson 3 teaches children positive ways of expressing their emotions using appropriate language and "I feel" statements. Children will practice expressing statements and through writing and drawing.









Lesson Plan

Thought Starter

Digital Anchor Chart

Poster









"I Feel" Poster Template Emotions Scenarios

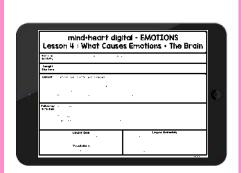
Talking Bubbles

Emotions Journal

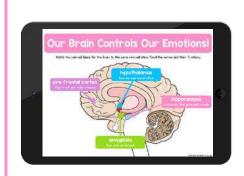
digital emotions unit - mind+heart K-2 Curriculum by Proud to Be Primary

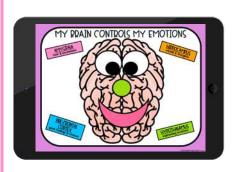
Lesson 4 - What Causes Emotions + The Brain

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









Lesson Plan

Thought Starters

Digital Anchor Chart

Brain Craft





Brain Puzzle

Brain Videos

digital emotions unit - mind+heart K-2 Curriculum by Proud to Be Primary

Lesson 5 - Thinking & Feeling Positive

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









Lesson Plan

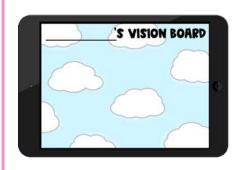
Thought Starters

Digital Anchor Chart

Quote Posters









Read Aloud Response Video Read Aloud

Vision Board

Heart Map

digital emotions unit - mind-heart K-2 Curriculum by proud to be Primary

self-management PRINTABLE UNIT

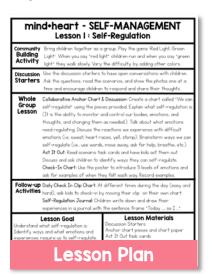
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- 5 lessons that include detailed lesson plans
- Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities
- Make an impact in your classroom with lessons and activities that teach important social-emotional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



lesson 1 - Self-Regulation

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











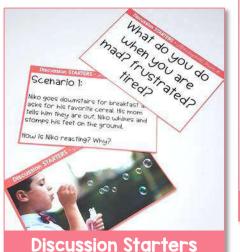


lessen 2 - Regulating Emotions & Calming Down

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

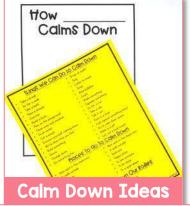
balloon breathing.



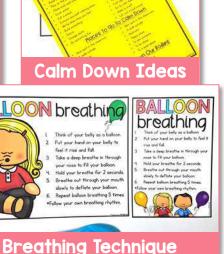




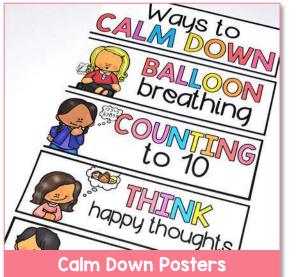
Anchor Chart Idea



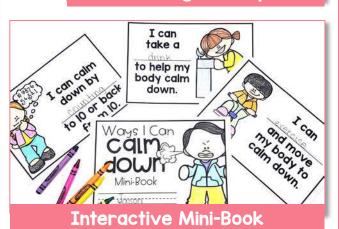




Lesson Plan

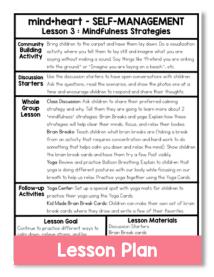






lessen 3 - Mindfulness Strategies

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



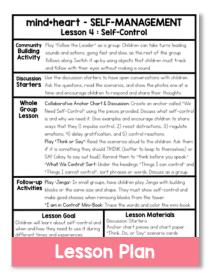






lesson 4 - Self-Control

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

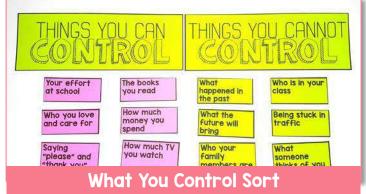






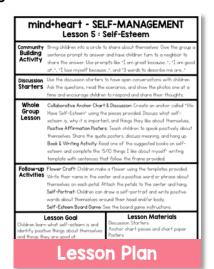


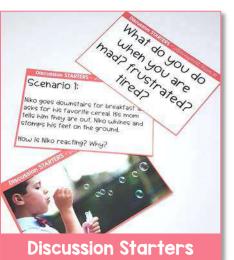




lessen 5 - Self-Esteem

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















self-management DICITAL UNIT Primary

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Lesson I - Self-Regulation

Lesson I teaches kids what self-regulation is and to identify ways and what emotions and experiences require us to self-regulate. They will learn about different calming strategies and will select one to try.









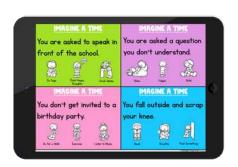
Lesson Plan

Thought Starters

Calming Strategies

Digital Anchor Chart









Calming Strategies #2

Scenario Cards

Feelings Check-In Poster

Self-Regulation Journal

Lesson a - Regulating Emotions & Calming Down

Lesson 2 teaches kids to identify and practice different ways to calm down, including five different breathing strategies. They will create an interactive calm down kit to help them when needed.









Lesson Plan

Thought Starters

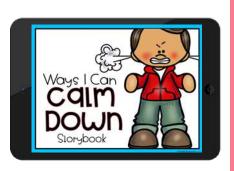
Digital Anchor Chart

Calm Down Choice Poster









Calm Down Place

Breathing Strategies

Breathing Reflection

Fill-in-the-Blank Book

Lesson 3 - Mindfulness Strategies

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









Lesson Plan

Thought Starters

Digital Anchor Chart

Brain Break Cards









Brain Break Reflection

Yoga Pose Cards

Yoga Reflection

Mindfulness Videos

Lesson 4 - Self-Control

Lesson 4 teaches children about self-control and when and how they need to use it during different times and experiences. They will identify things they can and cannot control, as well as things they should say or think.









