

Social & Emotional Learning



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

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. 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 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 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 K-2 classrooms.



LESSON Overview



Lesson 1

The Elastic Brain

Lesson 2

Fixed vs. Growth Mindset

Lesson 3

Mistakes, Failures, & Challenges

Lesson 4

Perseverance & The Power of Yet

Lesson 5

Having a Growth Mindset Every Day!

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 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



growth mindset

DIGITAL UNIT

Proud to Be
Primary

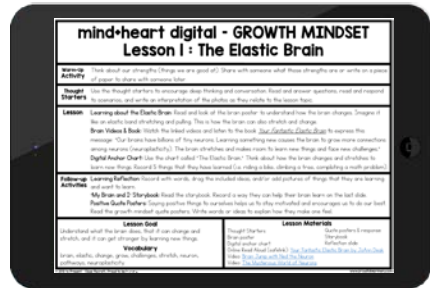
What is Included in this Unit

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



Lesson 1 - The Elastic Brain

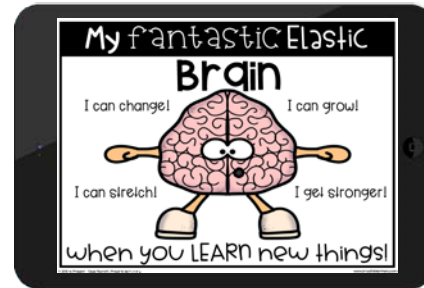
Lesson 1 teaches children about the brain and its capabilities. They will understand what the brain does, that it can change and stretch, and it can get stronger by learning new things.



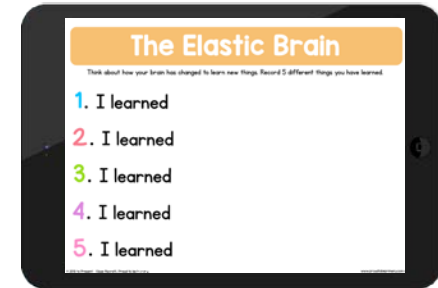
Lesson Plan



Thought Starters



Elastic Brain Poster



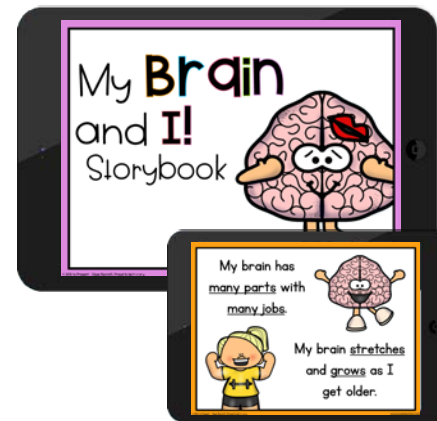
Digital Anchor Chart



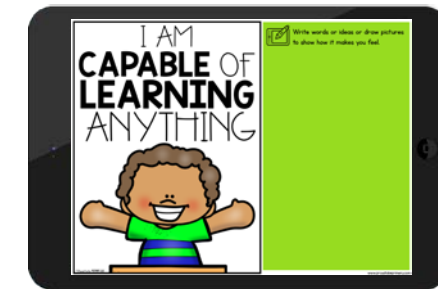
Brain Videos



Learning Reflection Sort



Storybook



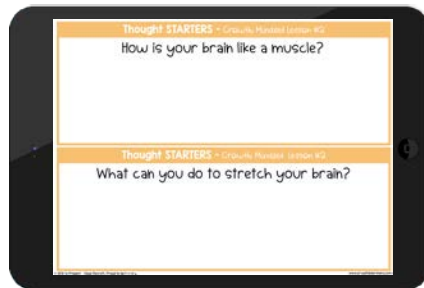
Quote Posters

Lesson 2 - Fixed vs. Growth Mindset

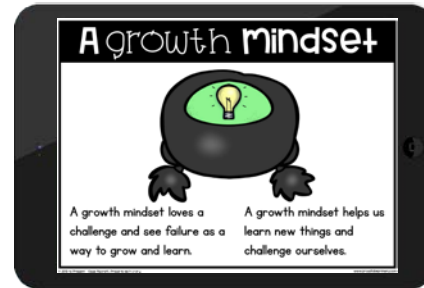
Lesson 2 teaches children to understand what a fixed and growth mindset are, and to identify examples of each. Children are encouraged to build and practice a growth mindset.



