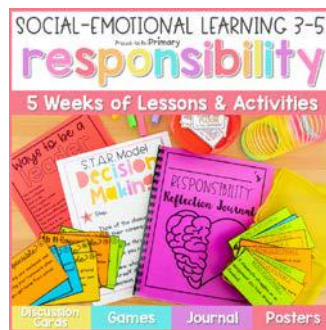
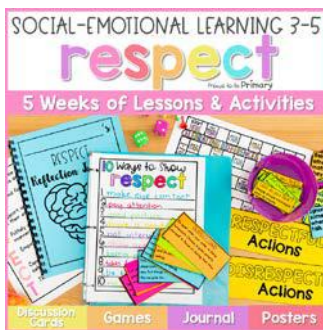
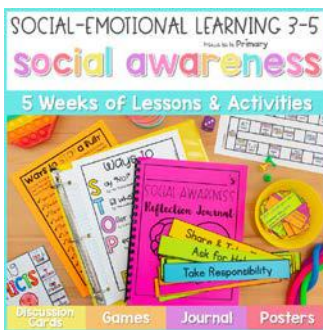
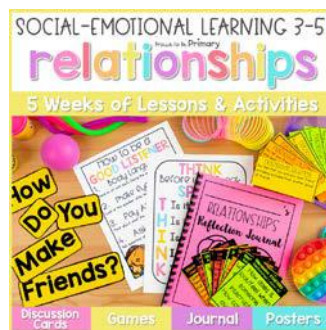
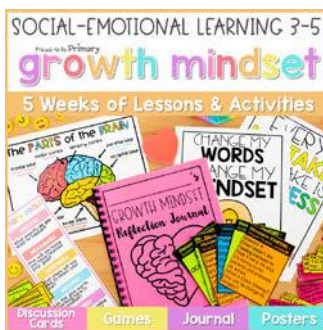
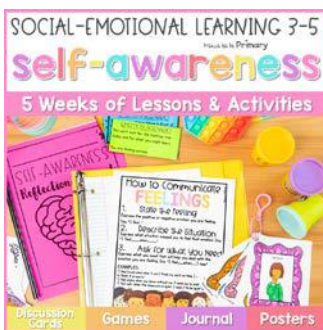




Proud to Be **Primary**
mind+heart

Social-Emotional Learning

40 WEEK 3-5 CURRICULUM



lesson plans

activities

posters

+ more



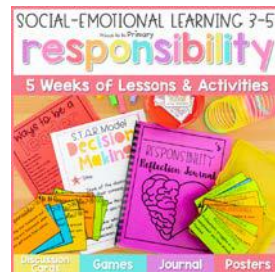
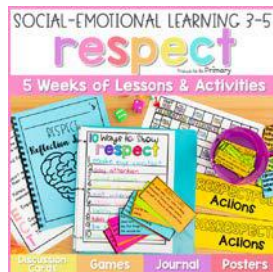
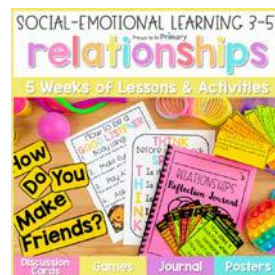
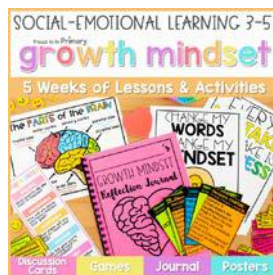
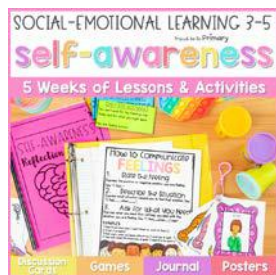
mind+heart

Proud to Be Primary

Social-Emotional Learning 3-5

What is Included in this School-Year Bundle:

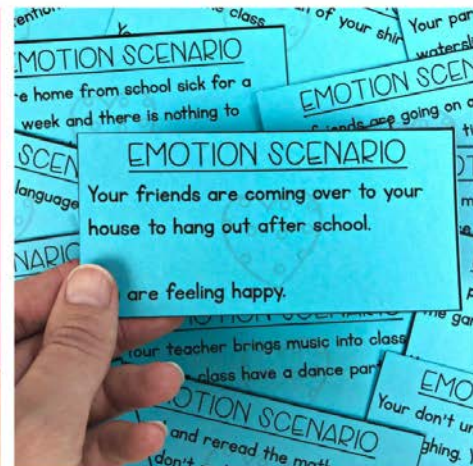
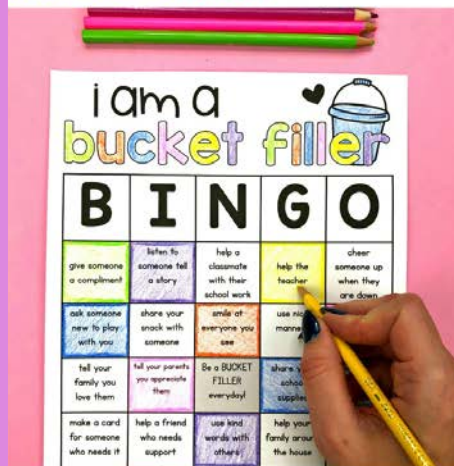
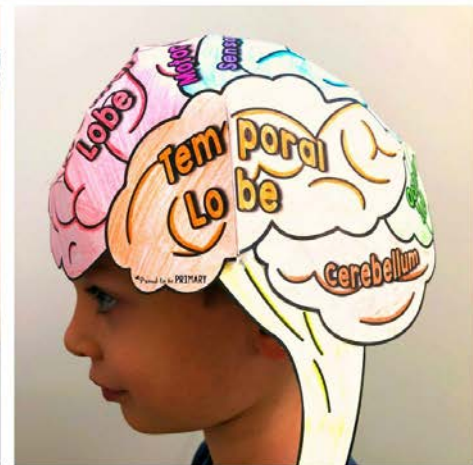
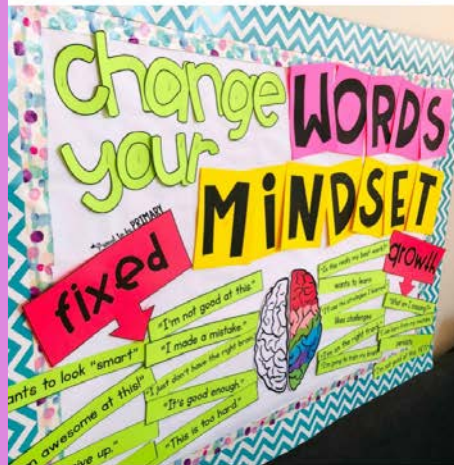
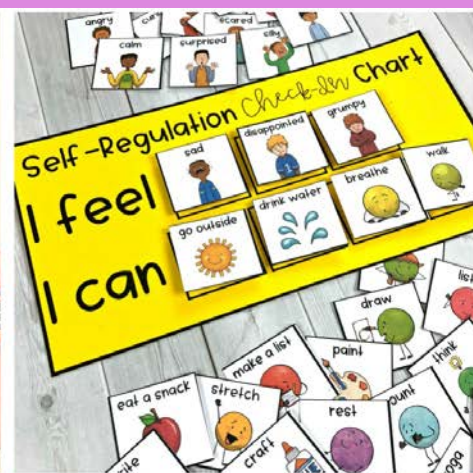
- ♥ 8 differentiated social-emotional learning units (40+ lessons)
- ♥ 8 months+ worth of instruction
- ♥ Aligns to SEL standards & CASEL's framework
- ♥ Detailed lesson plans
- ♥ Book lists for each topic
- ♥ Follow-up activities & games
- ♥ Posters & tools
- ♥ Anchor charts
- ♥ Writing activities
- ♥ Reflection Journals
- ♥ Discussion & Challenge cards
- ♥ Community building activities



This Social-Emotional Curriculum for Grades 3-5 covers

- ❖ Self-Awareness
- ❖ Self-management
- ❖ Growth mindset
- ❖ Relationships & Friendship
- ❖ Social awareness & empathy
- ❖ Kindness
- ❖ Respect
- ❖ Responsibility

Proud to Be Primary

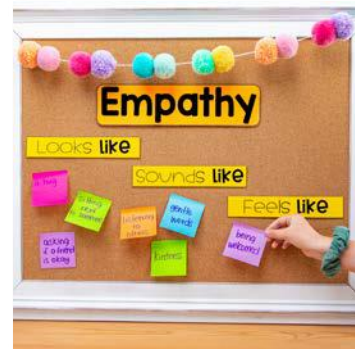




5 Detailed Lesson Plans



Anchor Charts



Mentor Text List



Reflection Journals



Posters





mind+heart

Proud to Be Primary

See What's Included

Writing Activities



Tools



Role Play Cards



Games



Activities



Family Guides



Proud to Be Primary



mind+heart

Proud to Be Primary

HAS WHAT TEACHERS LOVE!

- This ONE SEL curriculum is **all you need** to teach older kids in grades 3-5 **foundational and important social and emotional skills!**
- Use **each lesson and follow-up activities** to cover a **week of SEL** instruction anytime of year.
- The curriculum easily extends to an **entire year of SEL instruction.**
- Facilitate **meaningful discussions** and keep kids engaged in **important activities** that **build social and emotional skills** and grow your classroom community.
- You will **save time** as the planning is done for you.
- Aligns to **CASEL & other SEL standards** and covers the most important lessons kids need!
- You will have **ALL the materials** you need to successfully teach (no need to supplement) SEL!



Proud to Be Primary

Teachers Love mind+heart

Kaitlyn J.



Not even joking! Get this bundle. This is the best purchase I've gotten on TPT! I love love love and will push and support and demand that schools have SEL in their schedule. It's so important! Every lesson my students have enjoyed AND I hear them using words like responsible, perseverance, and YET all the time.

Our SEL units are enjoyed in thousands of classrooms worldwide!



mind+heart

Proud to Be Primary

See a Lesson Plan Up-Close

mind+heart - SELF-AWARENESS Lesson 2 : Communicating Emotions	
Community Building Activity	Bring children into a circle to play "Act It Out". Give a short scenario of a situation causing a certain emotion. Ask one or more children to act it out. Discuss how they expressed that emotion. Encourage children to share appropriate ways to act when feeling a certain way.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions, read the scenarios, and show photos and encourage kids to respond and share their thoughts.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart. Discuss ways of handling and communicating emotions. Brainstorming and DON'Ts (i.e. don't talk respectfully to adults, don't push someone who isn't ready, don't talk disrespectfully to adults). Don't push someone who isn't ready. Practice communicating feelings: Teachers model responding in a socially acceptable manner is important. Encourage them to respond by stating the feeling, then discuss the situation and feelings, asking for what they need (e.g. "I feel sad because I was left out of the game, I need to play with a partner"). Role Play: Have kids act out the scenarios on task cards. Ask what emotion is being portrayed. Ask if someone else wants to act it out differently. Have them also practice expressing the emotion using the appropriate language.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 2. Complete the prompt or record personal thoughts and ideas. Daily Emotions Check-In: Create a ring of mini-emotion cards for each child. They can use these as a daily self-awareness check-in. *Express Yourself* Board Game: See the board game instructions.
Lesson Goal	Lesson Materials
Learn to handle and express emotions appropriately. Use socially acceptable language to communicate feelings.	Discussion Starters Anchor chart pieces and chart paper Communicating Feelings poster Emotions scenario cards Reflection Journal Emotion cards from lesson #1 & ring clips Board game pieces
Vocabulary	
emotion, feeling, communicate, handle, express	

Community building activities get older kids warmed-up and ready for the lesson.

Interactive, detailed lessons for the whole group to complete together.

Use the lesson goal to guide the lesson.

Teach important SEL vocabulary.

Discussion starters and lesson challenges to encourage a group discussion and challenge students to take action.

Hands-on activities, reflection journal, games, and tools that build social emotional skills.

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



mind+heart

Proud to Be Primary

Discussion Cards & Challenges

Discussions are a great warm-up to your SEL block or morning meeting. The included discussion cards (questions and scenarios) provide a valuable way to engage kids and have them reflect and respond. Lesson challenges encourage kids to take action. No more coming up with engaging prompts and challenges; these are done for you!



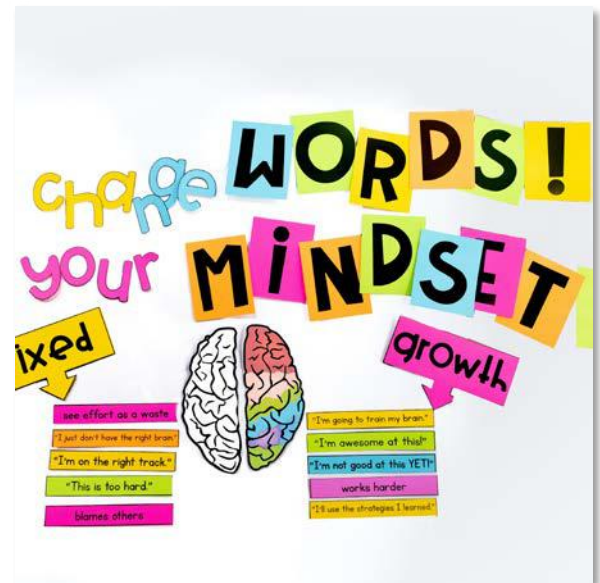


mind+heart

Proud to Be Primary

Anchor Chart & Posters

Anchor chart materials are included for every lesson in this curriculum. The lesson plan clearly explains how to use it to support the main lesson. They are helpful to organize your lesson and as a visual for students. Simply print the anchor chart pieces and attach to your poster to get started!





Proud to Be **Primary** mind+heart

Support Materials

Support materials, such as bulletin boards and student tools, are included in this curriculum. They help children grasp the lesson and build important social-emotional skills. Create and use the tools as needed during your lessons and after to support your students.



Teachers Love mind+heart

Ashley J.



I purchased both the primary and elementary versions of this resource and have found them immensely useful for my students. It makes lesson planning a dream and I can always find things to support my purpose and intention. If I need to figure out a way students can practice skills or do an activity to "make it real" for them, I can find just the thing in this resource. Thanks so much - worth every penny!!

Our SEL units are enjoyed in thousands of classrooms worldwide!



Proud to Be **Primary**
mind+heart

Writing Activities & Journal

Writing activities and a reflection journal are included to emphasize the lesson topics. Kids will enjoy reflecting on the lessons and books read, and writing about the important topics. You will have differentiated writing templates and journal pages to use and meet your students needs. Just print and go to implement the writing activities quickly and easily!

The **BEST PART OF ME**

Reason #1 Reason #2

Reason #3 Reason #4

By: _____



Create a reflection journal for the unit by binding the pages together ahead of time.



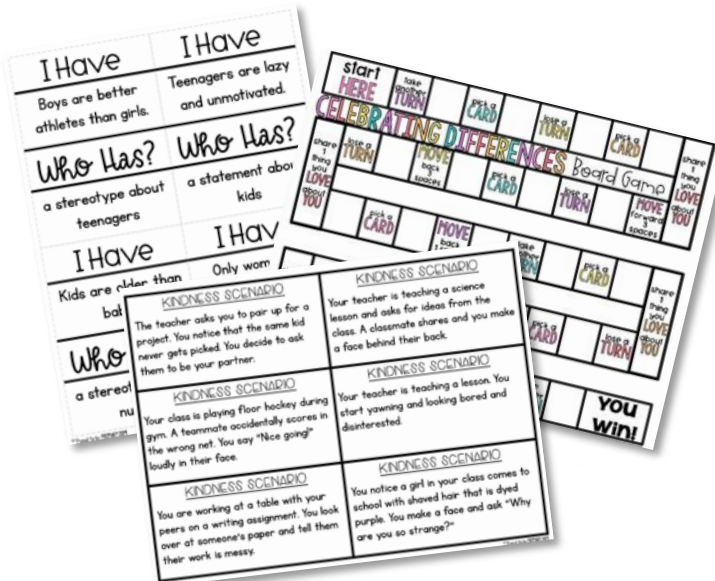


mind+heart

Proud to Be Primary

Activities & Games

There are a variety of follow-up activities included for every lesson. These fun and engaging activities encourage students to build the important social-emotional skills taught in the lesson. There are independent, small group, and partner activities included, such as games, sorting activities, and role play scenario cards.





mind+heart

Proud to Be **Primary**

BONUS: Family Partnership Guide

Connect with and encourage families to take part in the social-emotional learning development of their child and the concepts you are teaching at school. Each unit includes a printable guide with a letter to families, strategies and activities they can try at home, and a book guide with video links. Send it home before your unit begins. They will thank you!



Use mind+ heart lessons for

- ♥ SEL block
- ♥ Morning meetings
- ♥ Whole-class discussions
- ♥ Small groups
- ♥ Partner activities
- ♥ Independent work
- ♥ Early finishers
- ♥ Counselor lessons
- ♥ Sub-plans
- ♥ And much more!



Teachers Love mind+heart

Tammy M.



This has become the backbone of my health curriculum. The lessons are engaging and well laid out. The topics and activities are relevant and align with much of my provinces health curriculum. Teaching students about SEL is so important, and this resource really helps me to present topics in a fun, engaging, easy to understand and connect with manner.

Our SEL units are enjoyed in thousands of classrooms worldwide!

Teachers Love **mind+heart** Proud to Be Primary

★★★★★ **Extremely satisfied**

This curriculum is so valuable! My students are so excited for our SEL lesson each day. They are engaged and connecting with the content. Everyone should use this!

★★★★★ **Extremely satisfied**

My students enjoy the lessons and I am thankful that I no longer have to dream up things to do for SEL lessons. This is a must-have!

★★★★★ **Extremely satisfied**

Our district gave us an SEL curriculum to use. This is SO MUCH BETTER. Don't tell, but I think I'm going to stop using the "required" materials and start using these which are much more student friendly!

★★★★★ 5.0

BUY IT! Don't think about it. Just buy it!

Awesome! Perfectly planned, amazing resouces and everything ready to use. I love it! So do my little ones! :)

★★★★★ 5.0

My students love when we have our mind and heart time! This is a superb resource, and if you are thinking twice, just do it!! You won't be disappointed!!

This SEL curriculum is used in over 10 thousand classrooms worldwide!

Learn More About **mind+heart** Proud to Be Primary

Learn more about
this social-emotional
learning curriculum!



Watch the bundle video and check out the individual
unit previews to see the photos in action!

proud to be Primary

self-awareness

PRINTABLE UNIT

Proud to Be
Primary

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 I - Identifying Emotions

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

mind+heart - SELF-AWARENESS Lesson I : Identifying Emotions	
Community Building Activity	Bring the kids into a circle. Ask them to show emotions with their faces and bodies when given different emotion words. For example, say "pleased" and watch as kids smile and stand with confidence.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart: Ask "What are emotions?" and have kids write down emotion words. Share the words they came up with and record them on the left side of a T-chart. Ask kids what situations cause the emotions. Record ideas on the other side of the T-chart. Discuss Emotion Intensity: Ask "Do you feel every emotion the same each time?" Discuss intensity levels (0-10 intensity poster). Talk specifically about what situations may cause an emotion to escalate or calm down. Book & Writing Activity: Read "In My Heart" and discuss each page of the book and the physical ways emotions make us feel. Ask them if they have any connections or if they experience feelings differently. Have them write about the physical ways emotions make them feel and decorate a heart.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page I. Complete the prompt or record personal thoughts from the lesson. Emotions & Situations Sort: Sort picture cards of different emotions with the emotion word, and two situations that typically cause that emotion. Emotions Headbands: See the card game instructions.
Lesson Goal	Identify different emotions and what situations cause them. Recognize that feelings can be felt differently.
Lesson Materials	Discussion Starters & Challenge Task Cards. Anchor chart pieces and chart paper. Book: In My Heart by Jo Wille .