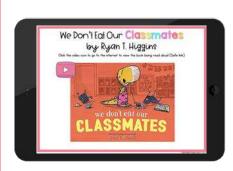
Lesson Plan

Thought Starters

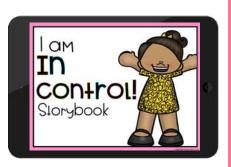
Digital Anchor Chart

Sorting Activity









THINK or SAY cards

Video Read Aloud

Story Response

In Control Storybook

Lesson 5 - Self-Esteem

Lesson 5 teaches children what self-esteem is and things they like about themselves. They will identify positive traits and words to describe themselves.









Lesson Plan

Thought Starters

Digital Anchor Chart

Affirmation Posters







5/10 Things I Like Writing

Self-Love Flowers

Self-Esteem Board Game

growth mindset PRINTABLE UNIT

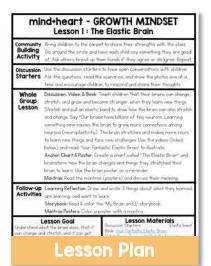
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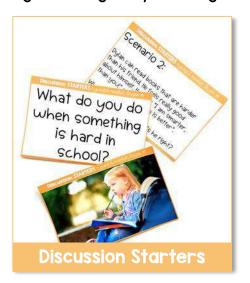
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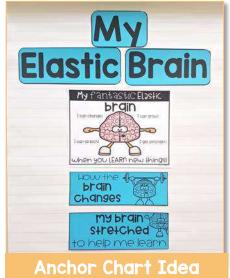


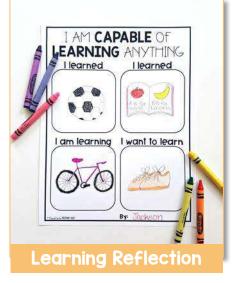
lesson 1- The Elastic Brain

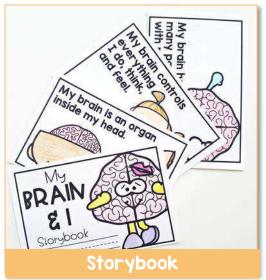
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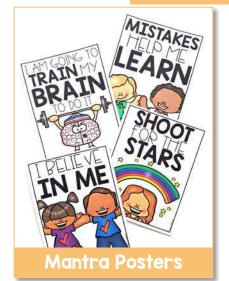










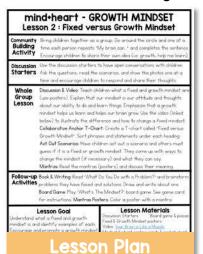


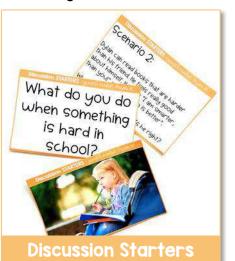


lessen 2 - Fixed vs. Growth Mindset

Lesson 2 teaches children to understand what a fixed and growth mindset are, and to identify examples of each.

Children are encouraged to build a growth mindset through discussions and activities.





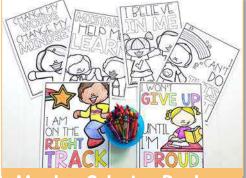






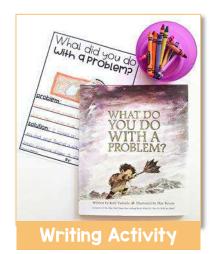


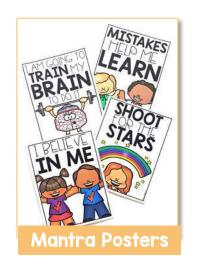




Mantra Coloring Posters



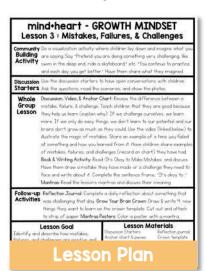


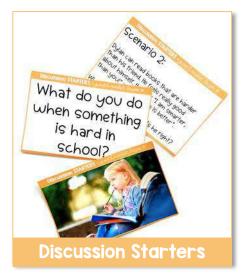


lessen 3 - Mistakes, Failure, & Challenges

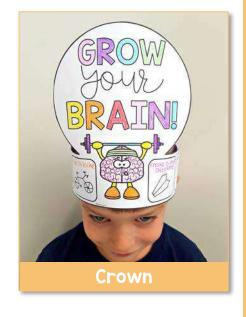
Lesson 3 teaches children to identify and describe how mistakes, failures, and challenges are positive and help them

learn new things.

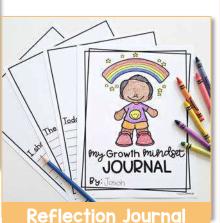


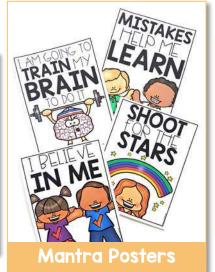










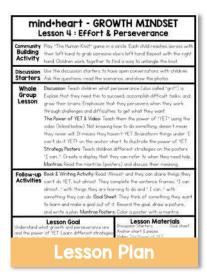


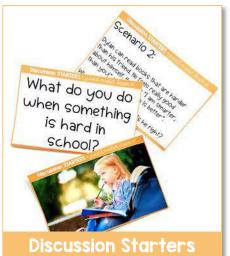


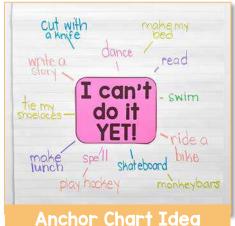
lessen 4 - Effort & Perseverance

Lesson 4 teaches children to understand what growth and perseverance are and the power of YET. They will learn

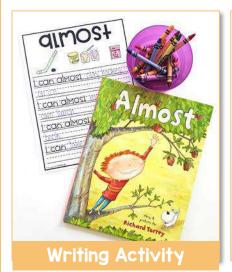
different strategies that can help them persevere when things are difficult.