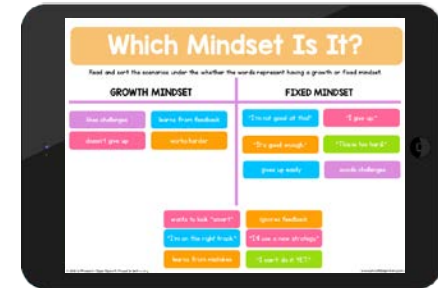
Lesson Plan



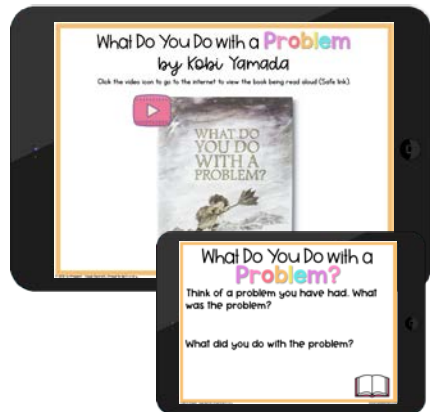
Thought Starters



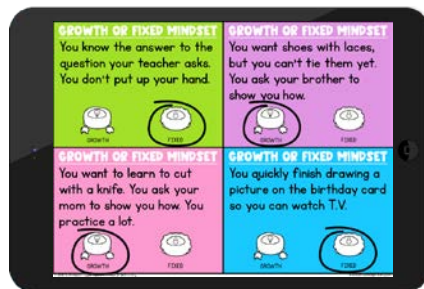
Growth Mindset Posters



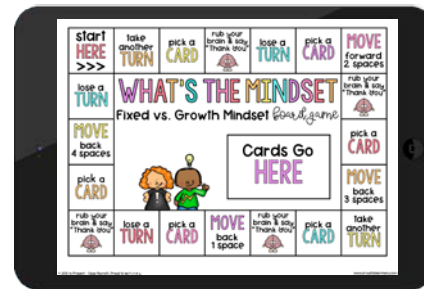
Digital Chart & Sort



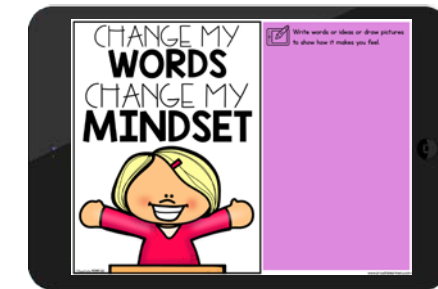
Read Aloud & Response



Circle the Scenarios



Board Game



Quote Posters

Lesson 3 - Mistakes, Failures, & Challenges

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

mind+heart digital - GROWTH MINDSET
Lesson 3 : Mistakes, Failures, & Challenges

Objective: This lesson plan will help students understand the importance of making mistakes, failures, and challenges in the classroom and in life. Students will be able to identify and describe how mistakes, failures, and challenges are positive and help them learn new things.

Thought Starters: How do you feel when you make a mistake? How do you feel when you fail? How do you feel when you face a challenge? How do you feel when you overcome a challenge?

Lesson: Mistakes, Failures, Challenges, Values & Response Read the poster that explains what a mistake, failure, and challenge are. Watch the video lesson to learn about the magic of mistakes. Think of a time you faced a challenge or were in a challenge and how you learned from it. Record your personal experience on the *Share a Time* card. Read the book 'Mistakes Help Me Learn' and the examples of each under the headings: *It's Okay to Make Mistakes*, *Share a Time*, *Learn About Making Mistakes*, *The Magic of Mistakes*, *Quote Posters*, and *Learning Reflection*.

Follow-up Activities: Growth Mindset Journal or create a story or picture about something you were challenged by. Share your story or picture with a friend. Share your story or picture with a friend. Share your story or picture with a friend. Share your story or picture with a friend.

Lesson Goal: Identify and describe how mistakes, failures, and challenges are positive and help us learn new things.