Lesson Plan



Discussion Starters & Challenges

What are emotions?	
Emotion Words	Situations that Cause Emotions
- STRESS - JOY - FEAR - LOVED	- not preparing for a test - getting an A on a project - a spider crawling on your wall - when your best friend is back & gives you a big hug

Anchor Chart Idea



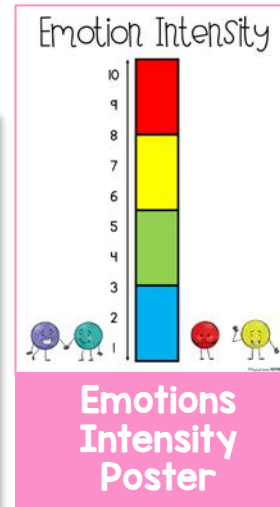
Headbands Card Game

CALM	Joseph loves to make music. He learned to play the piano as a child and has played every song he plays classical songs that make him calm.	Joseph's favorite time of day is when he gets home from school before everyone else. It is quiet and peaceful. The digital reading and daydreaming in her comfy chair.	
SAD	Jason made his bike to school each day. After school one day, Jason finds that his bike is not where he left it. He looks closer and finds his bike on the ground. He starts to cry when he thinks someone must have stolen it.	Ryan has had his dog Buffal since she was a baby. Last night, Buffal got very sick and her parents had to take him to the vet. The vet couldn't help Buffal and they had to put him down.	
SCARED	Lisa has never been on a plane before. She is going to visit her Grandma and needs to fly there. Lisa has heard a plane crash the night before. She is worried that the plane will crash.	Steven loves cats, but not dogs. When he was asked, he was chased and bit by a dog. He had to get stitches. Now whenever he sees a dog, he stays far away from it.	
ANGRY	Roni is walking through the hall when someone calls him off. He has gone flying into the air and lands on the hard floor. They walk away without saying "sorry". Roni opens his bag to find that his water bottle is all over everywhere.	Madison worked all night on her science project. She was carrying it to school when he tripped. Her project flew from her hands and landed in a mud puddle. It was ruined. She screamed and stomped on it.	

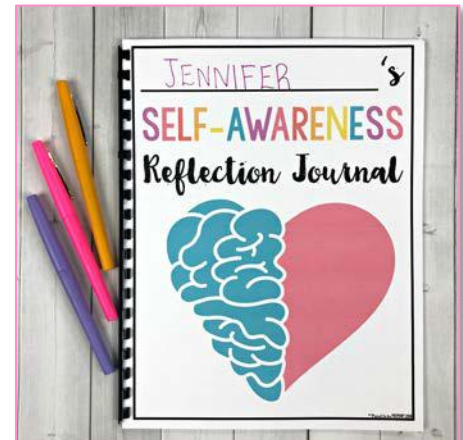
Pictures & Situations Sort



Book & Writing Activity



Emotions Intensity Poster



Reflection Journal

LESSON 2 - Communicating Emotions

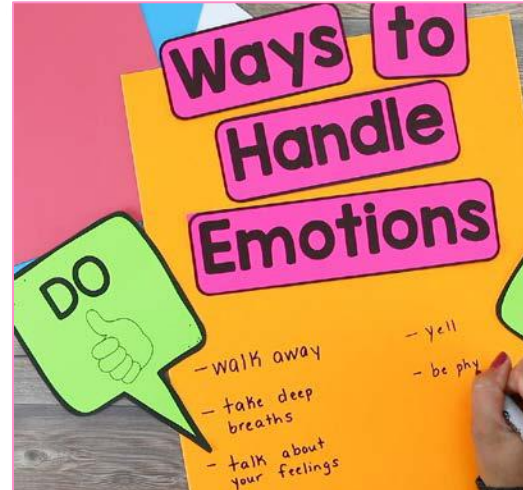
Lesson 2 teaches kids to handle and express emotions appropriately. They will practice using socially acceptable language to communicate feelings.

mind+heart - SELF-AWARENESS Lesson 2 : Communicating Emotions	
Community Building Activity	Bring children into a circle to play "Act It Out". Give a short scenario of a situation causing a certain emotion. Ask one or more children to act it out. Discuss how they expressed that emotion. Encourage children to share appropriate ways to act when feeling a certain way.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions, read the scenarios, and show photos and encourage kids to respond and share their thoughts.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart: Discuss ways of handling and communicating emotions. Brainstorm DOs and DON'Ts on a chart (i.e. Do talk respectfully to adults. Don't push someone when you're mad). Practice Communicating Feelings: Teach kids that responding in a socially acceptable manner is important. Teach them to respond by stating the feeling, then describe the situation, and finally by asking for what you need (see poster). Have kids practice this with a partner. Emotions Role-Play: Have kids act out the scenarios on task cards. Ask what emotion is being portrayed. Ask if someone else wants to act it out differently. Have them also practice expressing the emotion using the appropriate language.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 2. Complete the prompt or record personal thoughts and ideas. Daily Emotions Check-In: Create a ring of mini-emotion cards for each child. They can use these as a daily self-awareness check-in. "Express Yourself" Board Game: See the board game instructions.
Lesson Goal	Learn to handle and express emotions appropriately. Use socially acceptable language to communicate feelings.
Lesson Materials	Discussion Starters Anchor chart pieces and chart paper Communicating Feelings poster Emotions scenarios cards

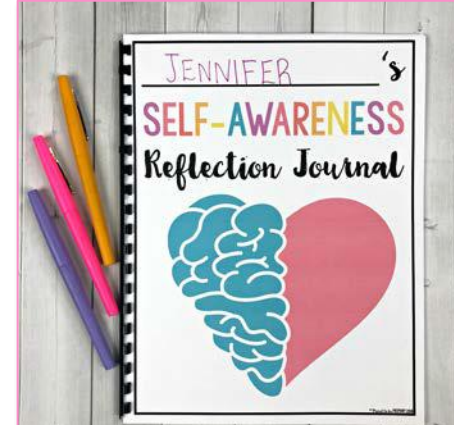
Lesson Plan



Discussion Starters & Challenges



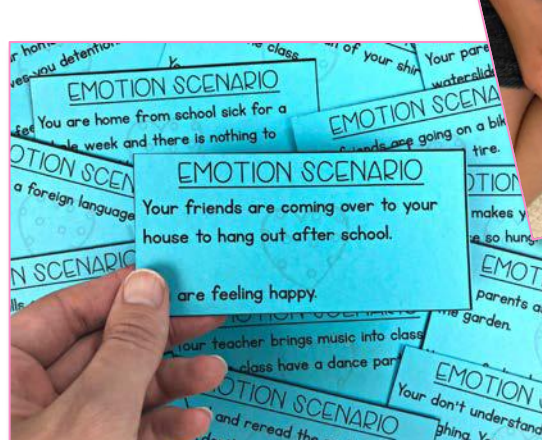
Anchor Chart Idea



Reflection Journal



Express Yourself Board Game



Emotions Scenarios



Emotions Cards & Check-In Ring

LESSON 3 - Personality Traits

Lesson 3 teaches kids what personality traits are and give personal examples. They will reflect on their own strengths and positive qualities, and describe what makes them successful at school.

mind+heart - SELF-AWARENESS Lesson 3 : Personality Traits	
Community Building Activity	Stand together in a circle and place a variety of small objects in the center. Ask kids to each choose one item and consider its strengths. Take turns revealing these strengths and one that they personally have in common. Extend the exercise by stating a weakness it may have.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions, read the scenarios, and show photos and encourage kids to respond and share their thoughts.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart: Explain that we all have personality traits ("The patterns we have in our behaviors, thoughts, and feelings"). Brainstorm POSITIVE and NEGATIVE personality traits that people possess (see list). Have them create a list of positive personality traits that they have. *The Best Part of Me Book & Activity: Have kids quietly brainstorm their own strengths on a piece of paper. Share with the class. Read the book 'The Best Part of Me' and ask kids to pick a part of themselves to write about. Have them support their idea with reasons. Take a photograph of that part to display with their writing.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 3. Complete the prompt or record personal thoughts and ideas. Personality Acrostic Poem: Write an acrostic poem with the letters of their name. Write different lines about their personality and traits.
Lesson Goal	Understand what personality traits are and give personal examples. Reflect on their own strengths and positive qualities.
Lesson Materials	Small objects for CBA Discussion Starters Anchor chart pieces Personality Acrostic Poem

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



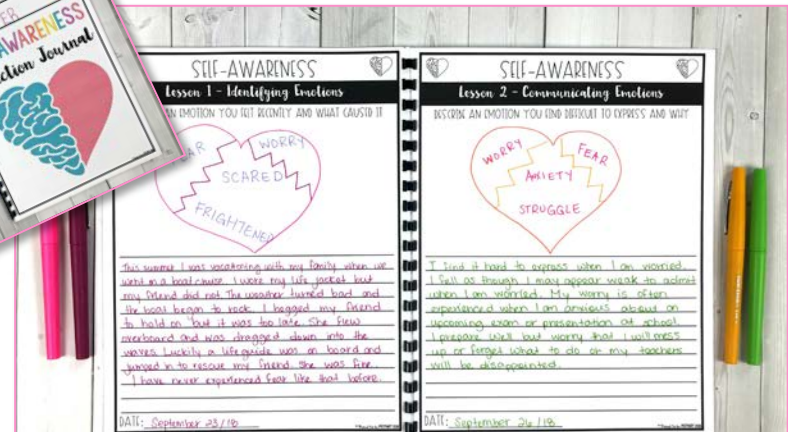
Personality Traits Lists



Book & Writing Activity



Personality Acrostic Poem



Reflection Journal

LESSON 4 - Confidence & Self-Esteem

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

mind+heart - SELF-AWARENESS Lesson 4 : Confidence & Self-Esteem	
Community Building Activity	Bring kids into a circle to practice positive self-talk. Give the group a sentence prompt to answer and have kids turn to a neighbor to share the answer. Use prompts like "I am great because...", "I am good at...", "I love myself because...", and "3 words to describe me..."
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Discussion, Brainstorm, and Anchor Chart: Define confidence and self-esteem and how they are different. Discuss why they are important to have. Brainstorm the difference between LOW and HIGH self-esteem. Ask for situations and events in which we may feel different confidence levels. Books & Writing Activity: Read the book "Amazing Grace" and discuss the ways that Grace shows her self-confidence. Have kids write about ways they show self-confidence on a template called "Amazing (Name)". Talent Talk: Brainstorm different talents and skills that kids possess. Have them write about their own on a star, share, and hang in the classroom.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 4. Complete the prompt or record personal thoughts and ideas. Positive Affirmation Cards: Color in different cards with positive affirmations on them. Keep a stack and read them when needed. Self-Portrait Art: Draw self-portraits and color or paint them after. Post them on the wall and have peers write positive words around the outside.
Lesson Goal	Understand the terms confidence and self-esteem and why they are important. Can use positive self-talk and name things.
Lesson Materials	Discussion Starters Anchor chart pieces and chart paper Book: Amazing Grace Reflection Journal

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



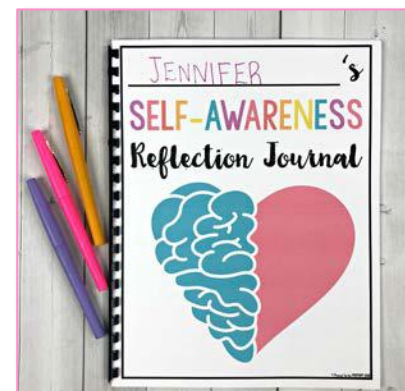
Talent Discussion & Writing



AMAZING Grace Book & Writing Activity



Positive Affirmation Mandala Cards



Reflection Journal

LESSON 5 - Role Models

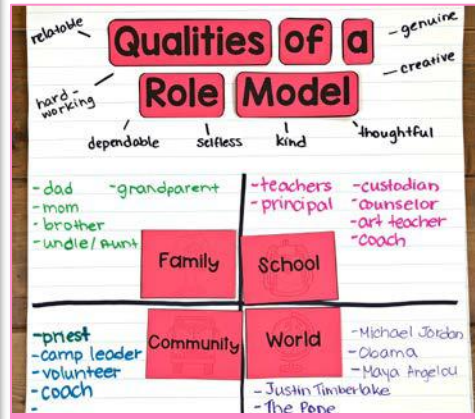
Lesson 5 teaches kids to understand what a role model is, the positive qualities they have, and can identify role models in their lives. They will think of ways that they are and can be positive role models to others.

mind+heart - SELF-AWARENESS Lesson 5 : Role Models	
Community Building Activity	Bring kids into a circle to play 'What They Do!'. Say the name of an important role model in the school or community. Have kids take turns saying a word that describes that person (ie. patience, hard-working, kind, etc.). Record words on a chart labeled 'Qualities of a Role Model'.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos are at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart Discuss what a role model is and refer to the chart 'Qualities of a Role Model'. Create an anchor chart separated into 4 parts (school, family, community, world) and brainstorm/record the names of different role models. Ask them to give a reason why and something that person does that makes them one. Role Models DO & DON'T Have kids read and act out scenarios. They hold up a sign to show whether it is something role models DO or DON'T do. Book & Writing Activity Read 'The Tree Lady' or another book with a strong role model. Discuss the book and what makes the main character a role model. Write creatively using the prompt 'If I were a role model.'
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 5. Complete the prompt or record personal thoughts and ideas. 'I am a Role Model' Banner: Each person decorates a pennant to add to a class banner. Thank You Letters: Write a thank you note to a role model in your life.
Lesson Goal	Understands what a role model is, the positive qualities they have, and can identify role models in their lives.
Lesson Materials	Discussion Starters Pennants for banner DO & DON'T signs Thank You Letters Books, Pencils, etc.

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea

DO	DON'T
They have healthy and helpful relationships with others.	They have unhealthy and harmful relationships with others.
They bring out the best in others.	They bring people down when they feel bad.
They are kind, caring, and supporting of everyone they know.	They are often mean and insensitive to people they meet.
They are continuously working on improving.	They are stubborn and can handle negative emotions.
They have integrity and follow through on what they say they will do.	They lack integrity and fail to follow through on promises.
They have clear goals that they stick to. They know what they want from life.	They do not set goals. They would rather float through life.
They are compassionate to others' weaknesses.	They can't stand it when others show weakness.
They are stable and can handle negative emotions.	They are unstable and can lose control of their emotions easily.

Role Models Dos & DON'Ts



Thank You Notes



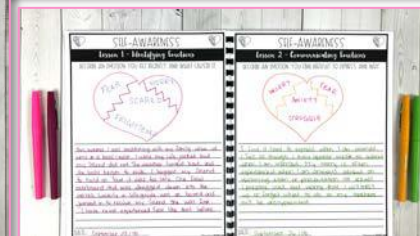
Mentor Text & Writing Activity



Banner & Pennant Writing



Reflection Journal



self-management

PRINTABLE UNIT

Proud to Be
Primary

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 - Self-Regulation & Calming

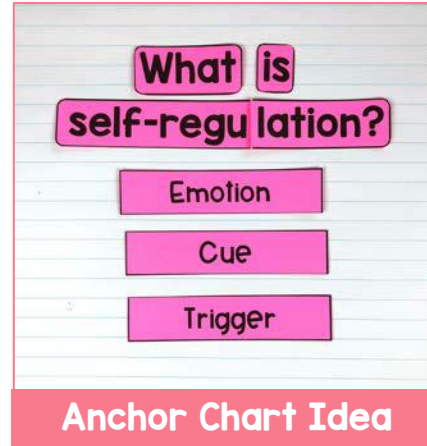
Lesson 1 teaches kids to recognize their own personal cues and triggers for certain emotions. Kids will learn to identify and use self-regulation and calming strategies when necessary.

mind+heart - Self-Management Lesson 1: Self-Regulation & Calming Strategies	
Community Building Activity	Have kids find a spot to lie down with their eyes close. Direct them to squeeze every muscle in their bodies lightly from their toes to their shoulders for a few seconds. Then, release and relax. Repeat.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Writing Activity: Introduce the terms 'cues' (physical signs of feelings) and 'triggers' (what happens that make us feel a certain way). Kids think and write about certain emotions and identify their personal cues (i.e. when angry, I feel sweaty, hot, grumpy teeth) and triggers (i.e. when my sister makes noise, I yell) on the template. They need to learn to recognize the cues and triggers they experience and learn ways to self-regulate. Book & Calming Strategies: Read 'Listening to My Body' and discuss the ways that our body reacts to sensations and feelings. Brainstorm some of the different strategies the boy uses to self-regulate and manage on an anchor chart called 'Calming Strategies'. Ask kids to share a few ways/things they do to manage their feelings or calm themselves. Discuss.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 1. Complete this prompt or record personal thoughts from the lesson. Calm Down Kit: Create personal 'Calm Down Kits' filled with materials that help kids manage and calm themselves (see instructions). Check-In Chart: Use a check-in chart to self-monitor (see instructions).
Lesson Goal	Recognize personal cues and triggers. Identify and use self-regulation and calming strategies when necessary.
Lesson Materials	Discussion Starters & Challenge Task Cards. Anchor chart pieces and chart paper. Book: <i>Listening to My Body</i> by Gabi Garcia.