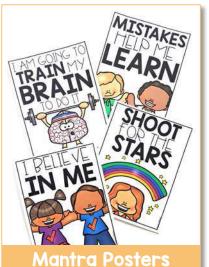












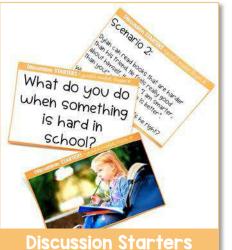


lessen 5 - Having Growth Mindset Everyday

Lesson 5 to understand and show determination and confidence in order to stretch their brain, show a growth

mindset, and learn difficult, new things.

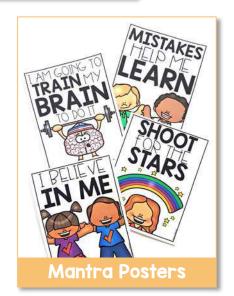


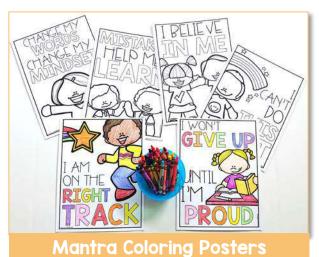








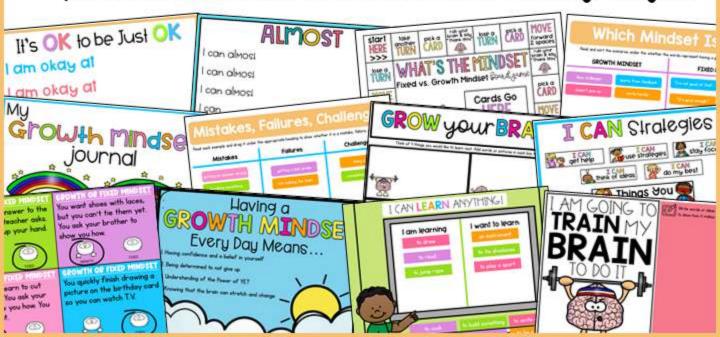




growth mindset DIGITAL UNIT Primar

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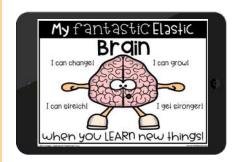


Lesson I - The Elastic Brain

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









Lesson Plan

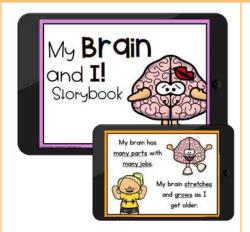
Thought Starters

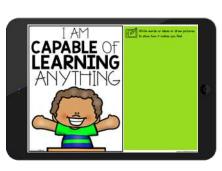
Elastic Brain Poster

Digital Anchor Chart









Brain Videos

Learning Reflection Sort

Storybook

Quote Posters

Lesson a - Fixed vs. Growth Mindset

Lesson 2 teaches children to understand what a fixed and growth mindset are, and to identify examples of each. Children are encouraged to build and practice a growth mindset.









Lesson Plan

Thought Starters

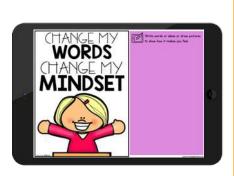
Growth Mindset Posters

Digital Chart & Sort









Read Aloud & Response

Circle the Scenarios

Board Game

Quote Posters

Lesson 3 - Mistakes, Failure, & Challenges

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









Lesson Plan

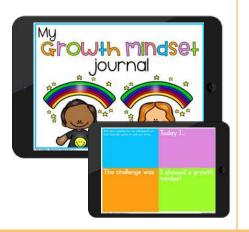
Thought Starters

Poster & Response

Sort & Video Lesson









Read Aloud & Response

Learning Reflection

Growth Mindset Journal

Quote Posters

Lesson 4 - Perseverance & The Power of Yet

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









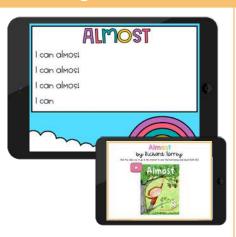
Lesson Plan

Thought Starters

"I Can" Strategies Poster

Digital Anchor Chart









"I Can" Strategies to Try

Read Aloud & Response

Goal Setting Template

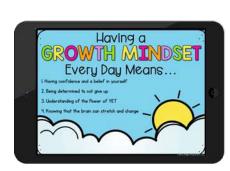
Quote Posters

Lesson 5 - Having a Growth Mindset Everyday

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









Lesson Plan

Thought Starters

Growth Mindset Poster

Digital Chart & Videos









Fill-In Storybook

Read Aloud & Response

Growth Mindset Awards

Quote Posters

relationships PRINTABLE UNIT Primary

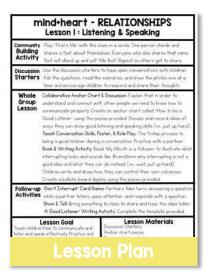
What is Included in this Resource

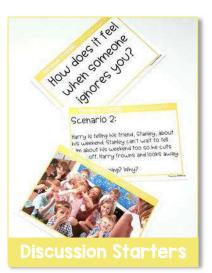
- 5 lessons that include detailed lesson plans
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- Make an impact in your classroom with lessons and activities that teach important social-emotional skills

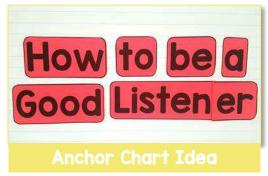


lessen 1 - Communication: Listen & Speak

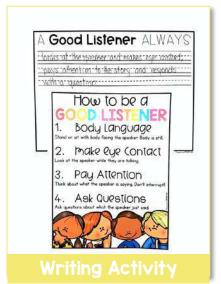
Lesson I teaches children how to communicate and listen and speak effectively. Practice and build conversation skills.