Lesson Materials: Thought Starters, Lesson Plan, Share a Time, Learning Reflection, Quote Posters, Mistakes Help Me Learn, Growth Mindset Journal, Growth Mindset Journal, Growth Mindset Journal, Growth Mindset Journal.

Lesson Plan

Thought STARTERS - Growth Mindset Lesson 3?

Do you have a growth or fixed mindset about something? (i.e. reading)

Thought STARTERS - Growth Mindset Lesson 3?

Can you remember a time you overcame a struggle?

Thought Starters

Mistakes, Failures, Challenges

A **MISTAKE** is a thought or action that is wrong.

A **FAILURE** is something that does not succeed or is not enough.

A **CHALLENGE** is an interesting or difficult task.

It's okay to make these. They help us learn and grow!

Share a Time

Poster & Response

Mistakes, Failures, Challenges

Read each example and drag it under the appropriate heading to show whether it is a mistake, failure, or challenge.

Mistakes	Failures	Challenges
getting a bad grade	getting a bad grade	being a first
breaking something	not making the team	completing a project
learning something new		
making a mistake		

Learn About Making Mistakes
 The Magic of Mistakes by Clara Dago

Click the video icon to go to the internet to watch the video (Click link)

Sort & Video Lesson

It's Okay to Make Mistakes
 by Todd Parr

Click the video icon to go to the internet to view the book being read aloud (Click link)

It's Okay to Make Mistakes

It's Okay to Make Mistakes

It's okay to...

Read Aloud & Response

GROW your BRAIN!

Think of 4 things you would like to learn next. Add words or pictures in each box to show.

Learning Reflection

My Growth Mindset Journal

Today I...

The challenge was... I showed a growth mindset!

Growth Mindset Journal

MISTAKES HELP ME LEARN

Write words or ideas or draw pictures to show how it makes you feel.

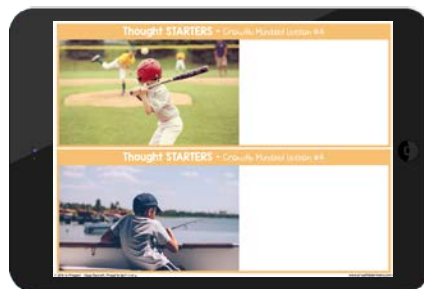
Quote Posters

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.



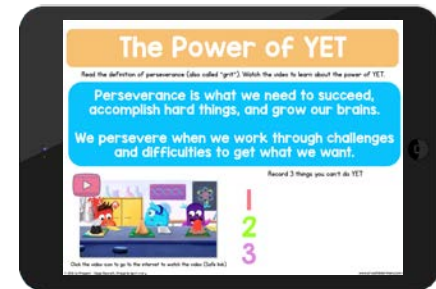
Lesson Plan



Thought Starters



"I Can" Strategies Poster



Digital Anchor Chart



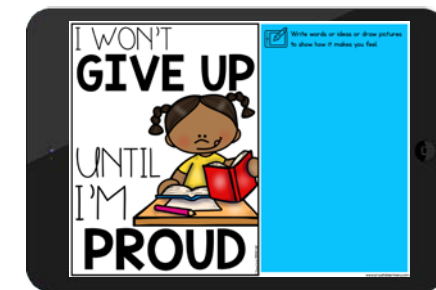
"I Can" Strategies to Try



Read Aloud & Response



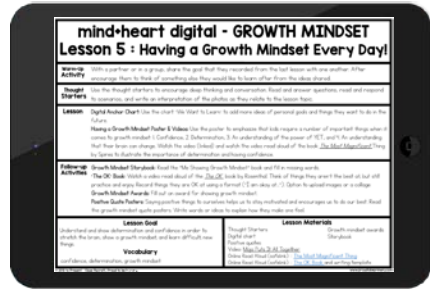
Goal Setting Template



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.



mind+heart digital - GROWTH MINDSET
Lesson 5 : Having a Growth Mindset Every Day!

Objective: With a partner or in a group, share the goal that they wanted from the last lesson with another student. Explain to each other how they would be happy to learn after the class shared.

Thought Starters: How do you think you will stretch your brain and show your determination and confidence in order to learn new things? Write your thoughts in the space provided.