Lesson Plan



Discussion Starters & Challenges



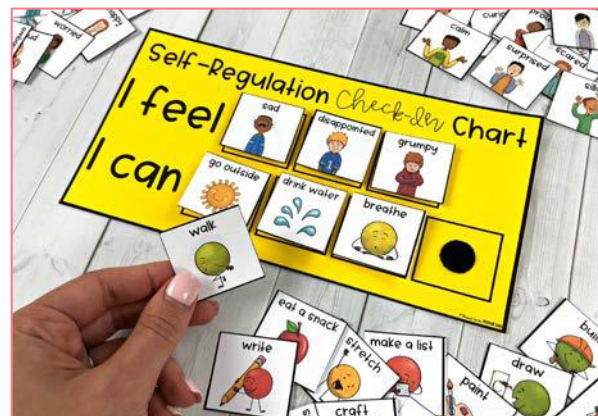
Anchor Chart Idea



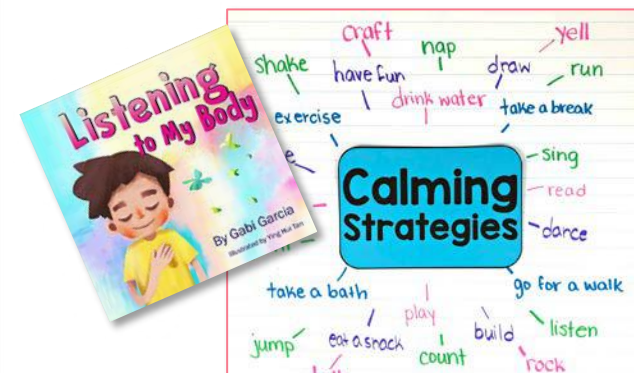
Calm Down Kit



Reflection Journal



Self-Regulation Check-In Chart



Calming Strategies

LESSON 2 - Handling Stress

Lesson 2 teaches what stress is, the positive and negative types of stress, and its impact. Kids will learn ways to manage stress and create and implement a plan to handle stress.

mind•heart - Self-Management Lesson 2 : Handling Stress	
Community Building Activity	Bring kids into a circle to try "Smell & Tell". Give each person something fragrant to smell, such as an orange slice or flower. Ask them to close their eyes and breathe in deeply to smell the object. Tell them that scent is a powerful tool to lower stress and anxiety.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart Discuss what stress is (using the STRESS acronym poster). Emphasize that stress is normal and everyone experiences it. It can be good or bad for our health. Brainstorm examples of good (i.e., presenting, studying) and bad (i.e., divorce, death) stress. Stress & The Brain Discuss with kids how the brain handles stress (watch video). Emphasize the negative (i.e., illness) and positive (i.e., motivation) impacts it has. Share ways and make a plan of how to handle stress. Scenario Role-Play Have kids act out the scenarios on task cards. Ask what stressful experience is being portrayed. Share ideas on what that person could do to self-regulate, calm, and de-stress.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 2. Complete the prompt or record personal thoughts and ideas. Skits Create short skits in small groups based on common stressors. Mantra Posters Discuss, color, and hang posters with positive messages. "Stress Busters" Card Game See the card game instructions.
Lesson Goal	Identify what stress is, positive and negative types, and its impact. Create and implement a plan to handle stress.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Video: The Brain & Stress Items to smell Stress Management Unit Resources

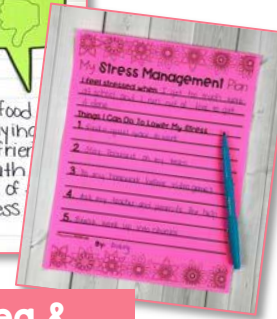
Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea & Stress Management Plan



Reflection Journal



Mantra Posters & Coloring Posters



Stress Scenario Task Cards



Stress Busters Card Game

LESSON 3 - Mindfulness

Lesson 3 teaches kids about mindfulness and different ways they can be mindful. Kids will practice and learn to use mindfulness strategies daily.

mind•heart - Self-Management Lesson 3 : Mindfulness	
Community Building Activity	Bring kids to the carpet and have them lay down. Do a visualization activity where you tell them to lay still and imagine what you are saying without making a sound. Say things like "Pretend you are sinking into the ground" or "Imagine you are laying on a beach", etc.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart: Explain what mindfulness is (focused attention on the present moment) and that learning to be mindful is beneficial for our well-being (promotes happiness and relieves stress). Brainstorm times when being mindful is needed in our lives, what happens when we are mindful, and strategies we can use on an anchor chart. Books, Videos, & Activities: Read/watch and discuss the books and videos listed below. Write and draw themselves doing something mindful on the "I am mindful" template. Have kids share their ideas. Breathing & Yoga Practices: Teach different breathing exercises (see posters) and yoga poses (see cards). Use daily to calm the body and mind.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 3. Complete the prompt or record personal thoughts and ideas. Mindful Bingo: Select mindfulness choices from the bingo "menu" card. "Mindful Me" Cards: Use the cards to promote mindful minutes daily. Create a Mindful center using the tools from this lesson & banner.
Lesson Goal	Understand what mindfulness is and identify ways they can be mindful. Use mindfulness strategies daily.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper I am Mindful template Mindful Bingo

Lesson Plan



Discussion Starters & Challenges



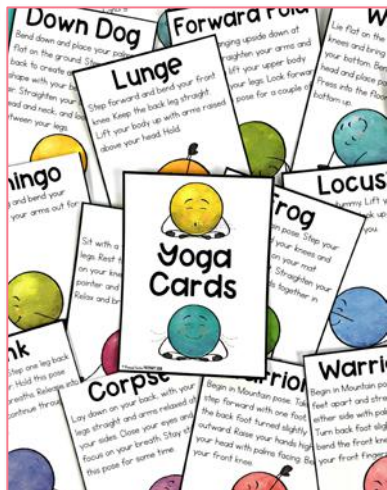
Anchor Chart Idea



Reflection Journal



"I am Mindful" Writing



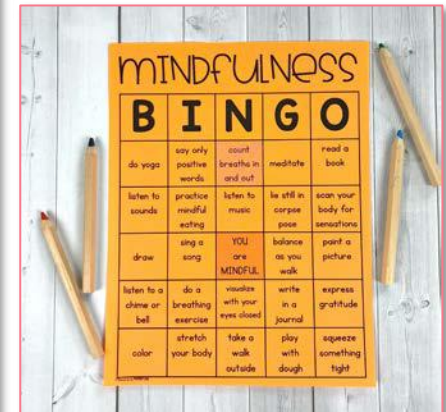
Yoga Cards



Breathing Strategies



Mindful Me Cards



Mindfulness BINGO

LESSON 4 - Impulse Control

Lesson 4 teaches kids to understand what impulses are and identify why it's important to have self-control. Kids will strive to control their own impulses and have self-control daily.

mind•heart - Self-Management Lesson 4: Impulse Control	
Community Building Activity	Conduct a test of self-control using marshmallows. Give each person one marshmallow and tell them they can eat it right away, or they can have two, if they wait a certain amount of time. Discuss after what happened and how they were able to resist/distract themselves.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion: Transform, and Anchor Chart: Define "impulses" and why it's important to control them. Share times they have shown self-control. Book & Role Playing: Read the book "What Were You Thinking?" and discuss Braden's actions in the story. Write down the "4 simple steps to impulse control" presented in the story (see poster). Have them practice using the four-steps when acting out scenarios on task cards. Good vs. Poor Choices Chart & Writing: Talk about the consequences of good and bad choices that we make. Transform good and poor choice examples. Write about a time you made a bad choice and what happened.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 4. Complete the prompt or record personal thoughts and ideas. "Choose Your Action" Board Game: See board game instructions. Kite Craftivity: Kids create their own kites featuring a quote about impulse control. They write ways they show self-control on the bows of the kite. "If Everybody Did That" Book & Comic: Read book and create 2-part comic to show what would happen if everybody did certain things.
Lesson Goal	Understand what impulses are and identify why it's important to have self-control. Strive to control their own impulses and
Lesson Materials	Discussion Starters & Challenge Task Cards. Anchor chart pieces and chart paper. Book: "What Were You Thinking?"

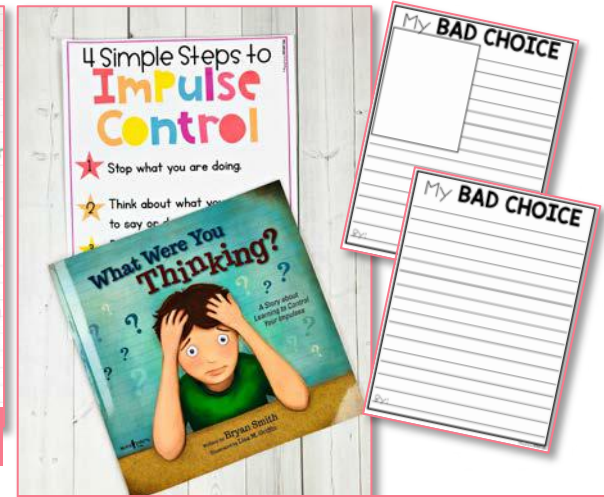
Lesson Plan



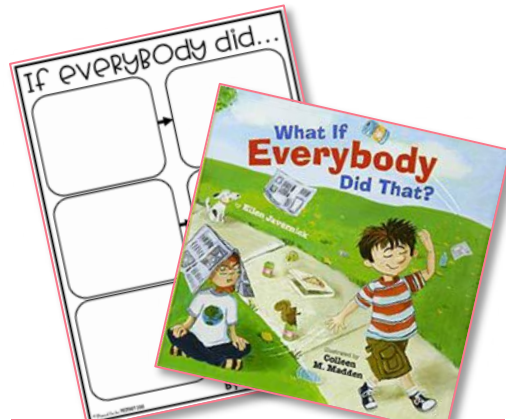
Discussion Starters & Challenges



Anchor Chart Idea



Book, Poster, & Writing Activity to Teach Concept



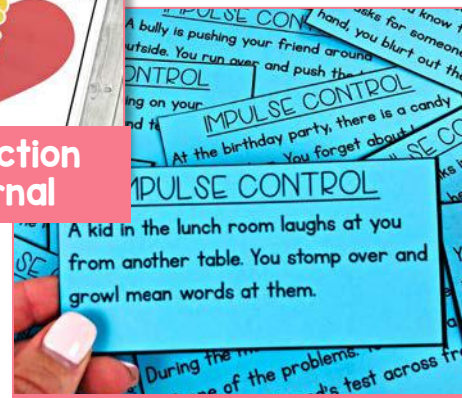
'If Everybody Did That' Book & Comic Activity



Board Game



Reflection Journal



Impulse Control Scenario Task Cards



Kite Craftivity

LESSON 5 - Personal Safety

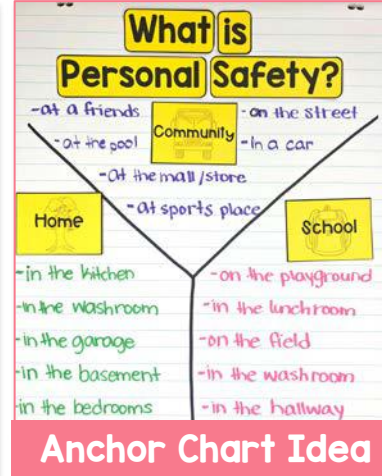
Lesson 5 teaches kids to understand what personal safety means and identify ways to keep oneself safe. Kids will learn to identify and use a safety network.

mind•heart - Self-Management Lesson 5 : Personal Safety	
Community Building Activity	Play the "Name the Rules" game. Talk about the social and personal rules we have that help us (i.e. kissing others, keeping bad secrets, giving out personal info on the internet). Have kids list the rules that protect them and reward them with points to use on something fun in the classroom.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart Discuss what personal safety means, why it's important, and in what ways it is needed. Create an anchor chart separated into 3 parts (school, home, community) and brainstorm examples when they may be presented with unsafe choices/events. Remind kids to say "no" and have them practice assertively saying this. Safety Role Playing Read and act out safety scenarios. They hold up signs to show if it is something SAFE or UNSAFE (suggest alternatives). Safety Network & Signs Discuss the importance of having people in our lives who help keep us safe. Brainstorm/record who they are. Kids record their "safety network" on the pledge sign with some ways they will stay safe. Good vs. Bad Secrets Emphasize that secrets should not be kept if they make you feel bad or uncomfortable. Brainstorm examples of each together.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 5. Complete the prompt or record personal thoughts and ideas. "What Should You Do?" Board Game See board game instructions.
Lesson Goal	Lesson Materials
Understand what personal safety means and identify ways to keep oneself safe. Identify and use a safety network.	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Safety scenario cards

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Safety Network Chart & Pledge



Board Game



Safety Scenario Task Cards



Reflection Journal

growth mindset

PRINTABLE UNIT

Proud to Be
Primary

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 - Fixed Versus Growth Mindsets

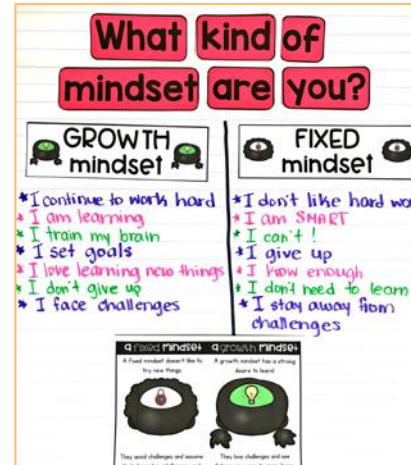
Lesson 1 teaches kids to understand what a fixed and growth mindset is and identify ways to change their mindset (statements, behaviors, etc.). Kids will be encouraged to show a growth mindset in discussions and activities.

mind•heart - Growth Mindset Lesson 1: Fixed Versus Growth Mindset	
Community Building Activity	Bring kids together to share their strengths and weaknesses. Go around the circle and have each person say something they are good at or working on. Ask others to put up their hands if they agree or disagree.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Videos: Teach the terms fixed and growth mindset (see posters). Explain that our mindset is our attitude and thoughts about our ability to do and learn things. Emphasize that we want to have a growth mindset. Show videos to illustrate the difference and how to change mindset. Fixed Vs. Growth Mindset: Come up with growth mindset statements for each fixed mindset statement on a t-chart. Add (or write) statements to a bulletin board using the materials (brain and title) provided (see photo). *Change Your Mindset: Writing Brainstorm: situations that demonstrate a fixed mindset. Share a personal example with a partner and think of what they could have done differently. Write about changing their mindset.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 1. Complete the prompt or record personal thoughts from the lesson. *What's the Mindset? Game: Play the board game in pairs (see instructions). Fixed or Growth Mindset: Act out scenarios and discuss ways to change FM. Fill it Up Activity: Fill a jar with a marble each time they catch someone using a GM. Encourage them to change their mindset when necessary.
Lesson Goal	Understand what a fixed and growth mindset is and identify ways to change their mindset (statements, behaviors, etc.).
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Posters: Writing Template Video: Fixed and Growth Mindsets

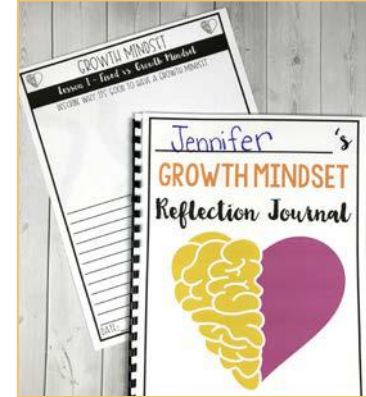
Lesson Plan



Discussion Starters & Challenges



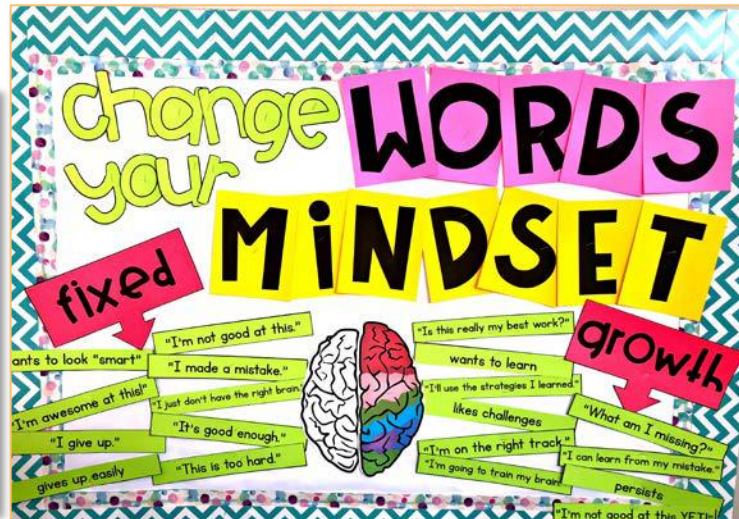
Anchor Chart Idea



Reflection Journal



What's the Mindset Board Game



Sort Pieces & Bulletin Board Materials



Writing Activity



Scenario Task Cards

LESSON 2 - The Brain

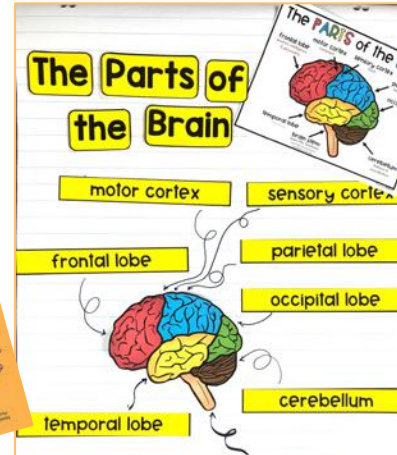
Lesson 2 teaches kids to identify the different parts of the brain, what they are called and what each part does. Kids will understand that the brain changes and grows as they learn new things and work through challenges.

mind+heart - Growth Mindset Lesson 2 : The Brain	
Community Building Activity	Post a single word on different posters (i.e. creativity, mistakes, effort, dedication, risks, courage, etc.) Ask kids to write down what that word means to them on each poster. Bring kids together and share/discuss the ideas and thoughts that were written for each word.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Book, & Videos: Teach kids about their brains, the different parts, and what they do. Use the posters and make a chart. Emphasize how the brain changes when we learn new things and challenge ourselves. Say "Our brains have billions of tiny neurons. Learning something new causes the brain to grow more connections among neurons (neuroplasticity). The brain stretches and makes more room to learn new things and face new challenges." Use the videos (linked) and read "Our Fantastic Elastic Brain" to illustrate. Anchor Chart & Brain Craftivity: Brainstorm things they trained/stretched their brain to learn and have them share about how they did it and the steps they took. Write examples on the 3D brain template (see instructions).
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 2. Complete the prompt or record personal thoughts and ideas. "My Brain Bag": Select a few items from home to place inside a bag that represents their accomplishments. Have them share with the class. Brain Hat: Follow directions to color and create a wearable hat of the brain.
Lesson Goal	Identify the different parts of the brain and what it can do. Understand that the brain changes and grows.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Book: "Our Fantastic Elastic Brain" Video: "Brain Facts with Neil the Neuron"