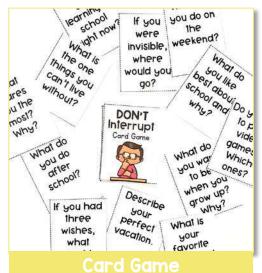


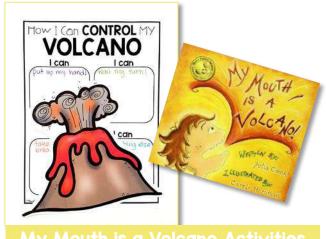






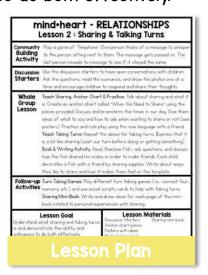




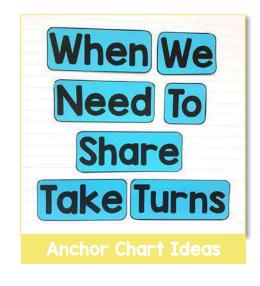


lessen 2 - Sharing & Taking Turns

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











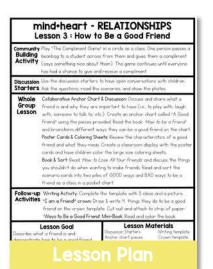




lessen 3 - How to be a Good Friend

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

actions.













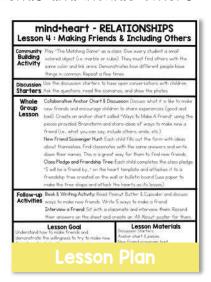


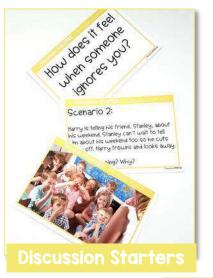




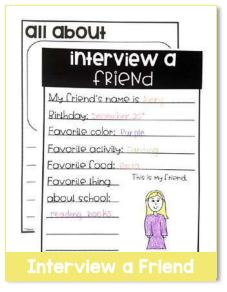
lessen 4 - Making Friends & Including Others

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



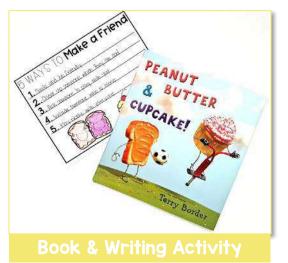






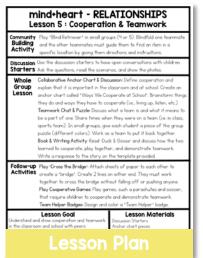




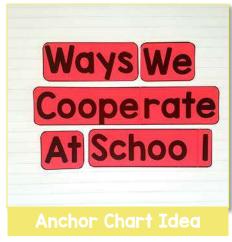


lessen 5 - Cooperation & Teamwork

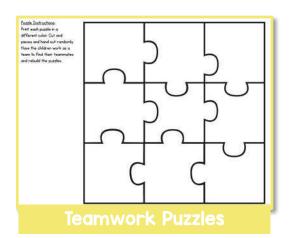
Lesson 5 teaches children to understand and show cooperation and teamwork in the classroom and school with peers.

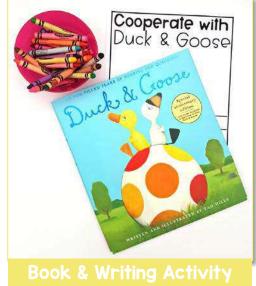












relationships DIGITAL UNIT Primary

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 & pre-loaded Seesaw activities that are ready for you!



Lesson I - Communication: Listen & Speak

Lesson I teaches children how to communicate and listen and speak effectively. They will practice and build conversation skills.









Lesson Plan

Thought Starters

Poster

Digital Anchor Chart









Read Aloud & Responses

Writing Prompt

Card Game

Show & Tell Activity

Lesson 2 - Sharing & Taking Turns

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









Lesson Plan

Thought Starters

Scripts

Digital Anchor Charts









Online Read Aloud

Story Response

Turn Taking Apps

Sharing Journal

Lesson 3 - How to Be a Good Friend

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







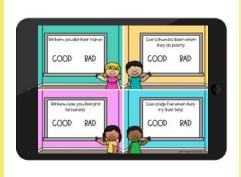


Lesson Plan

Thought Starters

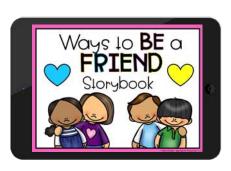
Friend Characteristics

Digital Anchor Chart









Type of Friend Activity "I Am A Friend!" Activity

Quote Posters

Storybook

Lesson 4 - Making Friends & Including Others

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









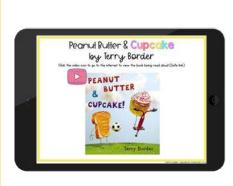
Lesson Plan

Thought Starters

Digital Anchor Chart

New Friend Activity









Friendship Pledge

Online Read Aloud

Story Response

Interview Activity

Lesson 5 - Cooperation & Teamwork

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







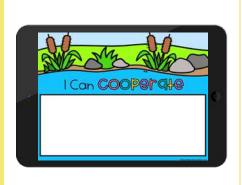


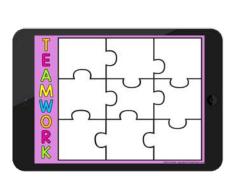
Lesson Plan

Thought Starters

Digital Anchor Chart

Online Read Aloud









Story Response

Teamwork Activity

Cooperative Games

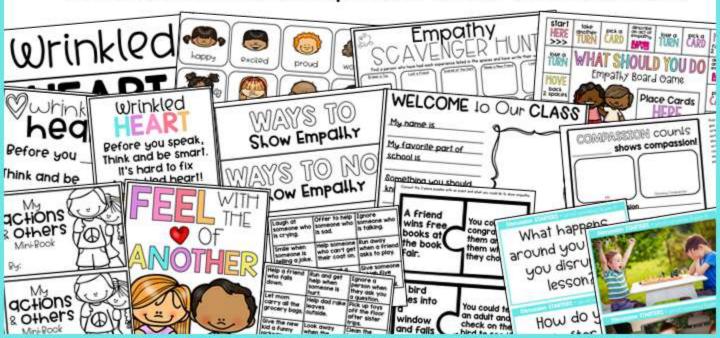
Application Form Activity

social awareness

PRINTABLE UNIT

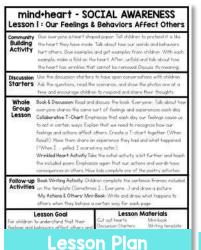
What is Included in this Resource

- 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

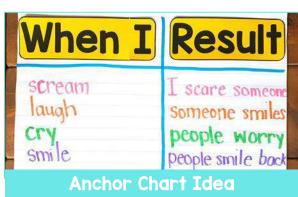


lesson 1 - Our Feelings & Behaviors Affect Others

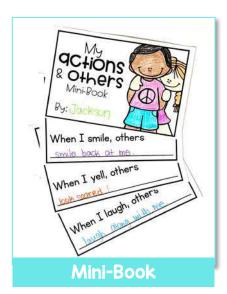
Lesson I teaches children to understand that their feelings and behaviors affect others and helps them learn ways to make adjustments.









