

Social & Emotional Learning



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

kindness

DIGITAL UNIT

Proud to Be
Primary

What is Included in this Unit

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



digital mind+heart - kindness Unit



LESSON Overview



Lesson 1

What is Kindness? – what to say; being a “kind kid”

Lesson 2

Being Kind to Others – ways to show & things we can do

Lesson 3

Generosity – giving to others

Lesson 4

Kindness Project – random acts of kindness

Lesson 5

Be a Bucket Filler

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)

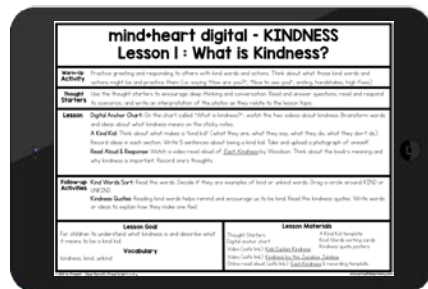
Benefits:

- 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



Lesson 1 - What is Kindness?

Lesson 1 teaches to understand what kindness is and describe what it means to be a kind kid.



Lesson Plan



Thought Starters



Digital Anchor Chart



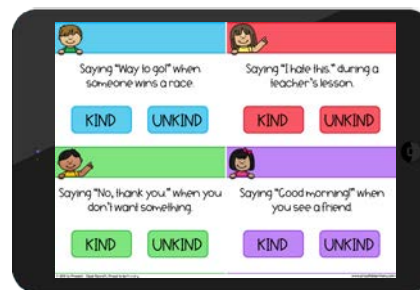
A Kind Kid Chart



A Kind Kid Writing



Read Aloud & Response



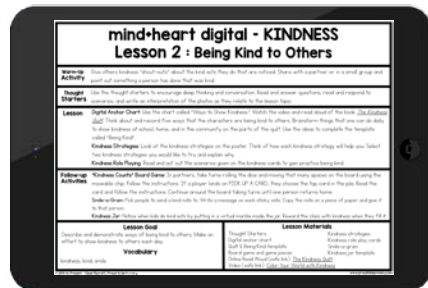
Kind Words Sort



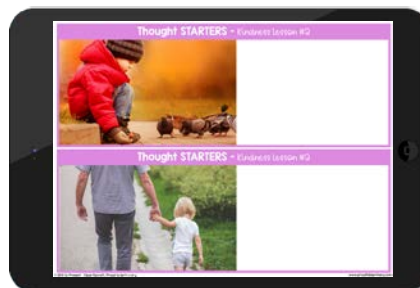
Quote Posters

Lesson 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.



Lesson Plan



Thought Starters



Digital Anchor Chart



Kindness Strategies



Role Play Cards



Board game



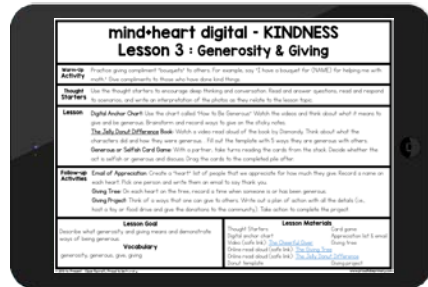
Kind Notes



Kindness Jar

Lesson 3 - Generosity & Giving

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



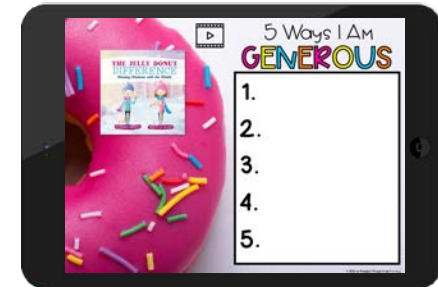
Lesson Plan



Thought Starters



Emotions Posters



Digital Anchor Chart



Feelings Clip Charts



How Do They Feel? Books



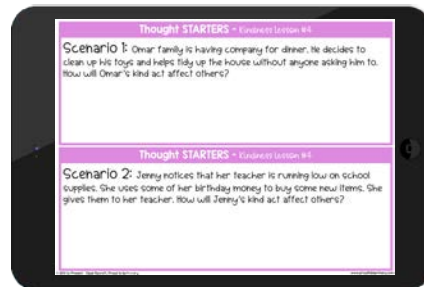
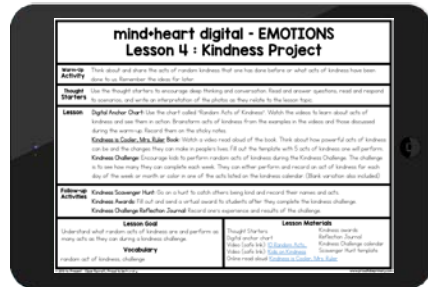
Emoji-tions Board Game



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

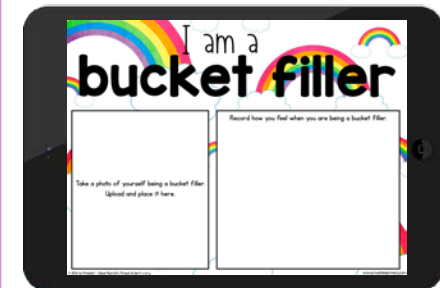
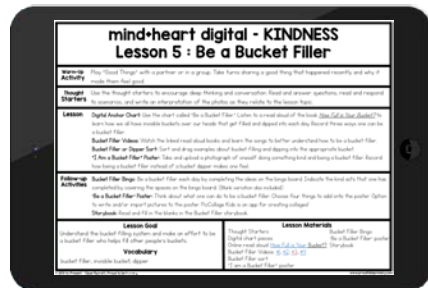
How Do They Feel? Books

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.

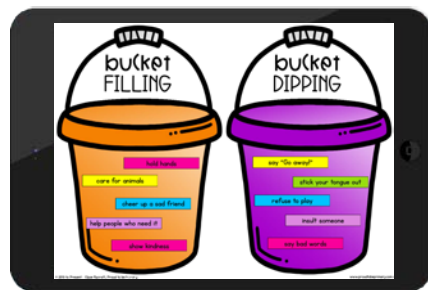


Lesson Plan

Thought Starters

Emotions Posters

Digital Anchor Chart



Feelings Clip Charts

How Do They Feel? Books

Emoji-tions Board Game

Emoji-tions Board Game

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DIGITAL UNIT



kindness

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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. 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.



RELATED RESOURCES

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

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

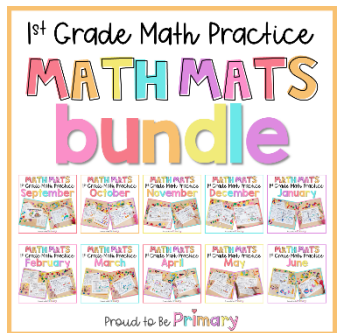
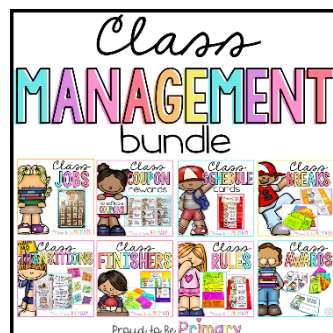
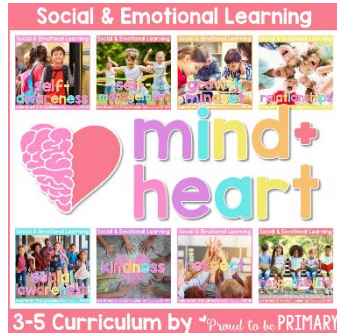
Digital Curriculum

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



BEST SELLING teacher resources

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



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