Lesson Plan



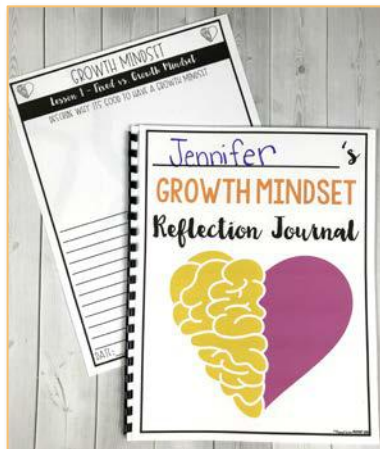
Discussion Starters & Challenges



Anchor Chart Idea, Poster & Materials



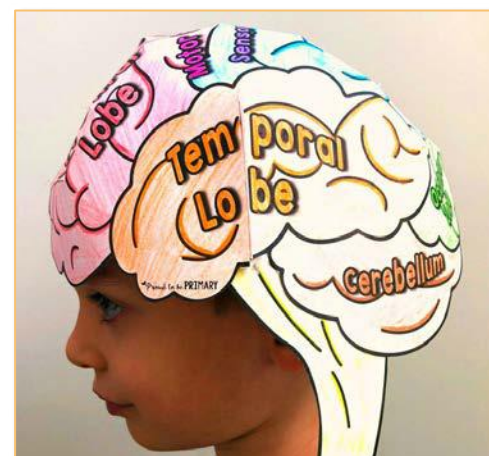
Anchor Chart Idea



Reflection Journal



Brain Bag Activity & Parent Letter



Make a Brain Hat



3D Brain Craftivity

LESSON 3 - Mistakes & Challenges

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

mind+heart - Growth Mindset Lesson 3 : Mistakes & Challenges	
Community Building Activity	Bring kids together as a group. Ask them one at a time to repeat the statement "My brain can..." and complete the sentence. Encourage kids to share an idea they learned from the previous lesson.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Video: Talk about the importance of having challenges, making mistakes and failing, and how they help us learn and grow (explain). If we challenge ourselves, we learn more. If we only do easy things, we don't learn to our potential. Use the video (linked below) to illustrate. Anchor Chart & Writing: Brainstorm examples of difficult things they have overcome. Ask them to share what they learned. Have them pick one example and write about it. Book & Drawing Activity: Read "The Book of Mistakes". Instruct kids to think about how they view mistakes and share their thoughts. Have them draw a creative picture of their own, embracing the mistakes they make as they go.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 3. Complete the prompt or record personal thoughts and ideas. Meaningful Mistakes: Foldable: Create a pamphlet with their experiences on making mistakes. Print two pages back to back and fold in the center. Talking/Thinking Bubbles: Have kids write things they can say to themselves and others when they fail or are challenged.
Lesson Goal	Identify and describe how mistakes, failures, and challenges are positive and help us learn new things.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Video: "You Can Learn Anything" Video: "Growth Mindset Kids"

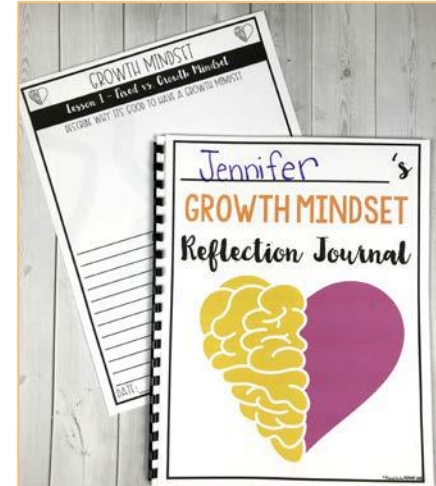
Lesson Plan



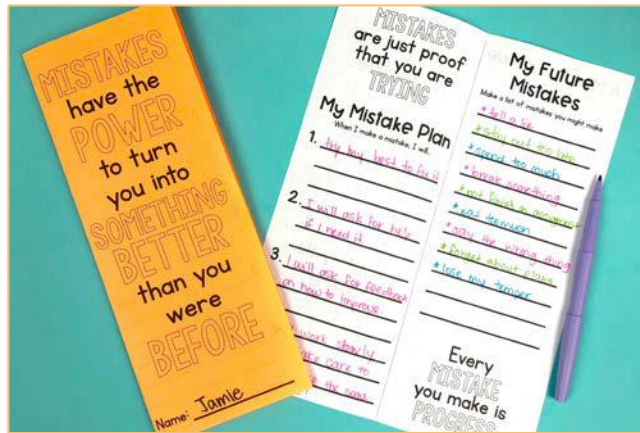
Discussion Starters & Challenges



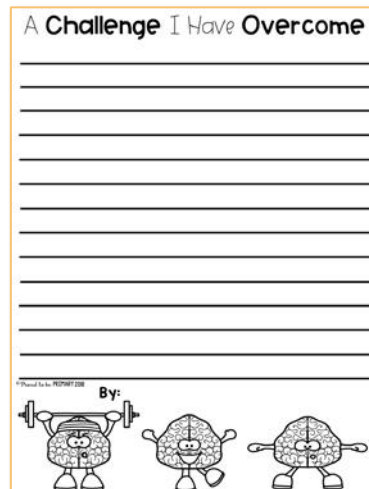
Anchor Chart Idea



Reflection Journal



Making Mistakes Pamphlet



Writing Activity



Drawing Mistakes Book Activity



Talking/Thinking Bubble Activity

LESSON 4 - Grit & The Power of YET

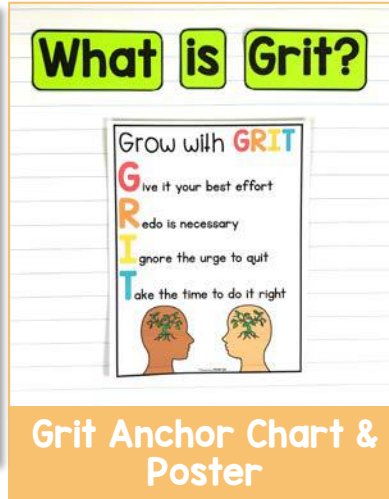
Lesson 4 teaches kids to understand what grit and related words mean. They will understand and connect to the concept of the power of YET. They will learn strategies that can help them show grit when things are difficult.

mind•heart - Self-Management Lesson 4 : Impulse Control	
Community Building Activity	Conduct a test of self-control using marshmallows. Give each person one marshmallow and tell them they can eat it right away, or they can have two, if they wait a certain amount of time. Discuss after what happened and how they were able to resist/distract themselves.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Brainstorm, and Anchor Chart. Define "impulses" and why it's important to control them. Share times they have shown self-control. Book & Role Playing: Read the book "What Were You Thinking?" and discuss Broden's actions in the story. Write down the 4 simple steps to impulse control presented in the story (see poster). Have them practice using the four-steps when acting out scenarios on task cards. Good vs. Poor Choices Chart & Writing: Talk about the consequences of good and bad choices that we make. Brainstorm good and poor choice examples. Write about a time you made a bad choice and what happened.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 4. Complete the prompt or record personal thoughts and ideas. *Choose Your Action! Board Game: See board game instructions. Kite Craftivity: Kids create their own kites featuring a quote about impulse control. They write ways they show self-control on the bows of the kites. *If Everybody Did That! Book & Comic: Read book and create 2-part comic to show what would happen if everybody did certain things.
Lesson Goal	Understand what impulses are and identify why it's important to have self-control. Strive to control their own impulses and
Lesson Materials	Discussion Starters & Challenge Task Cards. Anchor chart pieces and chart paper. Book: <i>What Were You Thinking?</i>

Lesson Plan



Discussion Starters



Grit Anchor Chart & Poster



Power of YET Lesson Materials



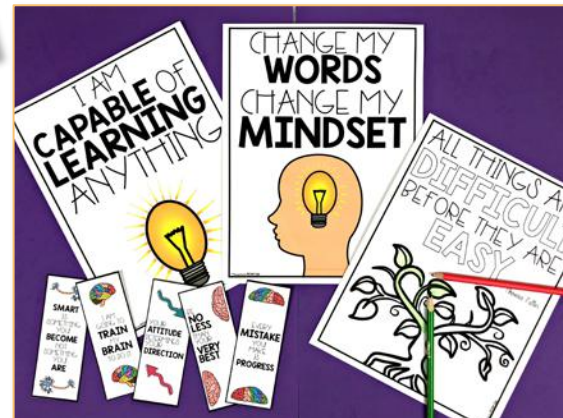
Vocabulary Activity



Anchor Chart Idea & Writing Activity



Student Awards



Mantra Posters & Bookmarks



Reflection Journal

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

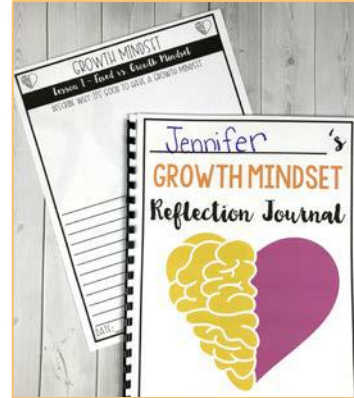
Lesson 5 teaches kids to describe what a SMART goal is and why goal setting is important. They will learn to set goals, create a strategy, stick to a plan, and reflect.

mind•heart - Growth Mindset Lesson 5 : S.M.A.R.T. Goal Setting	
Community Building Activity	Play "The Human Knot" game in a circle. Each person reaches across with their left hand to grab someone else's left hand. Repeat with the right hand. Work together as a group to find a way to untangle the knot.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart Discuss what goals are and why we need them. Teach the class about SMART goals and share the steps needed in setting and working towards a goal (using posters). Brainstorm different goals on an anchor chart. Have them discuss with a partner and pick one to focus on as a first goal. Fill out the plan sheet in detail and check to make sure the goal is SMART. Bulletin Board Create a floral themed bulletin board called "Garden of Goals". Kids write their goal on a flower, decorate it (see print on colored cardstock), and hang up to create a bulletin board display. SMART Goal Sort-Read different examples of goals and discuss whether they are SMART. For those that aren't, suggest ways to make them SMART. Variation: Act out the goals given.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 5. Complete the prompt or record personal thoughts and ideas. Student Self-Reflection Evaluate how they did with their goal after the time they chose. Write responses to each question and make future plan.
Lesson Goal	Describe what a SMART goal is and why goal setting is important. Set a goal, create a strategy and stick to a plan.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Posters Goal setting scenario cards

Lesson Plan



Discussion Starters & Challenges



Reflection Journal

What are S.M.A.R.T. Goals?

We Have Goals

- School
- Personal
- Home

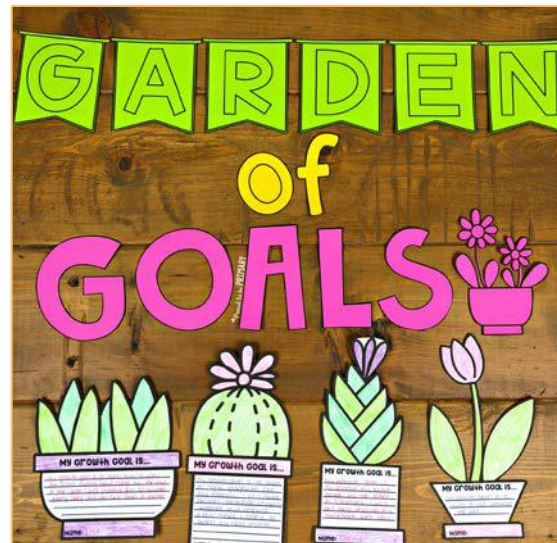
SMART GOALS

- SPECIFIC**: What exactly do you want to happen?
- MEASURABLE**: How will you know when you've reached your goal?
- ACHIEVABLE**: What steps will you take to reach your goal?
- RELEVANT**: Is this goal worth accomplishing?
- TIME**: What is the deadline for your goal?

Anchor Chart Idea & Posters



SMART Goal Sorting Task Cards



Bulletin Board & Goal Writing

My s.m.a.r.t. goal Plan

My goal is _____

I will know I have reached my goal when _____

Steps I will take to reach my goal:

1. _____
2. _____
3. _____
4. _____

This goal is relevant because _____

I will reach my goal by _____

Name: _____

s.m.a.r.t. goal Reflection

My goal was _____

I did/did not meet my goal because _____

Overall, my effort was _____

Obstacles I faced were _____

Something I learned is _____

My next step is _____

Name: _____

Teacher Comments: _____

SMART Goal Plan & Reflection Templates

relationships

PRINTABLE UNIT

Proud to Be
Primary

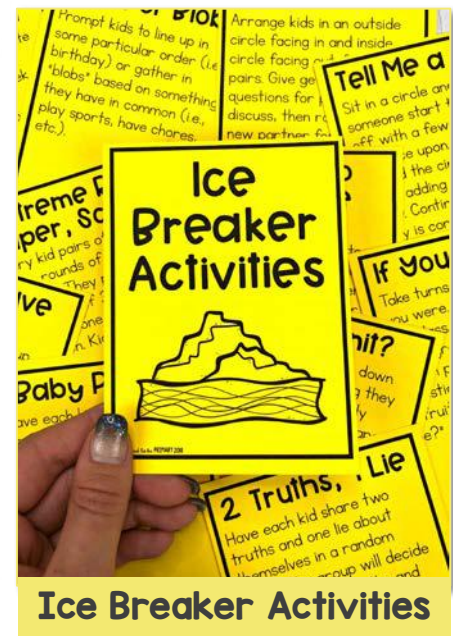
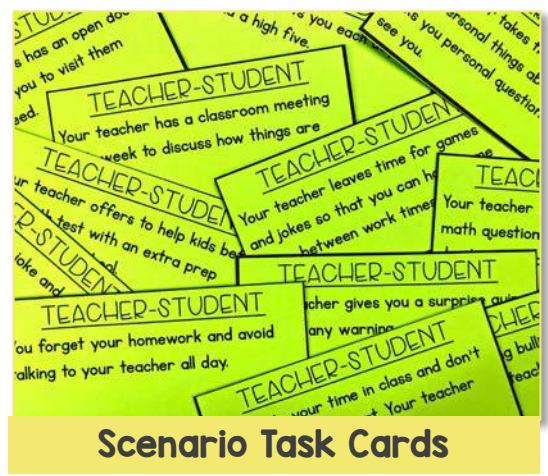
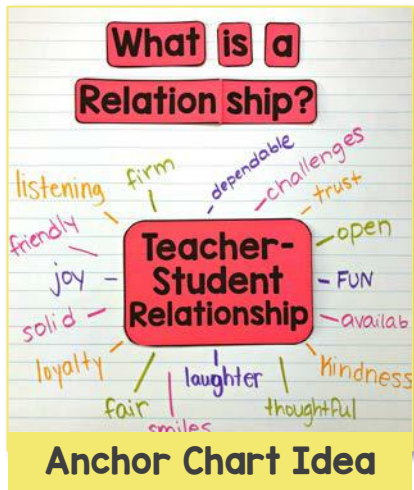
What is Included in this Resource

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

mind•heart - Relationships Lesson 1 : Teacher-Student Relationships	
Community Building Activity	Play a variation of "20 Questions" as a class. Have kids take turns asking the teacher a question that they answer and the kid must answer as well. Continue until all 20+ kids have asked/answered questions with the teacher.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage them to take on a challenge from the task cards.
Whole Group Lesson	Discussion's Anchor Chart: Ask "What is a relationship?" and define different types. Talk specifically about the teacher-student relationship and why it's unique and important. Brainstorm together the components that are needed for it to be healthy and helpful (trust, respect, fun, etc.). Getting to Know You: Talk about how important it is to get to know each other so that one can understand the others' situation and personal experiences. Fill out a questionnaire. Share and say what they learned about another person. Teacher-Student Role Play: Have kids act out different scenarios on task cards in pairs. Have them illustrate the different roles (teacher & student) and their past experiences with certain scenarios. Discuss each after.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 11. Complete the prompt or record personal thoughts. From the lesson. Teekbreaker Games: Play teekbreaker games regularly as a class to have kids and the teacher get to know each other better. (See cards for ideas). Student Survey: Check-in with kids every time and see how they are doing. "I Wish My Teacher knew" Activity: Kids fill out note cards to submit privately.
Lesson Goal	Lesson Materials
Understand what a relationship is and why the teacher-student one is important. Work on this relationship together through...	Discussion Starters & Challenge Task Cards Anchor chart pieces and short paper Questionnaires & student surveys Role play scenarios cards



Lesson 2 teaches kids to understand the importance of effective communication skills in building relationships. They will practice and demonstrate these skills with others.

Lesson Plan



Writing Activity



LESSON 3 - What is a Friend?

Lesson 3 teaches kids to describe what a friend is and the qualities they possess. They will identify ways that they can be a good friend and work towards that goal.

mind•heart - Relationships Lesson 3 : What is a Friend?	
Community Building Activity	Play "The Compliment Game" in a circle as a class. One person passes a beanbag to a kid and gives them a compliment (says something nice). Play until everyone has had a chance to give and receive a compliment.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Video, & Vocabulary: Ask kids "What is a friend?" and define it together. Brainstorm the qualities of a friend and record their ideas on an anchor chart. Use the video (linked below) to give more reliable ideas. Give pairs of students one of the friendship traits on a sheet of paper and have them define, illustrate, and teach the class the meaning of their word. "True Friend Discussion & Pamphlet" Discuss ways that they can be a good friend to others and add their ideas to the anchor chart. Have them write about what it means to be a true friend in the pamphlet provided. "Healthy vs. Unhealthy Friendship" Role Play: Have kids act out scenarios given on task cards. Discuss whether they are healthy or unhealthy examples.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 3. Complete the prompt or record personal thoughts and ideas. Friendship Bingo: Read descriptions of specific friendship qualities and cover the related word on the Bingo board. Friendship Mantra Banner: Create a classroom banner with different friendship qualities. Kids choose a prompt to decorate and add.
Lesson Goal	Describe what a friend is and the qualities they possess. Identify ways that they can be a good friend and work towards that goal.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Video: Kids Talk About Friends Video: Friendship

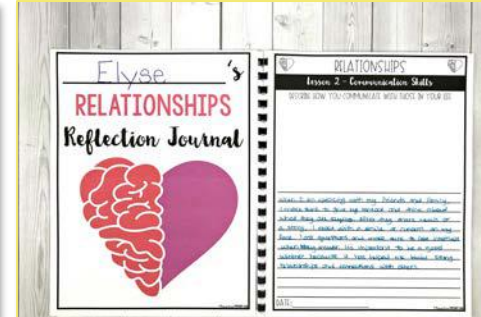
Lesson Plan



Discussion Starters & Challenges



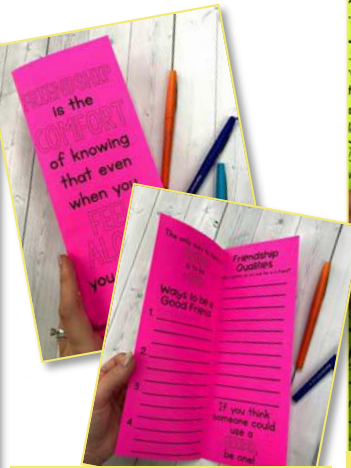
Anchor Chart Idea



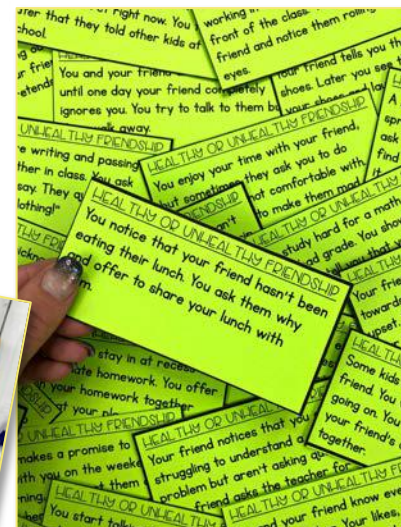
Reflection Journal



Friendship BINGO Game



'True Friend' Pamphlet



Healthy or Unhealthy Friendship Scenarios



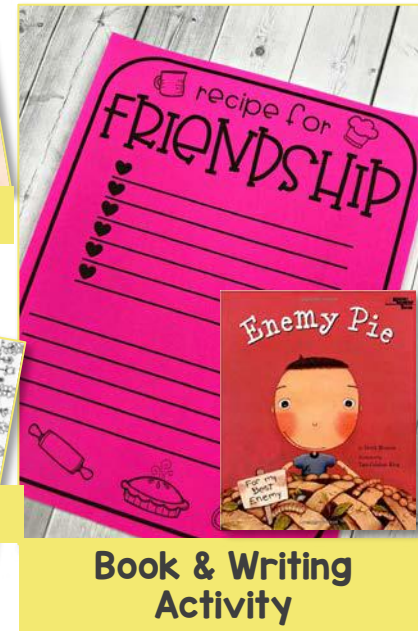
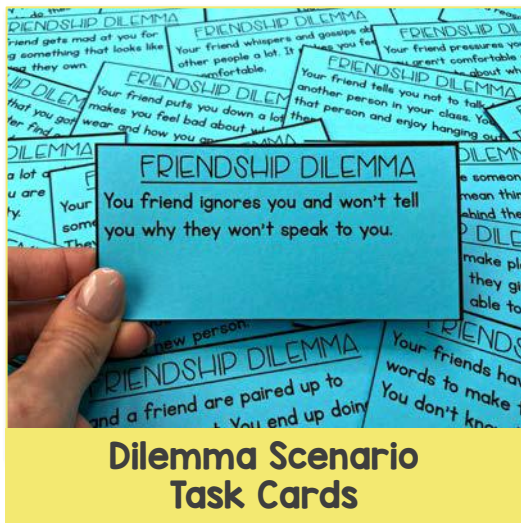
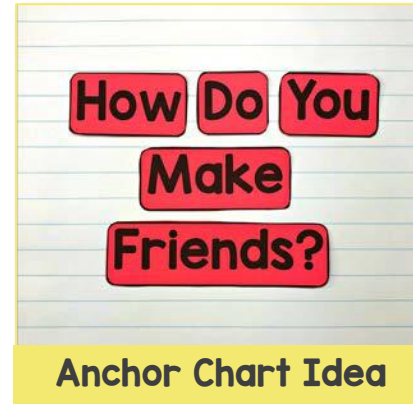
Friendship Qualities