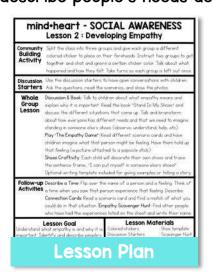






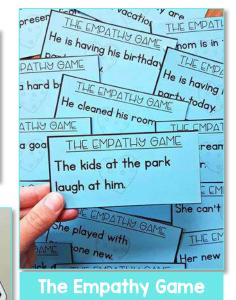
lessen 2 - Developing Empathy

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

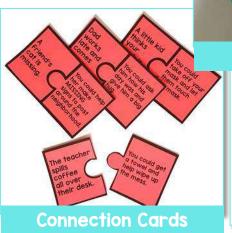














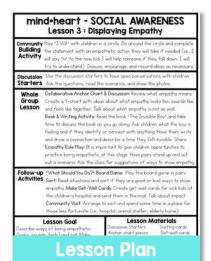


Empathy Scavenger Hunt

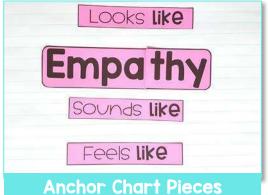
lessen 3 - Displaying Empathy

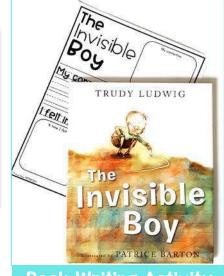
Lesson 3 teaches children to describe ways of being empathetic (looks, sounds, feels) and not. The lesson and

activities will encourage children to act in empathetic ways.



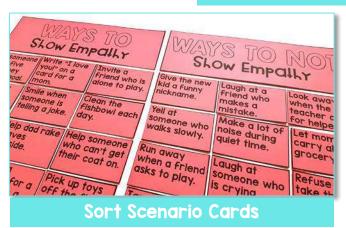






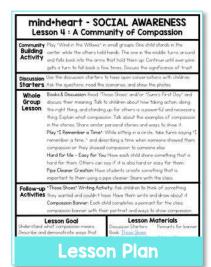
Book Writing Activity





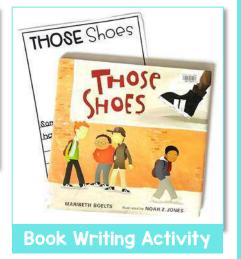
lessen 4 - A Community of Compassion

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

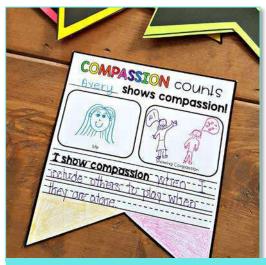








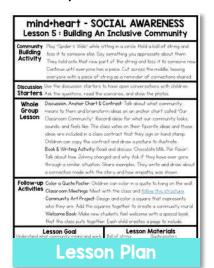




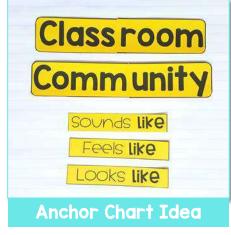
Pennant Template

bessen 5 - Building an Inclusive Community

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













social awareness

DIGITAL UNIT Primar

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 & pre-loaded Seesaw activities that are ready for you!



Lesson I - Our Feelings & Behaviors Affect Others

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









Lesson Plan

Thought Starters

Digital Anchor Chart

Wrinkled Heart Activity







Poem Activity

Story & Response

Journal

Lesson a - Developing Empathy

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









Lesson Plan

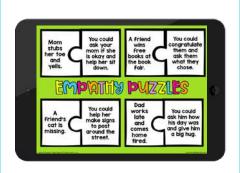
Thought Starters

Digital Anchor Chart

Story & Response









Empathy Game

Card Game

Puzzle Matching Activity

Scavenger Hunt

Lesson 3 - Displaying Empathy

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









Lesson Plan

Thought Starters

Digital Anchor Chart

Story & Responses









Task Card Scenarios

Boardgame

Email Writing

Community Field Trips

Lesson 4 - A Community of Compassion

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









Lesson Plan

Thought Starters

Digital Anchor Chart

Online Read Alouds









Story Response

Writing Activity

Collage Activity

Compassion Activities

Lesson 5 - Building an Inclusive Community

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









Lesson Plan

Thought Starters

Digital Anchor Chart

Classroom Contract









Story & Response

Quote Posters

Welcome Poster

Story & Response

RINTABLE UNIT Primary

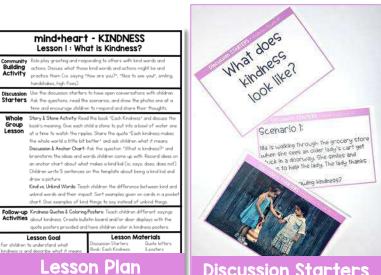
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lessin 1 - What is Kindness?

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











Quote letters for Bulletin Board or Door Decor



you want omething. when a friend has been

when you see someone's

when someone face. is looking at

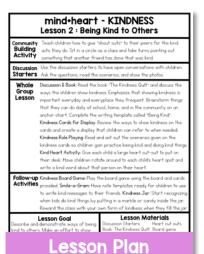
Kind & Unkind Words Sort



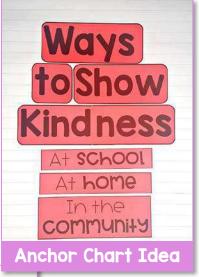
lessen 2 - Being Kind to Others

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

kindness to others each day.

















