Social & Emotional Learning



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

emotions DICITAL 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!



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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



digital mind-heart - emotions Unit LESSON Overview

Lesson I Identifying & Labelling Emotions

Lesson 2 Labelling Experiences with Emotions

Lesson 3 Expressing Emotions Appropriately

Lesson 4 What Causes Emotions + The Brain

Lesson 5 Thinking & Feeling Positive

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

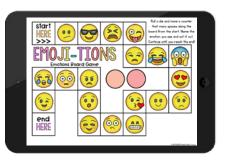
Thought Starters

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

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









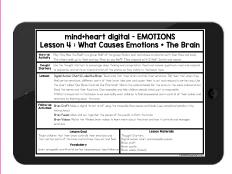
"I Feel" Poster Template Emotions Scenarios

Talking Bubbles

Emotions Journal

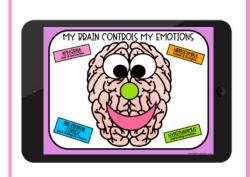
Lesson 4 - What Causes Emotions + The Brain

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

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

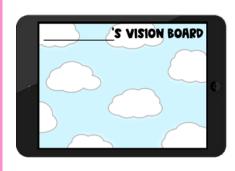
Thought Starters

Digital Anchor Chart

Quote Posters









Read Aloud Response Video Read Aloud

Vision Board

Heart Map

digital mind+heart - emotions Unit Use with GOOGLE SLIDES

Complete instructions, lesson plans, and links are provided to make a copy of the Google SlidesTM documents that you can assign to your students and use digitally within your Google ClassroomTM. There are moveable, interactive pieces for students to use as they complete the slides, as well as text boxes to fill in answers.





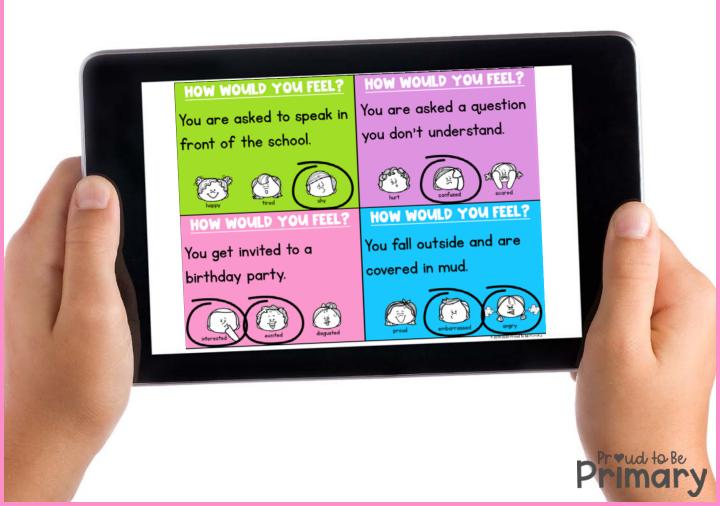
digital mind+heart - emotions Unit Use with SEESAW

Instructions, lesson plans, and links to preloaded lessons are provided that you can assign to students to use digitally in Seesaw. There are moveable, interactive pieces for students to use as they complete the activities. They will also type, write, draw, and add pictures as they complete activities.





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Why mind-heart digital

The **mind+heart digital** social-emotional learning program was designed to help teachers guide and instruct children to develop emotional awareness and social competence. The goal is for K-2 children 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. Children 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.

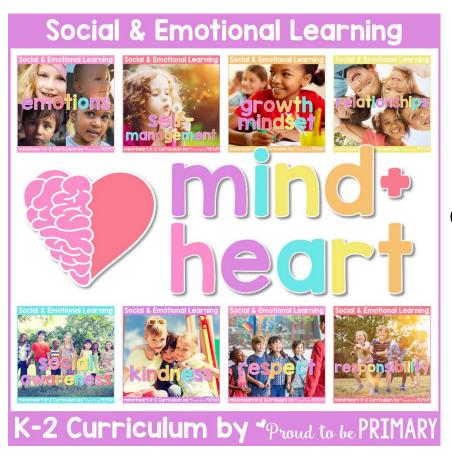
mind+heart digital can be used in conjunction with the original mind+heart SEL K-2 curriculum to enhance learning. It can also be used separately to further a child's independent practice of social-emotional skills: in the classroom, in a homeschool setting, or in counselling sessions. This digital SEL program can be used in Google Classroom, Seesaw, and other similar platforms to support I:I 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 K-2 classrooms.



RELATED RESOURCES

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



Printable Curriculum



Digital Curriculum

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



BEST SELLING teacher resources

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































Head to www.shopproudtobeprimary.com for a complete listing of resources.