Friendship Quote Banner

Lesson 4 teaches kids to describe specific behaviors and strategies they can use to help them make friends. They will understand that there are dilemmas and ways that they can be avoided.

mind-heart - Relationships Lesson 4 : Making & Keeping Friends	
Community Building Activity	Send kids to complete a "Friend scavenger hunt" activity. They must look for different people who share the same examples they have written down on the template provided to write their names down. Learning who they have things in common with is a great first step in building friendships.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion 1 Anchor Chart: Ask "How do you make friends?" and record ideas on an anchor chart. Discuss behaviors one can do to try and make friends. Show the video (linked). Have kids practice and role play in pairs. Friends & Writing Activity: Talk about how a friendship takes work. Read the book "Empty Pls" and discuss how a friendship developed. Set down what the characters did to build a friendship. Record more ideas from kids. Have them choose 5-6 "ingredients" and write their own "friendship recipe". Friendship Dilemmas: Talk about the negative aspects of friendships and the things that cause drama (gossip, overreacting, ignoring, etc.). Brainstorm ways to avoid Read/act out scenarios and connect them with a solution.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 4. Complete the prompt or record personal thoughts and ideas. Friend Wanted Ad Bulletin Board: Make a poster with the qualities they look for in a friend and draw them. Add the posters to a bulletin board. 10 Ways to Grow a Friendship: Write down 10 specific things they can do to grow a new friendship. Add on a bulletin board with flower artwork.
Lesson Goal	Lesson Materials
Describe specific behaviors and strategies they can use to help them make friends. Understand that there are dilemmas and	Friendship Scavenger Hunt Discussion Starters & Challenge Task Cards Anchor chart papers and chart paper Video: Kid President's Guide to Making a New Friend
Lesson Plan	



LESSON 5 - Collaboration & Teamwork

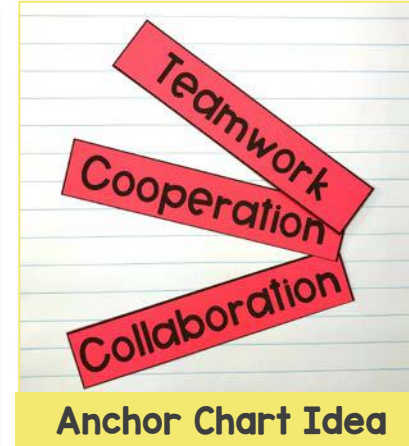
Lesson 5 teaches kids to understand the importance of collaboration and teamwork in the classroom. They will work cooperatively with others for a common goal.

mind•heart - Relationships Lesson 5 : Collaboration & Teamwork	
Community Building Activity	Play "10 Things In Common" in pairs. Give each pair a sheet of paper and have them work together to come up with a list of 10 things they have in common with each other (not things like "we both have 2 hands"). Share.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart Define and brainstorm examples of collaboration, cooperation, and teamwork. Talk about why each is important. Finding Solutions & Role Playing Talk about what happens when there is a problem in a group and brainstorm solutions together. Emphasize that solutions should include the opinions of others and make them feel respected. Have kids practice by working in groups to complete projects and work through challenges together (see cooperative game cards for ideas). Book & Writing Activity Read the book "The Enormous Potato" and discuss its meaning. Brainstorm situations where they've needed the help of others to succeed at something. Write about one of those experiences that required the cooperation and teamwork of others.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 5. Complete the prompt or record personal thoughts and ideas. Play Cooperative Games Play various games on cards that require kids to cooperate and demonstrate teamwork with peers. Foldable Craft Write different solutions under each flap of a cootie catcher that kids put together. Use when needed to solve problems.
Lesson Goal	Understand the importance of collaboration and teamwork in the classroom and work cooperatively with others for a common goal.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Book: <i>The Enormous Potato</i> Cooperative Games

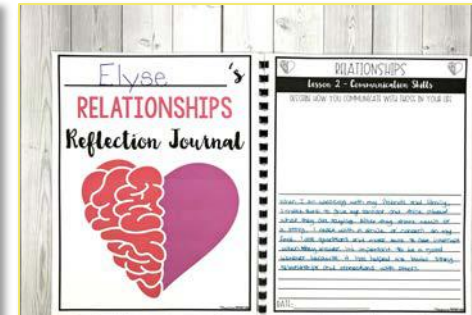
Lesson Plan



Discussion Starters & Challenges



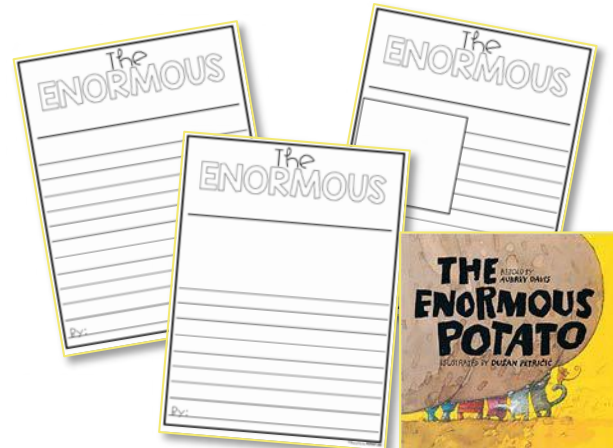
Anchor Chart Idea



Reflection Journal



Groups Solutions Cootie Catchers



Book & Writing Activity



Cooperative Game Cards

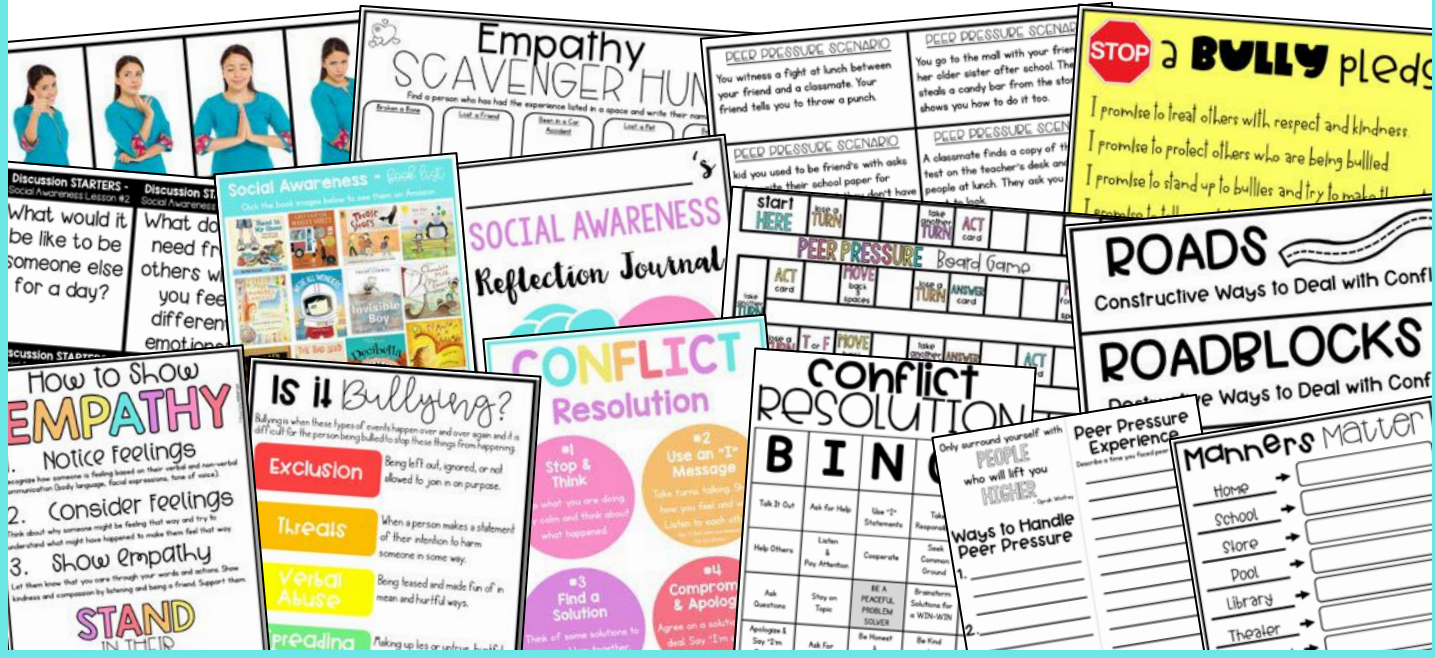
social awareness

PRINTABLE UNIT

Proud to Be
Primary

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 I - Social Cues & Expectations

Lesson I teaches kids to understand what social expectations are and attempt to follow them. They will learn and understand what social cues are and how they are used to communicate messages differently.

mind•heart - Social Awareness Lesson I : Social Cues & Expectations	
Community Building Activity	Play "Charades" as a group in a circle. Give kids an action that they need to act out using only non-verbal cues (body language, facial expressions, actions). To tell peers what to do (i.e., sit down, be quiet, turn around, etc.).
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Social Expectations Discussion & Anchor Chart: Ask "What are social expectations?" (Internal social norms that guide what we do and how we act). Discuss what is expected of them in different situations (i.e., at school, at a restaurant, right now, etc.) and write their ideas on an anchor chart. Kids can write their ideas on the template. Ask them how they know and learned. Social Cues Discussion & Photos: Ask "What are social cues?" (body language, facial expressions, tone of voice) and discuss how these help us understand others. Show photos. Ask what they think people are feeling & saying in photos. Tone of Voice: Practice different tones of voice (i.e., angry, tired, sarcastic, whiny). Talk about it makes people feel. Discuss when each tone is acceptable.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 1. Complete the prompt or record personal thoughts from the lesson. Tone of Voice Game: With a partner, flip over two cards (one tone of voice and one sentence card). Read the sentence using the tone of voice. Discuss. Manners Matter: List the manners you show in different places you visit. Share and discuss these important expectations as a group.
Lesson Goal	Understand what social expectations are and attempt to follow them. Understand what social cues are and how they are used to communicate messages differently.
Lesson Materials	Charade game cards Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Social expectations writing template

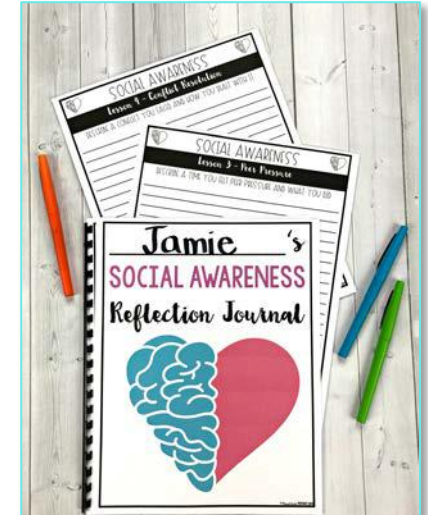
Lesson Plan



Discussion Starters & Challenges



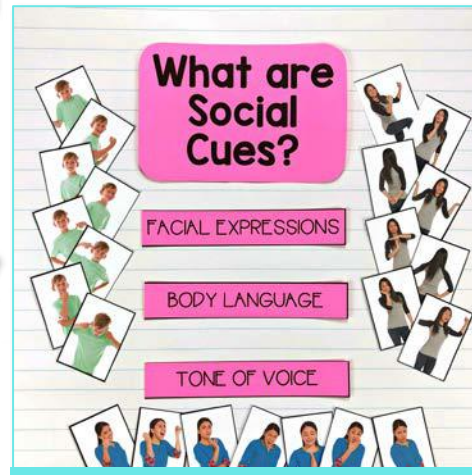
Anchor Chart Idea



Reflection Journal



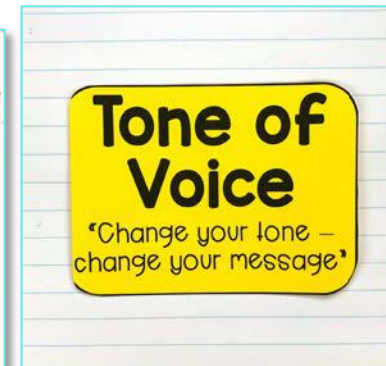
Manners Matter Lists



Social Cues Anchor Chart Pieces and Photos



Tone of Voice Game



Anchor Chart Piece

LESSON 2 - Empathy

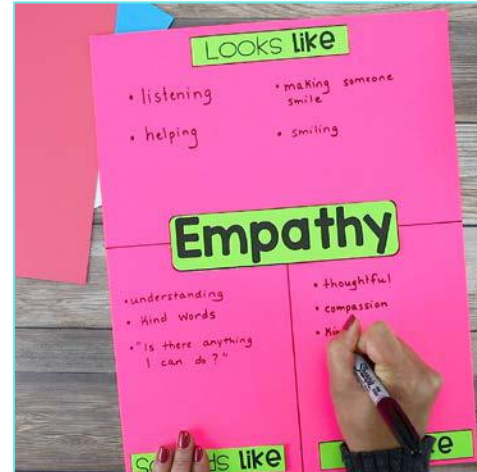
Lesson 2 teaches kids to understand what empathy is and why it is important. They will describe ways of being empathetic (looks, sounds, feels) and ways that are not. They will be encouraged to act in empathetic ways.

mind•heart - Social Awareness Lesson 2: Empathy	
Community Building Activity	Play "I Wish" with children in a circle. Go around the circle and complete the statement with an empathetic action they will take if needed (i.e., I will ask the new kid to join in, I will help someone if they are struggling, I will try to understand). Discuss, encourage, and record ideas as necessary.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Empathy Discussion & Anchor Chart: Talk about what empathy means and why it is important. Create a T-chart with ideas about what empathy looks like, sounds like, and feels like. Talk about what empathy is not. Read "Stand In My Shoes" to provide more examples for discussion. Showing Empathy: Talk about how to notice and consider the feelings of others in order to show empathy. Teach kids to follow the 3-step approach given on the poster (1. notice feelings, 2. consider feelings, 3. show empathy). Have pairs stand up and act out scenarios (see task cards). Ask the class for suggestions of ways to show empathy and act out the suggestions given. Book & Writing: Read "The Invisible Boy". Discuss and write a connection.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing. Empathy Scavenger Hunt: Find peers who have had the experiences listed on the sheet and write their names. Make Get-Well Cards: Create get-well cards for sick kids at the children's hospital and send them in the mail. Talk about impact. Community Involvement: Arrange to visit and spend some time in a place for those less fortunate (i.e., children's hospital, animal shelter, elderly home).
Lesson Goal	Understand what empathy is and why it is important. Describe ways of being empathetic (looks, sounds, feels) and not. Make strides to act in empathetic ways.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Book: "Stand In My Shoes" Showing empathy poster

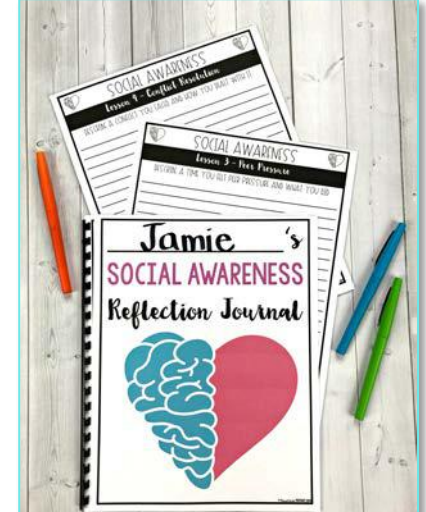
Lesson Plan



Discussion Starters & Challenges



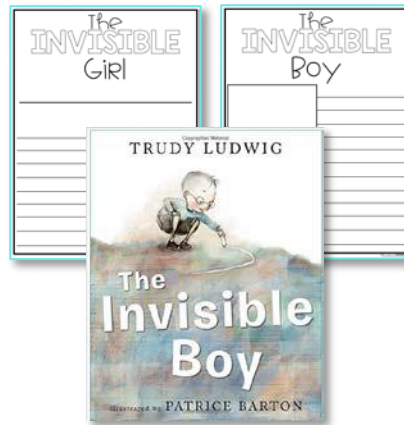
Anchor Chart Idea



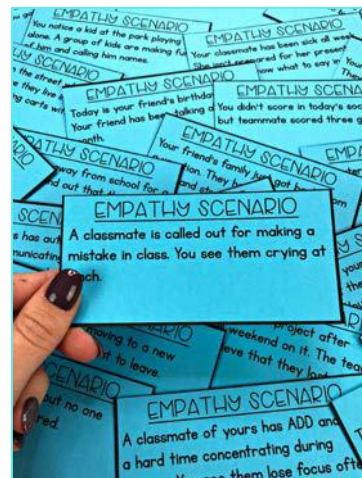
Reflection Journal



Posters



Book & Writing Activity



Empathy Scenarios



Empathy Scavenger Hunt

LESSON 3 - Peer Pressure

Lesson 3 teaches kids to understand what peer pressure is and share good and bad examples from their knowledge and experience. They will learn strategies of how to avoid and respond to negative peer pressure.