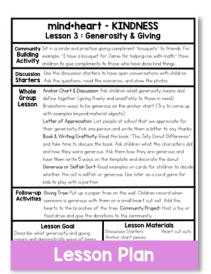
Kindness Posters



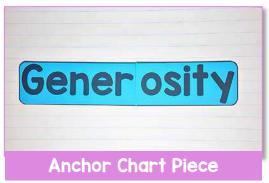
Being Kind Writing

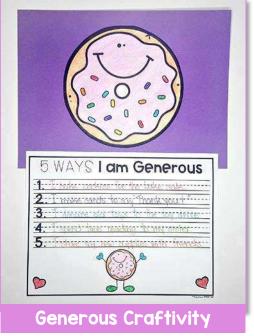
lessen 3 - Generosity & Giving

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

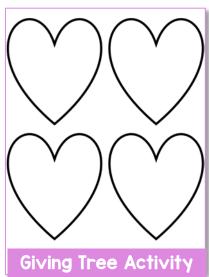










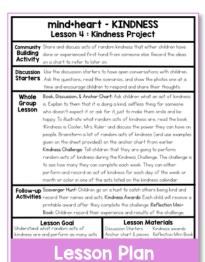


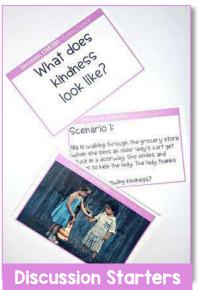


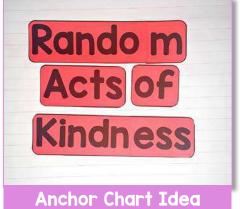
lessen 4 - Kindness Project

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

during a kindness challenge.









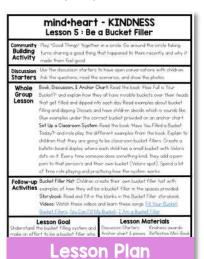




bessen 5 - Bucket Filler System

Lesson 5 teaches children to understand the bucket filling system and make an effort to be a bucket filler who helps

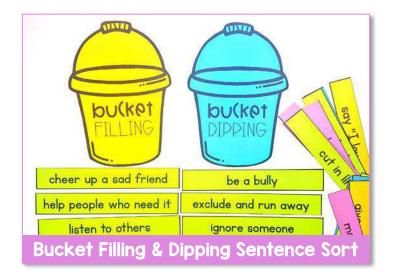
fill other people's buckets.

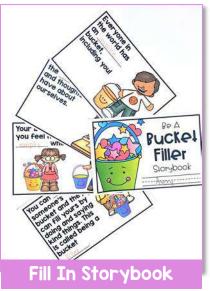












kindiess DICITAL UNIT Primary

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Lesson | - What is Kindness?

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









Lesson Plan

Thought Starters

Digital Anchor Chart

A Kind Kid Chart









A Kind Kid Writing Read Aloud & Response

Kind Words Sort

Quote Posters

Lesson a - Being Kind to Others

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









Lesson Plan

Thought Starters

Digital Anchor Chart

Kindness Strategies









Role Play Cards

Board game

Kind Notes

Kindness Jar

Lesson 3 - Generosity & Giving

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









Lesson Plan

Thought Starters

Emotions Posters

Digital Anchor Chart









Feelings Clip Charts How Do They Feel? Books

Emoji-tions Board Game

Emoji-tions Board Game

Lesson 4 - Kindness Project

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









Lesson Plan

Thought Starters

Emotions Posters

Digital Anchor Chart









Feelings Clip Charts

How Do They Feel? Books Emoji-tions Board Game

Emoji-tions Board Game

Lesson 5 - Bucket Filler System

Lesson 5 teaches children to understand the bucket filling system and make an effort to be a bucket filler who helps fill other people's buckets.









Lesson Plan

Thought Starters

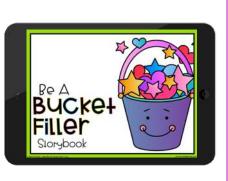
Emotions Posters

Digital Anchor Chart









Feelings Clip Charts How Do They Feel? Books

Emoji-tions Board Game

Emoji-tions Board Game

PRINTABLE UNIT Printing

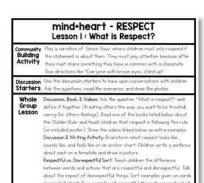
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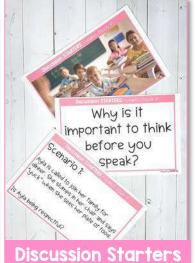
lesson 1 - What is Respect?

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



Activities about respect Respect Poem Write an acrostic poem with a difference

Lesson Plan







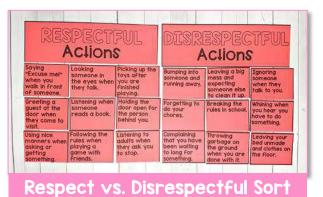
Writing



The Golden Rule Poster

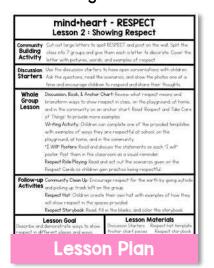


Coloring Posters

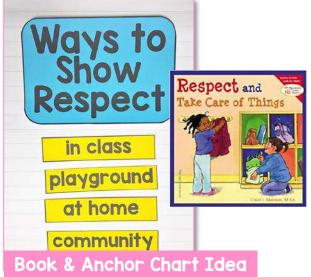


lessen 2 - Showing Respect

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.











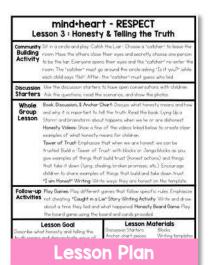


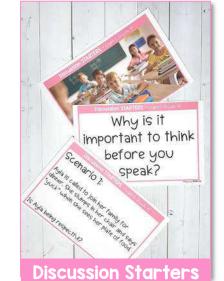


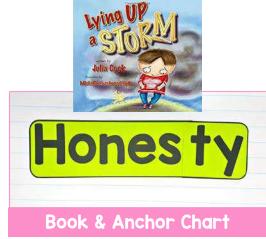
lessen 3 - Honesty & Telling the Truth

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

honest.