Lesson: **Thought Starters:** Use the chart 'We Want to Learn' to add more ideas of personal goals and things they want to do in the future.

Using a Growth Mindset Poster & Video: Use the poster to emphasize that each requires a number of important things when it comes to growth mindset: Confidence, Determination, & Understanding of the power of YET, with the understanding that they can change. Watch the video (linked) and watch the video about about the book 'The OK Book' (linked) and then use the Growth Mindset Poster to explain to the class how they would use the book.

Follow-up Activities: **Growth Mindset Storybook:** Read the 'Me Showing Growth Mindset' book and fill in missing words. The **OK Book:** Watch a video read about the 'OK Book' book by Rosenthal. Think of things they want to do but are afraid to try and write them down. They will be at a growth mindset. **The Most Magnificent Thing:** Watch the video about the book 'The Most Magnificent Thing' by Alice Keeler. Write down the things they want to do but are afraid to try and write them down. They will be at a growth mindset.

Lesson Goal: Understand and show determination and confidence in order to stretch the brain, show a growth mindset and learn difficult new things.

Vocabulary: Confidence, determination, growth mindset, stretch, goal, determination, confidence, growth mindset, stretch, goal, determination, confidence.

Lesson Materials: Growth Mindset Poster, The OK Book, The Most Magnificent Thing, Me Showing Growth Mindset Storybook, Video about the book 'The OK Book', Video about the book 'The Most Magnificent Thing', Video about the book 'Me Showing Growth Mindset'.

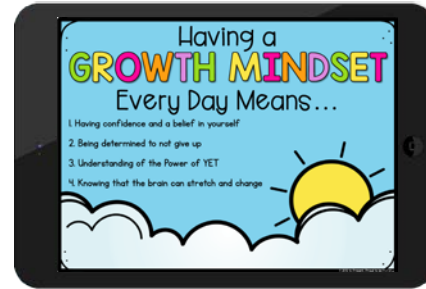
Lesson Plan



Thought Starters (for Growth Mindset Lesson 5)

Thought Starters (for Growth Mindset Lesson 5)

Thought Starters



Having a GROWTH MINDSET Every Day Means...

1. Having confidence and a belief in yourself
2. Being determined to not give up
3. Understanding of the Power of YET
4. Knowing that the brain can stretch and change

Growth Mindset Poster



We Want to Learn

Think about the goal you have set for yourself. Record 5 new things you want to learn.

1. I want to learn
2. I want to learn
3. I want to learn
4. I want to learn
5. I want

Having a Growth Mindset

Click the video icon to go to the internet to watch the video (Link here)

Me Showing Growth Mindset by Clara Dugas

The Most Magnificent Thing by Alice Keeler

Digital Chart & Videos



Me Showing growth mindset Storybook

I stretch and my brain when I learn new things.

I show a mindset when I stop trying and get frustrated.

Fill-In Storybook



The OK Book by Rosenthal

Click the video icon to go to the internet to view the book being read about (Link here)

It's OK to be Just OK

I am okay at

I am okay at

I am okay at

I am okay at

I am okay at

Read Aloud & Response



Mindset GROWER

Presented to _____

For striving to have a growth mindset.

signed _____ grade _____ date _____

Growth Mindset Awards



BE NO LESS THAN YOUR VERY BEST

Write words or ideas or draw pictures to show how it makes you feel.

Quote Posters



RELATED RESOURCES

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Social & Emotional Learning



K-2 Curriculum by Proud to be PRIMARY

Printable Curriculum

DIGITAL Social-Emotional Learning



K-2 Curriculum by Proud to be Primary

Digital Curriculum

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



BEST SELLING teacher resources

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Social & Emotional Learning

mind+heart

K-2 Curriculum by *Proud to be PRIMARY

Social & Emotional Learning

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Proud to be Primary

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17 UNIT BUNDLE

Proud to Be Primary

Poem of the Week

BUNDLE by Proud to Be Primary

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3 in 1 Resource | Printable & Google Slides & Seesaw

Daily Reading Practice COMPREHENSION MATS bundle

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Mindful MATH

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10 Comprehensive Math Units

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