mind•heart - Social Awareness Lesson 3 : Peer Pressure	
Community Building Activity	Give each pair a balloon to hold in between their bodies facing each other to play "Under Pressure". Give scenarios out loud (i.e., told to eat a bug, lie to a parent, ignore someone). Move closer putting pressure on the balloon if that is something they wouldn't do or stay still if they would. See if it pops!
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Anchor Chart: Ask "What is peer pressure?" and share ideas on a chart. Remind kids of the balloon activity and how peer pressure is like a force that is put on us to make a choice. Ask them if peer pressure is a good thing to face. Explain that it helps them figure out their values, what's important to them, and helps them understand themselves. Gauge understanding and past experiences by giving kids a survey to answer. Talk about responses. Positive vs. Negative Peer Pressure: Brainstorm positive (i.e., studying for a test, exercising, voting, etc.) and negative examples (i.e., bullying, stealing, excluding, etc.) of peer pressure. Ask what they should do when faced with negative peer pressure (and how to avoid it). Develop an action plan together by teaching kids strategies of how to STOP peer pressure (see poster). Have kids practice by role playing negative peer pressure scenarios (on task cards).
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing. Board Game: Play the "Peer Pressure" board game (see game instructions). Writing: Share advice and write ways to avoid and respond to peer pressure on the poster or pamphlet template provided.
Lesson Goal	Understand what peer pressure is and share good and bad examples. Describe strategies of how to avoid and respond.
Lesson Materials	Deflated balloons Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper STOP poster

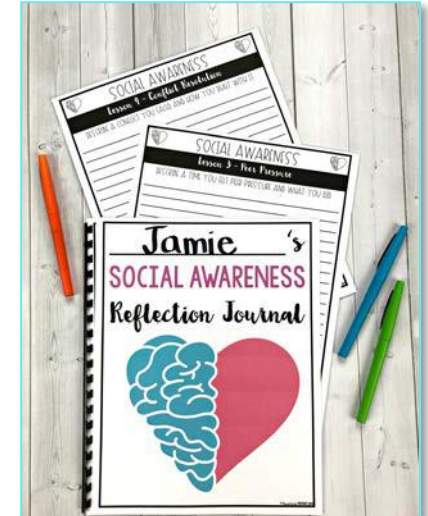
Lesson Plan



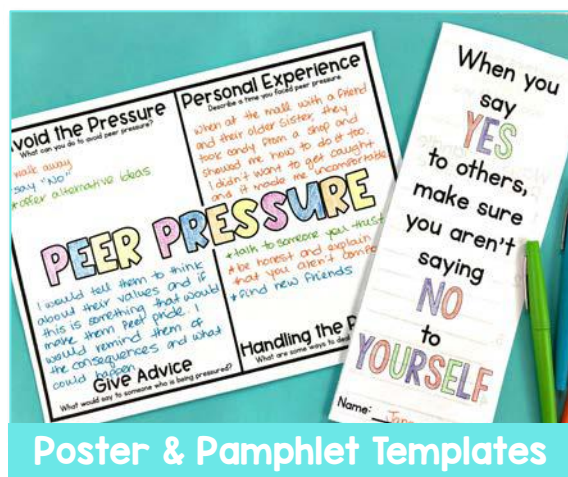
Discussion Starters & Challenges



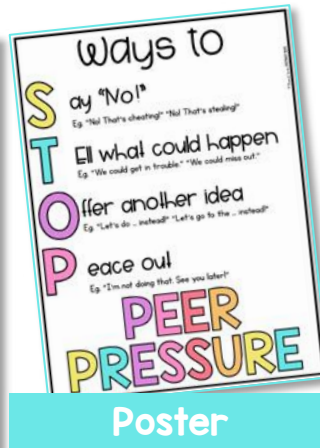
Anchor Chart Idea



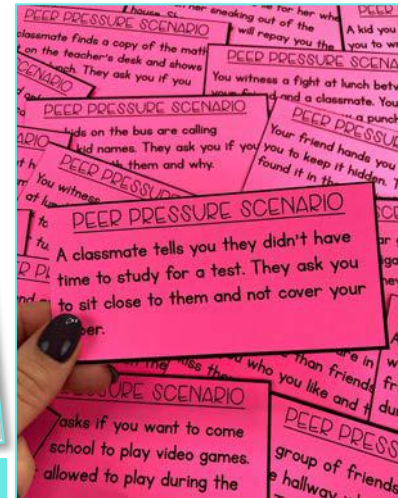
Reflection Journal



Poster & Pamphlet Templates



Poster



Peer Pressure Scenarios



Peer Pressure Board Game

LESSON 4 - Conflict Resolution

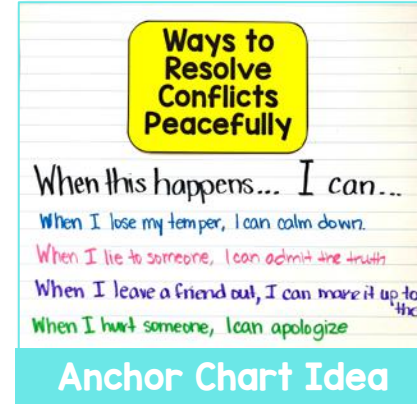
Lesson 4 teaches kids to identify ways to solve conflict and demonstrate effort in solving them peacefully. They will describe conflicts they have encountered and what they learned.

mind•heart - Social Awareness Lesson 4 : Conflict Resolution	
Community Building Activity	Kids line up silently side by side for the "Power Shuffle" activity. Read statements one at a time and instruct kids to take a step away from the line if they believe a statement holds true for them (e.g. "Take a step if you've been teased"). The purpose is to see that others have had similar experiences.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Anchor Chart Start: the lesson by discussing how conflict is okay (normal and healthy). Ask kids to share examples of conflicts they have encountered, ask them what happened and what they learned. Solving Conflicts Brainstorm: ways to resolve conflicts peacefully. Ask "When this happens... I can..." Share and write ideas. Sort examples of constructive and destructive ways of dealing with conflict ("roads" & "roadblocks"). Conflict Resolution Method: Teach 4 specific steps to solving a conflict. Introduce each step, discuss what they mean, and role play to practice. Hang poster and provide cards to refer to if necessary. Have kids write their plan for solving conflicts step by step in a tabbed mini-book.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing. Conflict Resolution BINGO: Provide a variety of ways to solve conflicts on a BINGO sheet that kids can refer to when looking for a strategy to help them. Bulletin Board: Write about being a peaceful problem solver and add to a bulletin board (materials provided). Card Game: Play the "Conquer Conflict" card game (see game instructions).
Lesson Goal	Lesson Materials
Describe conflicts they have encountered and what they learned. Identify ways to solve conflict and demonstrate effort in	Discussion Starters & Challenge Task Cards Anchor chart posters and chart paper Sorting cards (roads & roadblocks) Conflict Resolution Method cards Conflict Resolution BINGO sheet Bulletin Board materials Conquer Conflict card game

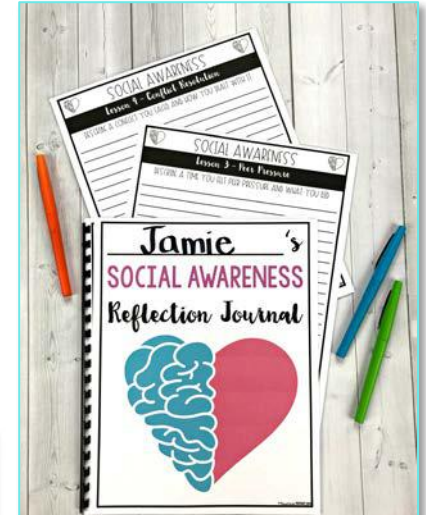
Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal



Ways to Deal with Conflict Sort



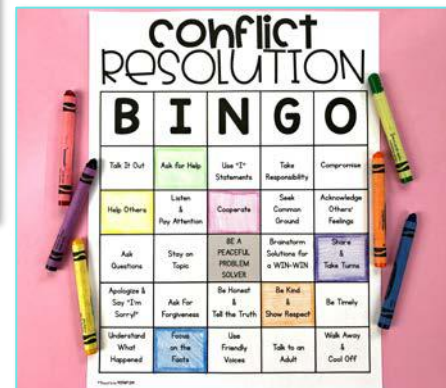
Bulletin Board & Writing Activity



Posters & Tabbed Booklet



Card Game



Solving Conflict BINGO

LESSON 5 - Anti-Bullying

Lesson 5 teaches kids to understand what bullying is and what it is not. They will learn to demonstrate ways to stand up to and stop bullying behavior. They will be encouraged to actively attempt to stop bullying when they encounter it.

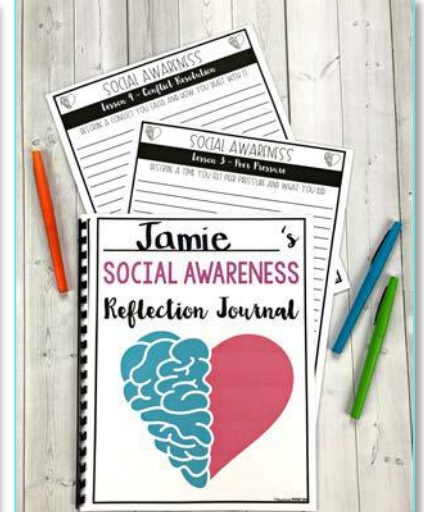
mind•heart•Soul - Social Awareness Lesson 5 : Anti-Bullying	
Community Building Activity	Have two apples ready for this activity - know one by gently tossing it on the floor before. Proceed to talk the group how much you dislike that one apple and why. Pass it around the circle and have kids say mean things about that apple as well. Pass the other apple around and say nice things about it. After, slice both apples in half and look at the effects of the "bullying" on the bruised apple. Emphasize that the effects of bullying are permanent.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Anchor Chart: Define bullying and discuss what a bully is (i.e. attacks, hurts others, harasses, cyber bullies). Share a personal story of bullying and encourage kids to share their own (experienced or seen). Talk about the consequences of bullying. Use the videos linked below to illustrate. Is It Bullying? Discussion: Discuss when an incident is bullying and when it is not (use poster). Use situations and discuss whether it is an example of bullying. Standing Up to Bullies: Read the book "Owl" and discuss its meaning. Talk about what to do when they or someone they know is being bullied. Discuss what it means to stand up to bullies safely. Discuss, brainstorm, and write ways to stop a bully (see poster and template). Bullying Role Play: Teach and practice response strategies. Role play what to do when they are being bullied or see someone being bullied. Pick someone to be the "bully," someone to be the "victim," and another group of kids and act out bullying scenarios together (shorts and description cards). Kids help the victim using the strategies taught. Use response strategies when acting out scenarios.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing. Eroded Meanness: Try this powerful, whole-school activity with the group. Anti-Bullying Pledge: Fill out a pledge to stand up to bullies with details about



Discussion Starters & Challenges



Bullying Scenario & Photos



Reflection Journal



Anchor Chart & Materials



STOP a Bully Pledge



Poster



Anchor Chart, Book & Writing Activity

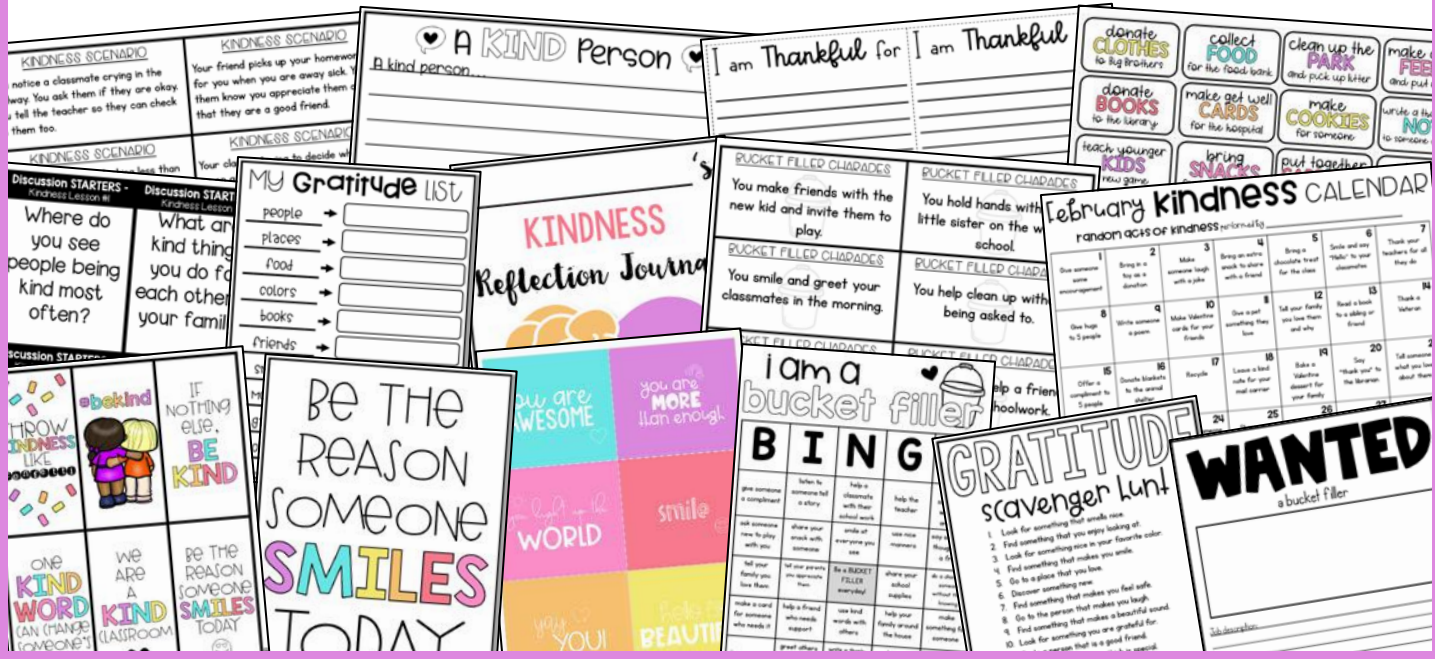
kindness

PRINTABLE UNIT

Proud to Be
Primary

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 - What is Kindness?

Lesson 1 teaches kids to understand what kindness is and what it means to be a kind person. They will describe and demonstrate ways of being kind to others and make an effort to show kindness to others each day.

mind•heart - Kindness Lesson 1: What is Kindness?	
Community Building Activity	Kids pair up and create and practice a "secret" handshake and a greeting with each other's name in it. When ready, have all kids do their handshakes and greetings. Switch partners and teach each other your handshakes.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Kindness Discussion & Anchor Chart: Ask "What is kindness?" and brainstorm the ideas and words that kids share on an anchor chart. Read the book "Each Kindness" and show the video (linked). Discuss each and their meaning. *Ask "What makes a kind person?" and have kids turn and talk with a partner. Share and discuss. Kids write about what they think makes a kind person. Kindness Oath: Emphasize that showing kindness is important everyday and in everyplace they go. Brainstorm things they can do daily at school, home, and in the community. Take those ideas and write a "Kindness Oath" together as a class. Have kids copy the oath and sign it. Post the oath on a bulletin board. Kindness Scenarios: Act out different scenarios and discuss whether they are kind or unkind actions. Share ideas of ways to turn unkind acts into kind ones.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on pg 1. Mantra Posters & Bookmarks: Read and reflect on the quotes about kindness. Color and hang the posters, and use the bookmarks as a daily reminder. Kind Heart Activity: Give each kid a large heart cut-out to put on their desk. Kids rotate around to each others' spot and write a kind note about that person. Kindness Bulletin Board: Add writing and posters on a board. (materials provided)
Lesson Goal	Understand what kindness is and what it means to be a kind person. Describe and demonstrate ways of being kind to others. Make an effort to show kindness to others.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor Chart Paper and Chart Paper Book: <i>Each Kindness</i> Video: <i>You Should See More Differ</i>

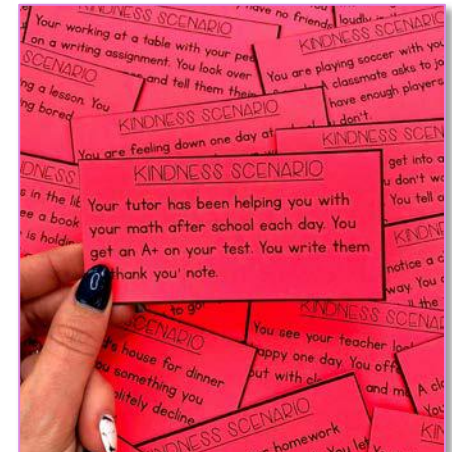
Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Kindness Scenarios



Kindness Oath



Kind Hearts Activity



Reflection Journal



Bulletin Board, Posters, & Bookmarks



Writing Template

LESSON 2 - Gratitude

Lesson 2 teaches kids to describe what gratitude means and the importance of giving thanks. They will be encouraged to give thanks and appreciate what they have. They will practice giving gratitude daily.

mind•heart - Kindness Lesson 2 : Gratitude	
Community Building Activity	Teach kids ways to say "thank you" in the different languages represented in your classroom. Kids who speak different languages can share the word for others to repeat and write it on the board for others to see.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion 5 Anchor Chart Define gratitude and discuss why it is important to say "thank you", share thoughts of appreciation, and recognize the things we have and what others do for us (promotes happiness). Brainstorm things they are thankful for on an anchor chart (places, people, food, colors, books, smells, movies, games, friends, holidays, etc.). Kids will jot down the things they are thankful for on their own Gratitude List (use template provided). Daily Gratitude Warm-up & Journal Each day, go around the room and have each person share something they are thankful for. Use the phrase, "I am thankful for..." and go around until everyone shares. Kids complete a one sentence journal of what they are thankful for that day in a gratitude journal. Gratitude Scavenger Hunt Complete the tasks on the list to encourage gratitude.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on pg 2. Gratitude Wall Set down their gratitude on sticky notes or note cards around the word GRATITUDE to create a powerful display. Gratitude Collage Add personal drawings and pictures cut out or printed to a collage of things they are thankful for. Thank Someone Write a thank you letter or note to someone (template given).
Lesson Goal	Describe what gratitude means and the importance of giving thanks. Strive to give thanks and appreciate what they have.
Lesson Materials	Discussion Starters & Challenges Task Cards Anchor chart pieces and chart paper Gratitude List template Gratitude Journal Thank You letters and notes

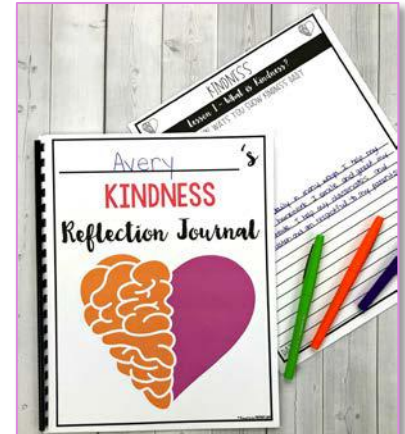
Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal



Scavenger Hunt



Gratitude List



Thankful Notes



Thank You Notes & Letter Templates



Gratitude Collage



Gratitude Journal

LESSON 3 - Generosity

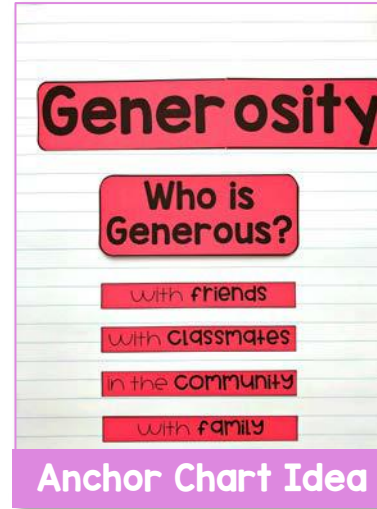
Lesson 3 teaches kids to describe what it means to be generous and identify different ways one can be generous. They will make intentions to be more generous and giving through actions and projects.