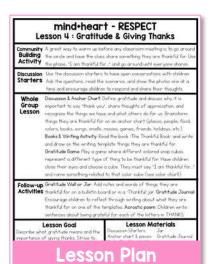


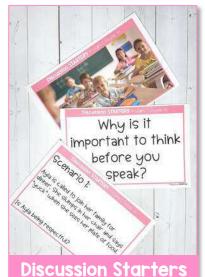


lessen 4 - Gratitude and Giving Thanks

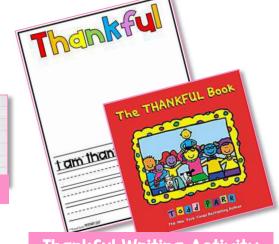
Lesson 4 teaches children to describe what gratitude means and the importance of giving thanks. Strive to give

thanks and appreciate what they have.

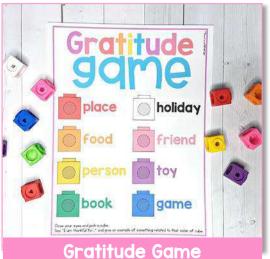








Thankful Writing Activity







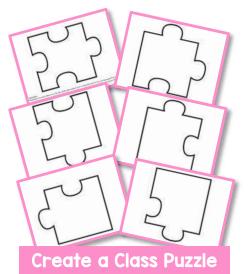
lessen 5 - Appreciating Differences

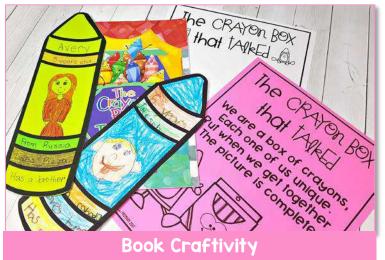
Lesson 5 teaches children to understand and show appreciation of differences and similarities amongst classmates.













DIGITAL UNIT 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 & pre-loaded Seesaw activities that are ready for you!



Lesson I - What is Respect?

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







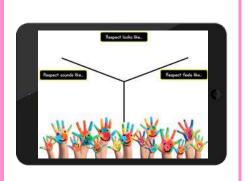


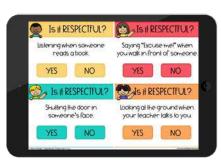
Lesson Plan

Thought Starters

Digital Chart & Poster

Writing Activity









Sorting Activity 'Is it Respectful?' Cards Respect Acrostic Poem

Respect Quote Posters

Proud to Be Primary

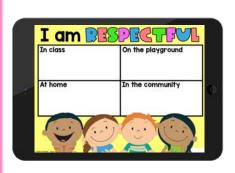
Lesson a - Showing Respect

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.









Lesson Plans

Thought Starters

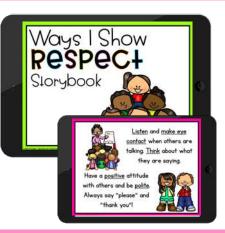
Digital Chart & Book

Writing Activity









Respect Strategies

Respect Role Play

Clean Up Project

Respect Storybook

digital respect unit - mind+heart K-2 Curriculum by

Proud to Be Primary

Lesson 3 - Honesty & Telling the Truth

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







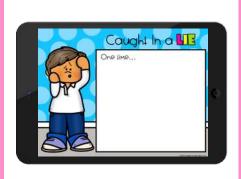


Lesson Plan

Thought Starters

Digital Anchor Chart

Read Aloud & Response









Reflection Writing Honesty Boardgame

Honesty Jar

Honesty Writing Proud to Be Primary

Lesson 4 - Gratitude and Giving Thanks

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









Lesson Plan

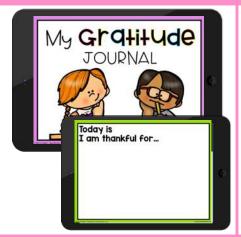
Thought Starters

Digital Anchor Chart

Thankful Videos & Writing









Gratitude Challenge

Gratitude Wall

Gratitude Journal

"Thank You" Letter
Proud to Be Primary

Lesson 5 - Appreciating Differences

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

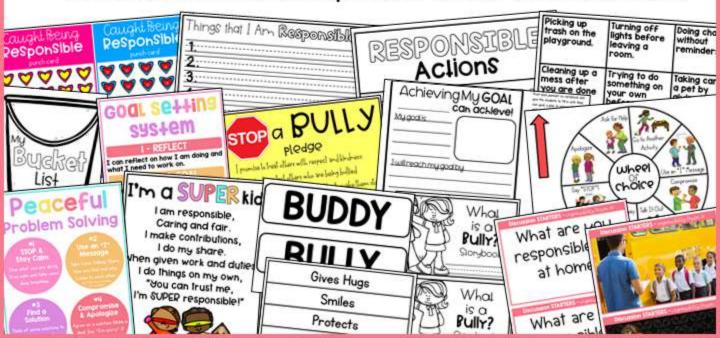
Talking Bubbles

Emotions Journal Proud to Be Primary

PRINTABLE UNIT Primary

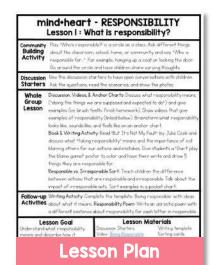
What is Included in this Resource

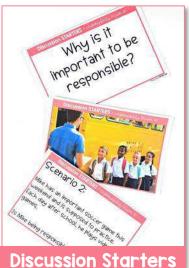
- 6 lessons that include detailed lesson plans
- Each lesson includes community builders, discussion starters, anchor chart, lesson and follow-up activities
- Make an impact in your classroom with lessons and activities that teach important social-emotional skills

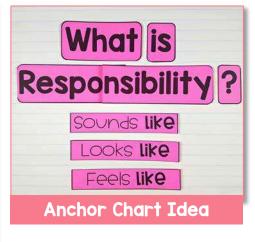


lesson 1 - What is Responsibility?