mind•heart - Kindness Lesson 3 : Generosity & Giving	
Community Building Activity	Sit in a circle and practice giving compliments to peers. For example, "I've noticed how Lexie has been helping the younger kids outside" or "Matt did a great job with his presentation." Have kids give specific compliments to recognize others and the things they have accomplished or the kind acts they have done.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Anchor Chart: Ask "What is generosity?" and ask what it means to be generous. Define together. (Giving freely and unselfishly to those in need.) Explain that there are different ways to be generous (with your time, talents, or things). Brainstorm examples of ways we can show generosity (with family, friends, classmates, and in the community) on an anchor chart. Who Is Generous? Share examples of people who are generous and what they do to show their generosity. Kids choose a person in their lives and write a letter or note of appreciation to them to say thank you. "I Will" Game & Writing Practice: making intentional "I will" statements of ways to be generous. Play a card game where kids say "I will," and then give a specific way they will be generous related to the location on the card. After playing, have kids write a list of "I will" statements on the template provided.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on pg 3. Community Project: Host a toy or food drive or create hampers for homeless people and give the donations to the community. Giving Club: Start a club where kids can get together to give in different ways. Put notes with ideas of ways to give in a jar called the Giving Jar.
Lesson Goal	Describe what it means to be generous and identify different ways one can be generous.
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Thank You letter & note templates (from L43)

Lesson Plan



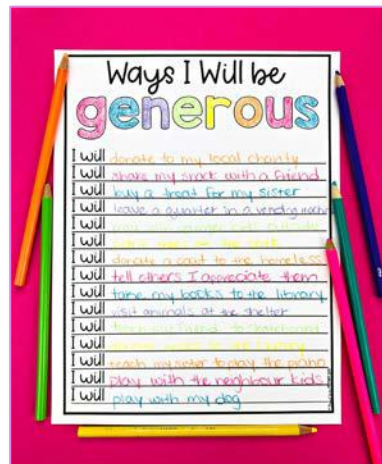
Discussion Starters & Challenges



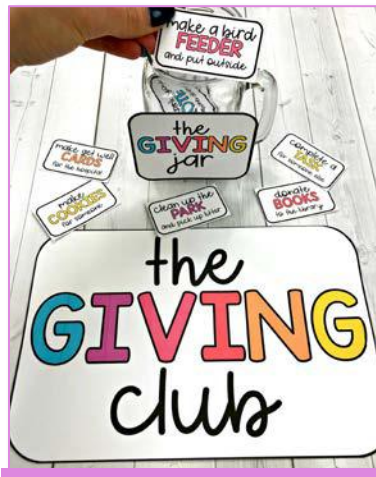
Anchor Chart Idea



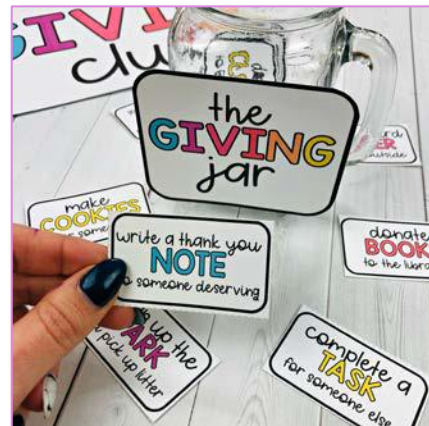
Reflection Journal



Writing Template



The Giving Club Materials



Giving Jar Cards



Generosity Card Game

LESSON 4 - Random Acts of Kindness

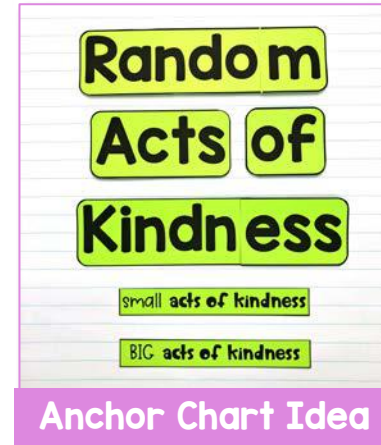
Lesson 4 teaches kids to understand what random acts of kindness are and to describe ones they have seen and done. They will be encouraged to take action in being kind and perform different acts of kindness everyday.

mind•heart - Kindness Lesson 4 : Random Acts of Kindness	
Community Building Activity	Conduct a "Compliment Experiment" and give a compliment to each kid during the day without them knowing. At the end of the day, tell them that you held an experiment to see if attitudes were improved throughout the day. Tell them you noticed a change in the atmosphere of the classroom for the better, and that showing kindness can do that. Encourage them to try!
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Anchor Chart Ask children what an act of kindness is. Explain to them that it is doing a kind, selfless thing for someone who doesn't expect it or ask for it. To illustrate what random acts of kindness are, read the book and share the video (linked) and discuss the power they can have. Brainstorm a list of BIG or SMALL kindness acts and add examples that kids they have done. Write about ways to show kindness. Kindness Project In small groups, plan and design a kindness project to complete at school or in the community. Answer questions and reflect on how it went after (see project templates to guide activity). Kindness Tree Share the acts of kindness you see others perform on heart notes and attach it to a Kindness Tree displayed on a wall.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on pg. 4. Kindness Rocks Pick rocks and paint positive messages of kindness on them to give to others. Place in the school or neighborhood gardens. Kindness Calendars Encourage kindness all year long with 12 months of kindness calendars and daily ideas of ways to show kindness. KindNotes Share kindness with a note to someone. (templates provided)
Lesson Goal	Understand what random acts of kindness are and describe ones they have seen and
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Book: One Smile Kindness Calendars

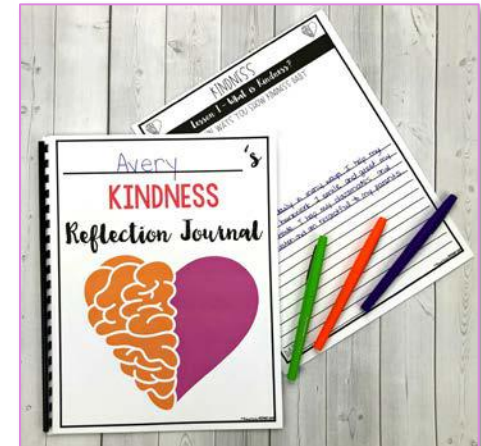
Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal



Kindness Project



12 Months of Kindness Calendars



Writing Activity



Kindness Notes

LESSON 5 - Bucket Filler Classroom

Lesson 5 teaches kids to understand the differences between a bucket filler and bucket dipper, as well as what's needed to be a bucket filler. They will be encouraged to make an effort to be a bucket filler each day.

mind•heart - Kindness
Lesson 5 : Bucket Filler Classroom

Community Building Activity
Explain to the kids what "Secret Buddy" is. It is when they secretly choose someone in their school, classroom, or lives who may need a friend and are purposely extra kind to that person each day without them knowing. The hope is that we can brighten someone's day in positive ways with acts of kindness.

Discussion Starters
Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.

Whole Group Lesson
Discussion, Books, & Game Read the book *How Full is Your Bucket?* and explain how they all have invisible buckets over their heads that get filled and dipped into each day. Read examples and sections from the book *Growing Up with a Bucket Full of Happiness* with examples for older kids. Play *Kindness Pictionary* by drawing examples of ways to fill or dip a bucket for others to guess. *Bucket Filler Charades & Writing Act* out the different ways to be a bucket filler presented on cards and have kids guess what the example shows. Kids write "10 ways to fill a bucket" on the writing template provided.
Set Up a Classroom System Encourage kids to adopt that system in the classroom. Create a bucket filler board display where the class can sort examples of bucket fillers and dipper. Also add a small bucket for person in the classroom with a slot for notes. When they see someone do something kind, they can write a note explaining what they saw and put it in that person's bucket. This is a great place to add kind notes for someone in order to fill their bucket.

Follow-up Activities
Reflection Journal Reflect on the lesson through writing and drawing on pg. 2. *Bucket Filler Bingo* Encourage kids to complete the different tasks on the BINGO board to actively fill their classmates' buckets in the classroom. *Wanted Poster* Fill out a wanted poster with the qualities of a bucket filler.

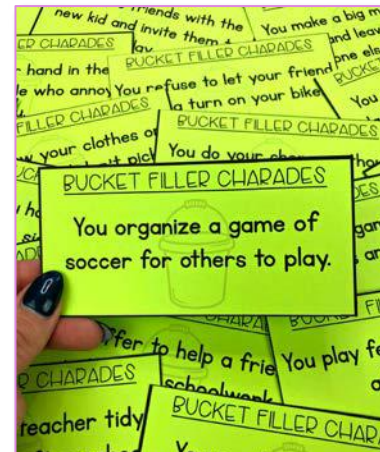
Lesson Goal
Understand the differences between a bucket filler and bucket dipper, as well as what's

Lesson Materials
Discussion Starters & Challenges
Anchor chart pieces & chart paper

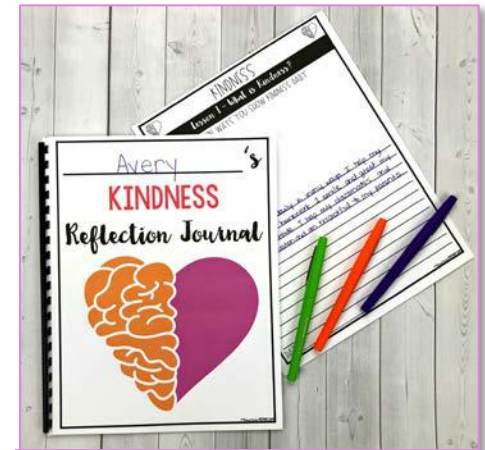
Lesson Plan



Discussion Starters & Challenges



Charades Scenario Task Cards



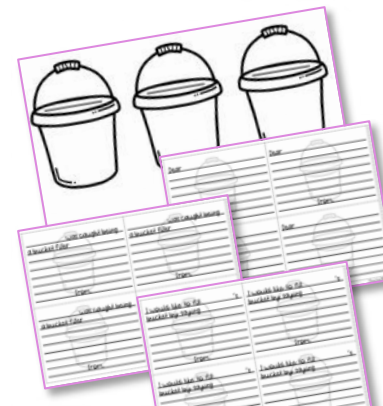
Reflection Journal



Bulletin Board Idea & Materials



Bucket Filler Bingo



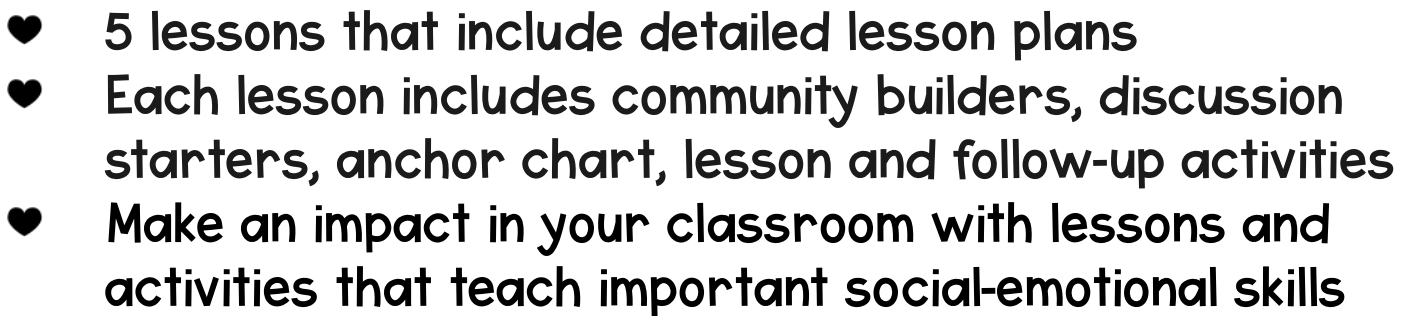
Bucket Filler System Materials



2 Writing Activities

Proud to Be
Primary

- ♥ 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 - What is Respect?

Lesson 1 teaches kids to describe what respect is and explain it in terms of the 'Golden Rule'. Video links are provided to support the lesson topic.

mind+heart - Respect Lesson 1 : What is Respect?	
Community Building Activity	In a circle, give each kid a piece of paper. Have them write their name at the top, and pass it around the circle. Each person will write something they value about that person on their paper at the bottom, folds it to cover their words, and passes it on. Each person will unfold and read their messages silently after.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Golden Rule Discussion, Poster, & Book. Ask kids: 'What is the most important rule that we all share?' Take ideas and discuss. Lead them to understand what the 'Golden Rule' is. Hang poster and read the book 'The Golden Rule: Discuss why this rule is important. Respect Videos & Writing Ask: 'What is respect?' Lead kids to understand that respect is the golden rule (treating others the way you want to be treated). Show the videos linked below as extra examples. Have kids write about the golden rule and the meaning of respect on one of the templates. Respect Acronym Play the song 'Respect' by Aretha Franklin. Encourage kids get up and move as they listen to the words. Discuss Brainstorm words related to RESPECT (synonyms). Teach kids the respect acronym from the poster. Have them write their own acronym for what it means to them.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 1. Complete the prompt or record personal thoughts from the lesson. Mantra Posters & Cards Color in posters and cards with quotes about respect. Keep a stack, hang, and read them as needed. Bulletin Board Create an interactive display using the letters, acronyms, writing, and mantras.
Lesson Goal	Describe what respect is and explain it in terms of the 'Golden Rule'.
Lesson Materials	Discussion Starters & Challenge Task Cards Video: <i>Golden Rule of Character</i> Video: <i>What does respect mean?</i> Song: <i>Respect</i>

Lesson Plan



Discussion Starters & Challenges



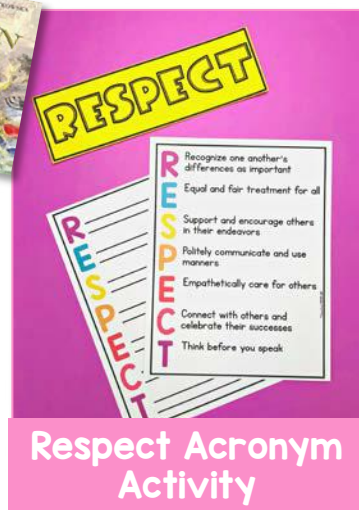
Anchor Chart Idea & Writing Templates



Reflection Journal



Golden Rule Poster



Respect Acronym Activity



Respect Bulletin Board



Mantra Posters and Cards

LESSON 2 - Showing Respect

Lesson 2 teaches kids to describe and demonstrate ways to show respect. They will learn to understand and describe the differences between disrespect and respect.

mind•heart - Respect Lesson 2 : Showing Respect	
Community Building Activity	Cut out large letters to spell RESPECT and post on the wall. Split the class into 7 groups and give them each a letter to decorate. Cover the letter with pictures, words, and examples of respect.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions, read the scenarios, and show photos and encourage kids to respond and share their thoughts.
Whole Group Lesson	Brainstorm, Anchor Chart & Writing Review the meaning of respect and transform ways to show respect (to one's self, in class, at home, & in the community). Write about ways they show respect on the template provided. Respect vs. Disrespect After reviewing the meaning of respect, talk about what respect does not mean. Ask "What are some actions that can be considered disrespectful?" Talk about the impact of those things. Sort examples given on cards in a pocket chart. Give examples of respectful things to say instead of disrespectful things. Respect Role Playing Read and act out the scenarios given on the "Respect" task cards to gain practice being respectful. Respect Contract Have kids make an oath to show respect. Have the write how they will show respect in the classroom. Includes parent letter to be sent home.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 2. Complete the prompt or record personal thoughts and ideas. Act of Service Project Have kids plan and execute a service project to show respect in a focused way (i.e., earth cleanup, helping others, etc.).
Lesson Goal	Describe and demonstrate ways to show respect. Understand the differences between disrespect and respect.
Lesson Materials	Discussion Starters Anchor chart pieces and chart paper Large RESPECT letters Scenario task cards Respect contract Parent letter Project planning

Lesson Plan



Discussion Starters & Challenges



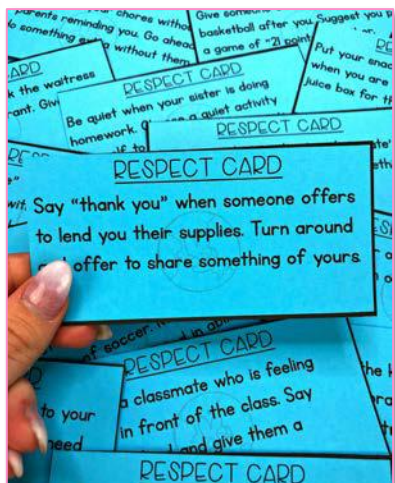
Anchor Chart

RESPECTFUL Actions	DISRESPECTFUL Actions
Saying "Excuse me!" when you walk in front of someone.	Picking up the toys after you are finished playing.
Greeting a guest at the door when they come to visit.	Listening when someone reads a book.
Using nice manners when asking or getting something.	Following the rules when playing a game with friends.
Listening when someone reads a book.	Holding the door open for the person behind you.
Greeting a guest at the door when they come to visit.	Listening to adults when they ask you to stop.
Using nice manners when asking or getting something.	Complaining that you have been waiting too long for something.