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

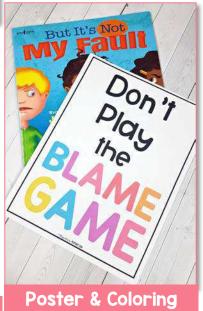








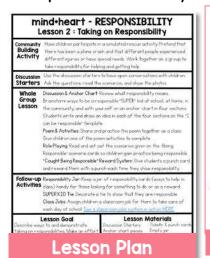




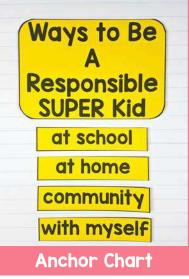


lessen 2 - Taking On Responsibilities

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















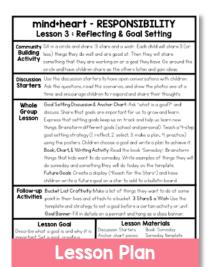


riends.



lessen 3 - Reflecting & Goal Setting

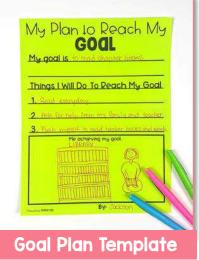
Lesson 3 teaches children to describe what a goal is and why it is important. They will set a goal, create a strategy and stick to a plan.













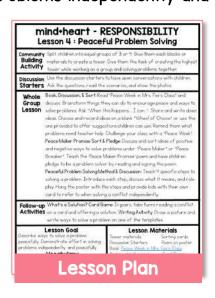


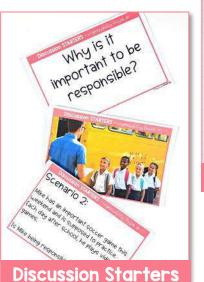


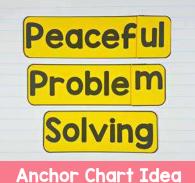


lessen 4 - Peaceful Problem Solving

Lesson 4 teaches children to describe ways to solve a problem peacefully. They will demonstrate effort in solving problems independently and peacefully.











Problem Solving Solution Wheel

Ways 10

Solve A PROBLEM

Can Issan Issa

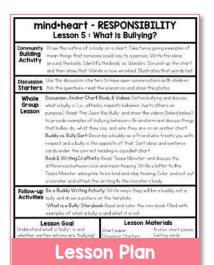
Writing Activity





lessen 5 - What is Bullying?

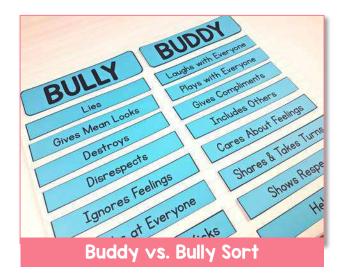
Lesson 5 teaches children to understand what a "bully" is and whether certain actions are "bullying".







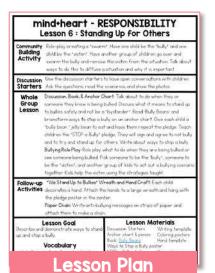


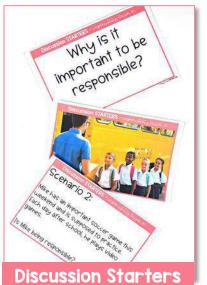




lessen 6 - Standing Up for Others

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













responsibility DIGITAL UNIT Primary

What is Included in this Unit

- 6 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 & pre-loaded Seesaw activities that are ready for you!



Lesson I - What is Responsibility?

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









Lesson Plan

Thought Starters

Digital Anchor Chart

Looks, Sounds, Feels









Story & Response Activity

Task Cards

Acrostic Poem

Writing Activity

Lesson a - Taking On Responsibilities

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









Lesson Plan

Thought Starters

Anchor Chart & Brainstorm

Role Play Cards









Jar & Cards

Poem Activities

"Super Kid" Tie Activity

Sticker Cards

Lesson 3 - Reflecting & Goal Setting

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









Lesson Plan

Thought Starters

Digital Anchor Chart

Poster & Plan Templates









Story & Response

Bucket List Activity

3 Stars & a Wish

Goal Banner

Lesson 4 - Peaceful Problem Solving

Lesson 4 teaches children to describe ways to solve a problem peacefully. They will demonstrate effort in solving problems independently and peacefully.









Lesson Plan

Thought Starters

Digital Anchor Chart

Peace Promise & Challenge









Problem Solving Method

Sorting Activity

Card Game

Writing Activity

Lesson 5 - What is Bullying?

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









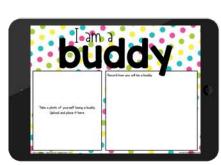
Lesson Plan

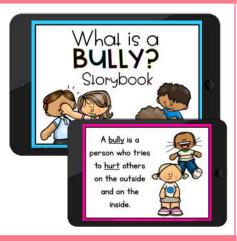
Thought Starters

Digital Anchor Chart

Sorting Activity







Story & Response Activity

Being a Buddy Activity

Storybook

Lesson 6 - Ways to Stop a Bully

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









Lesson Plan

Thought Starters

Digital Anchor Chart

Stop a Bully Pledge





Writing Activity

Bullying Messages

THANK YOU!

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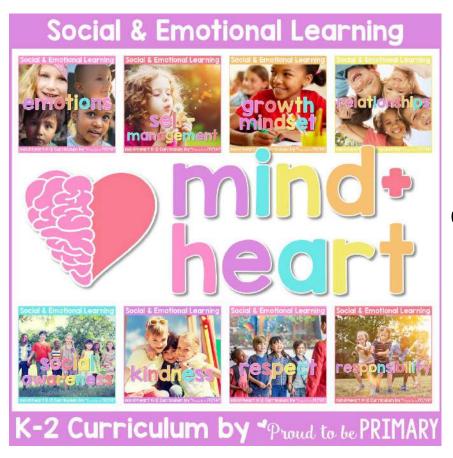






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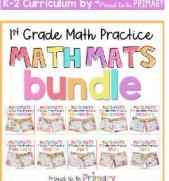
Use both together to enhance learning and provide a meaningful SEL program.



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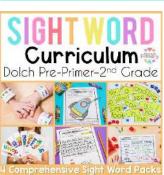










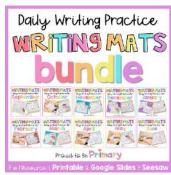




















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