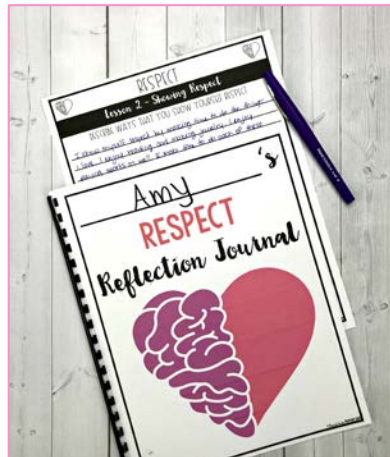
Sorting Activity



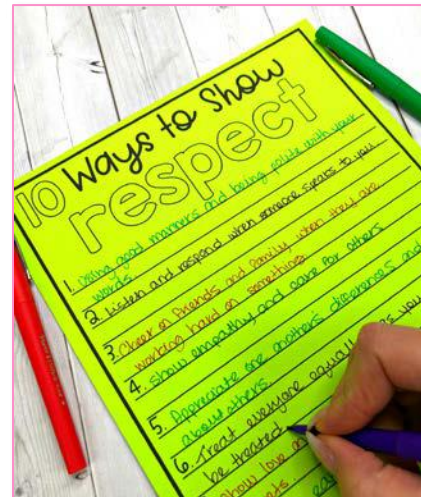
Respect Oath Contract & Parent Letter



Scenario Cards



Reflection Journal



Writing Activity



Acts of Service Project

LESSON 3 - Integrity & Honesty

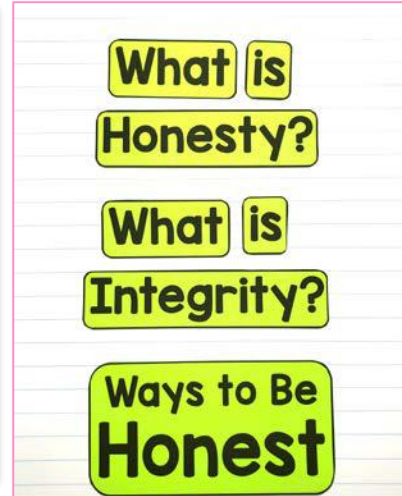
Lesson 3 teaches kids to describe what honesty means and how that relates to integrity. They will be encouraged to demonstrate honesty and integrity in their actions and words.

mind•heart - Respect Lesson 3 : Honesty & Integrity	
Community Building Activity	Play "I Must Confess" to get kids in the habit of sharing honestly and openly. Give an open-ended statement such as "I am the most proud of..." or "A bad decision I made in my life was..." Have kids put up their hands to share their response. Kids can add onto someone else's thoughts.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions, read the scenarios, and show photos and encourage kids to respond and share their thoughts.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart: Ask "What is honesty?" and define together (being open, trustworthy, and truthful). Ask kids why it is important to be honest and discuss what it looks like and doesn't look like. Brainstorm ways to be honest. Ask kids "What is integrity?" and define it together. (Doing the right thing even when no one is watching.) Talk about how honesty and integrity are intertwined and share examples of how they relate. Create a poster or pamphlet about both things. Book Craftivity: Brainstorm words related to honesty and integrity on a chart. Read the book <i>The Empty Pot</i> by Demi. Discuss how the main character showed honesty and integrity and how he was rewarded for it. Have kids write about the story on one of the templates and record different words related to honesty and integrity on the petals of a flower.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 3. Complete the prompt or record personal thoughts and ideas. Integrity Self-Assessment: Have kids self-assess their character on the template provided. Head or Mouth Game: Talk about the things we should say versus think (use THINK acronym). Play the Scoot game (see instructions).
Lesson Goal	Describe what honesty means and how that relates to integrity. Demonstrate.
Lesson Materials	Discussion Starters Anchor chart pieces and Flower writing template & craft pieces

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



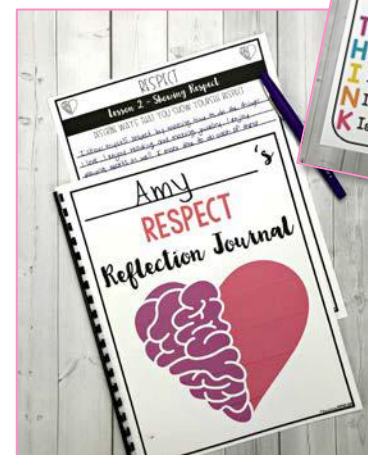
Empty Pot Book Activity



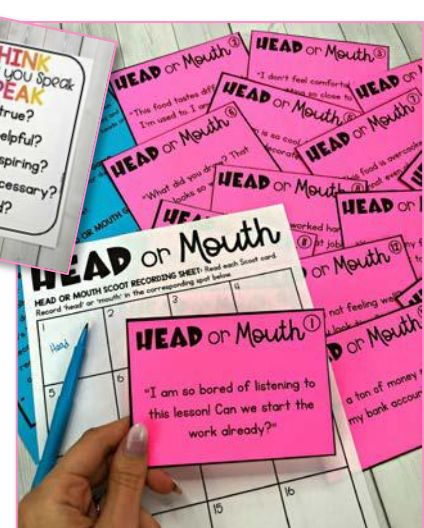
Self-Assessment



Poster & Pamphlet Templates



Reflection Journal



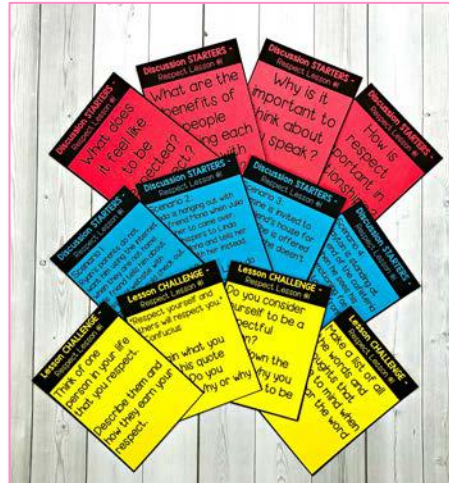
Scoot Game

LESSON 4 - Appreciating Differences

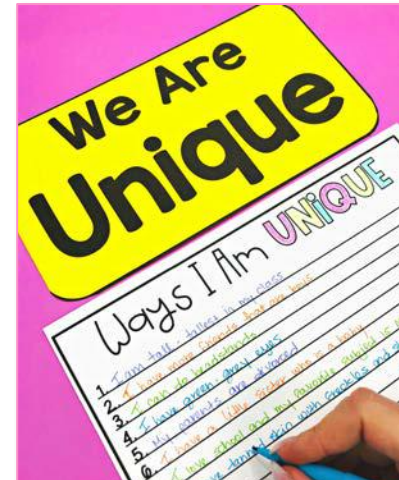
Lesson 4 teaches kids to understand and show appreciation of the differences and similarities they each possess. They will define related terms and make connections during discussions.

mind•heart - Respect Lesson 4 : Appreciating Differences	
Community Building Activity	Have kids look through magazines and online for pictures of people showing respect to others in different ways and of different kinds of people working and playing together. Use these images to create a class collage called "We Respect Differences".
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos are at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Discussion, Anchor Chart & Writing Task about how everyone deserves respect and equal treatment despite how they are different (gender, ethnicity, culture, language, abilities, etc.). Emphasize that things that make them different make them special. Brainstorm ways they are unique on an anchor chart. Have them write about their unique traits and qualities. Vocabulary Give pairs of students one of the important terms on a sheet of paper. Have them define, illustrate, include an example, and teach the class the meaning of their word. Post the words and use during future discussions. Book & Discussion Read a few of the books or show videos of the readings. (linked) Have discussions about the experiences of the characters and encourage kids to make connections to their own lives. Write about one or more of the stories using the specific template for a particular book. Share a Story Ask kids to bring in something from home that represents a part of their culture and/or background. Send the provided letter home to explain. Have them share that item with the group. Encourage kids to ask questions in order to appreciate and learn more about their peers. "A Day in the Life" Interview Kids interview a peer to get to know the similarities and differences that they possess with each other. Complete a Venn Diagram together. Using those ideas, write a story about a day in the life of the other person.

Lesson Plan



Discussion Starters & Challenges



Anchor Chart & Writing Activity



Reflection Journal



3 Book & Writing Activities



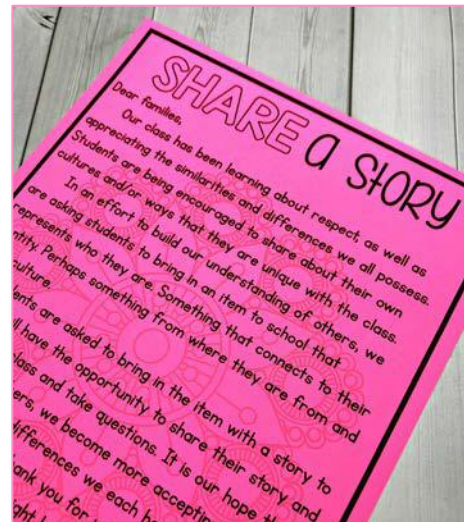
Quote Banner

LESSON 4 - Appreciating Differences

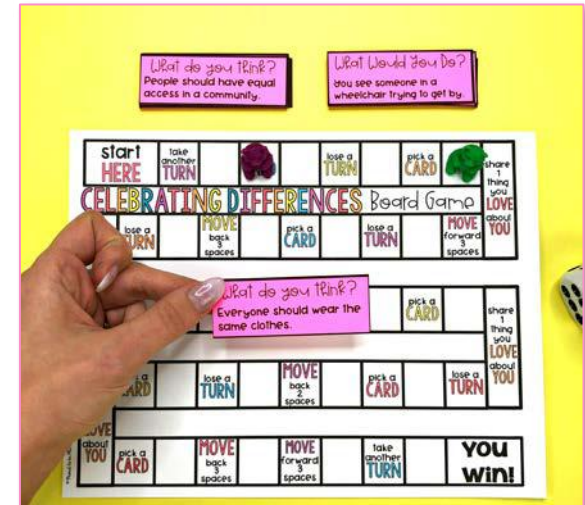
Lesson 4 teaches kids to understand and show appreciation of the differences and similarities they each possess. They will define related terms and make connections during discussions.



Interactive Bulletin Board & Puzzle Activity



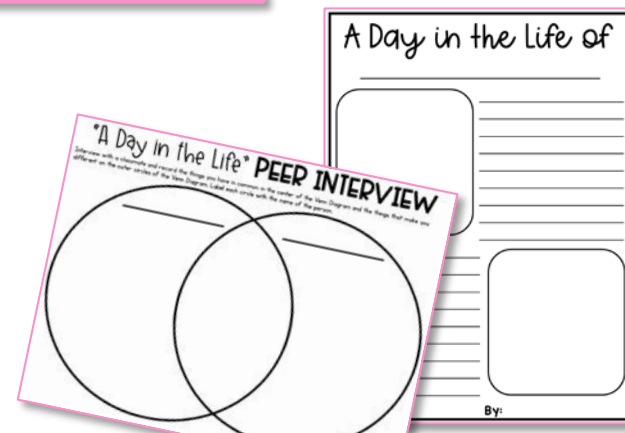
Sharing Cultures Activity & Parent Letter



Board Game



Vocabulary Activity



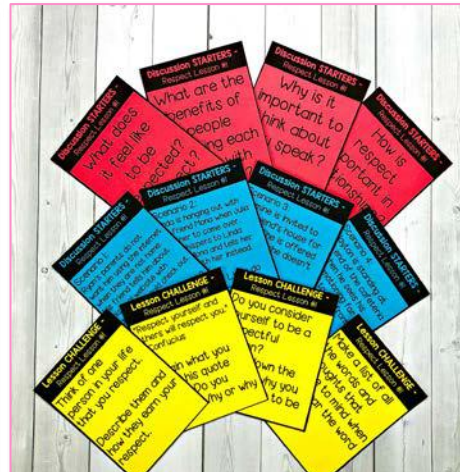
Peer Interview & Writing Activity

LESSON 5 - Stereotyping

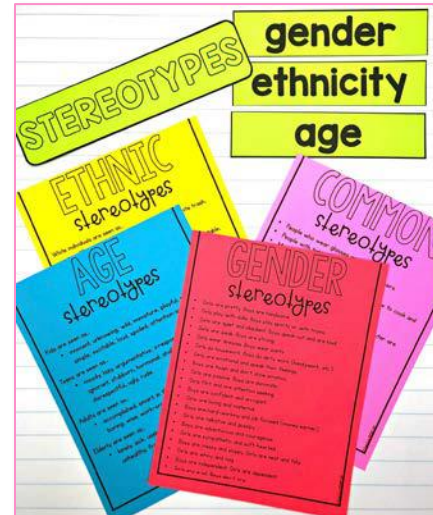
Lesson 5 teaches kids to define stereotypes and describe different types of stereotypes. They will explain how they can influence attitudes and how they can lead to problems.

mind+heart - Respect Lesson 5 : Stereotyping	
Community Building Activity	In small groups, give kids two sheets of paper. Have them record a list of things the entire group has in common on one sheet. On the other sheet, record unique qualities of each person. Share as a larger group. This serves to point out the commonalities and learn things about each other.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Discussion & Anchor Chart Define the term "stereotypes" together. Explain that it is when we make assumptions about an entire group of people. Ask what the potential problems are from these. Emphasize that they can influence our attitudes, which may lead to judging someone unfairly and being "biased." Ask them where they have heard and seen these stereotypes (social media, magazines, books, television, in person, through conversation, etc.). Stereotype Brainstorm, Role-Play, & Photos On an anchor chart brainstorm different stereotypes under different categories (use the lists provided for broad ideas if needed). Discuss why each of these is a stereotype and how they are inaccurate. Role play some of the stereotypes that kids came up with. Practice ways to handle them and what to say when confronted with them. Show photos and discuss how stereotypes are being challenged in the images. Video & Writing Activity Watch the video (linked) about gender stereotypes. Discuss what it is like "to be a boy or girl." Have kids write the ways that they have come to understand what it means to be a girl or boy.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 5. Complete the prompt or record personal thoughts and ideas. I Have, Who Has Card Game: Determine if it is a different or stereotype being made about a particular topic. Writing: Write about "stereotypes and explain why they are false. Write about one you have experienced.
Lesson Goal	Define stereotypes and describe different types of stereotypes. Explain how they can influence.
Lesson Materials	- Paper 5 pieces - Discussion Starters - Writing template

Lesson Plan



Discussion Starters & Challenges



Anchor Chart Idea



Reflection Journal



Gender Stereotypes Video & Writing Activity



Photos that Challenge



'I Have, Who Has' Card Game

FALSE stereotypes	
stereotype #1	stereotype #2
stereotype #3	stereotype #4

False Stereotypes

responsibility

PRINTABLE UNIT

Proud to Be
Primary

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 - What is Responsibility?

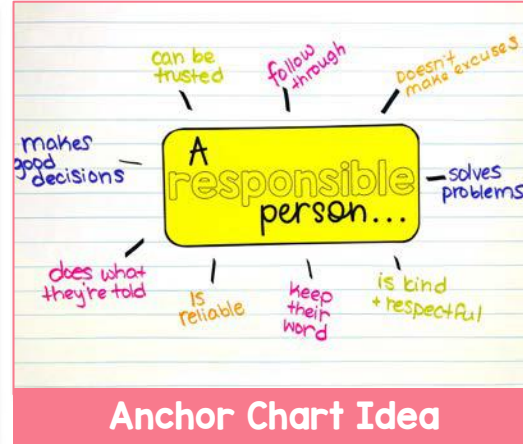
Lesson 1 teaches kids to understand what responsibility means by them lots of giving examples. They will learn to describe a responsible person and the behaviors they possess.

mind•heart - Responsibility Lesson 1 : What is Responsibility?	
Community Building Activity	Play "Who's responsible?" in a circle as a class. Ask different things about the classroom, school, home, or community and say "Who is responsible for...?" For example, completing homework or remembering to write your name. Go around the circle and have children share their thoughts.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Videos, & Anchor Charts Discuss what responsibility means ("doing the things we are supposed and expected to do") and give examples (i.e. being helpful, finish homework, staying committed). Talk about why it is an important trait to have. Show videos that give examples of responsibility (linked below). A Responsible Person Ask "What does a responsible person do each day?" and brainstorm ideas and behaviors on an anchor chart. Talk about why each of those are important (for success and happiness). Have kids draw a responsible person with words that describe them and things that they say and think in bubbles on a poster. Write about a responsible person on the template provided. RESPONSIBLE Posters On large letters that spell RESPONSIBLE, give a single letter to a few kids to decorate with words, sketches, clipings, etc. of what that word means to them. Share with the group and post on the wall together.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 1. Responsibility Scoot Read different scenarios and determine whether they illustrate responsible behavior. Record on a template provided with an alternative idea. Responsibility Poem Write an acrostic poem with a different sentence about responsibility for each letter in the word "RESPONSIBLE".
Lesson Goal	Understand what responsibility means by giving examples. Describe a responsible person and the behaviors they possess.
Lesson Materials	Discussion Starters & Challenge Task Cards Poster template Writing template Anchor chart pieces and Large letters Task cards

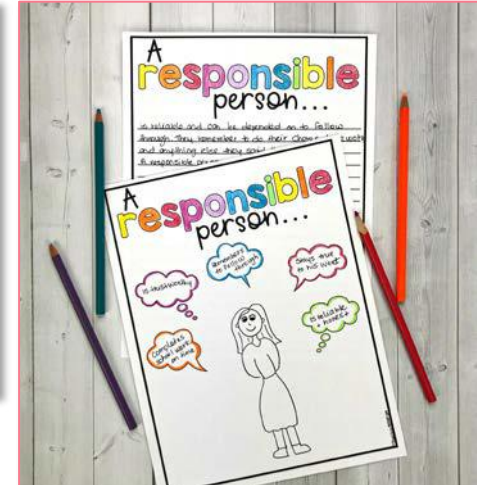
Lesson Plan



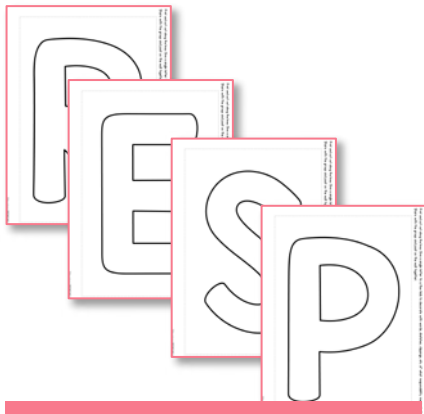
Discussion Starters & Challenges



Anchor Chart Idea



Draw & Write about a Responsible Person



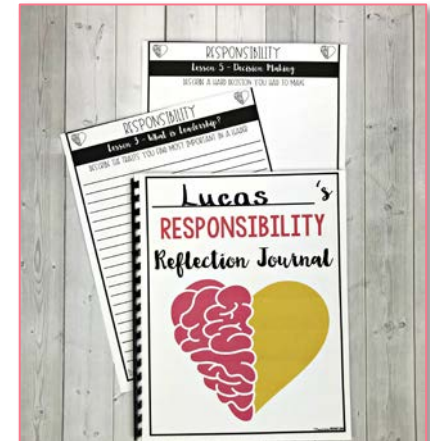
RESPONSIBILITY Posters



Responsible Acrostic Poem



'Is it Responsible?' Scoot



Reflection Journal

LESSON 2 - Being Responsible

Lesson 2 teaches kids to describe ways to be responsible and ways that they are responsible in their own lives. They will understand what it means to take responsibility for their actions. Make a plan to be responsible in the future.

mind+heart - Responsibility
Lesson 2 : Being Responsible

Community Building Activity
Play "What's at Stake?" in a circle as a class. Remind kids that actions have consequences, so thinking through things and remembering what's at stake, helps us make the right decisions. Say sample scenarios, such as "You show up late to your basketball game" for kids to consider. Tell them to stand up once they've thought about who the stakeholders are (people affected by the action taken). Have kids share thoughts and talk about how it relates to responsibility.

Discussion Starters
Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take as a challenge from the task cards.

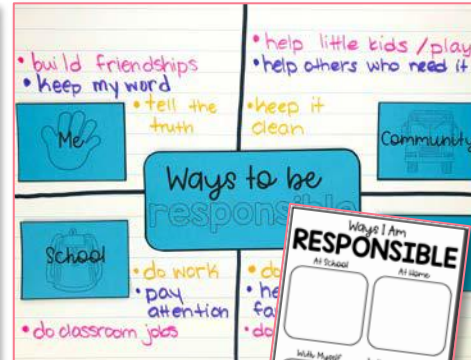
Whole Group Lesson
Discussion & Anchor Chart Review what responsibility means. Brainstorm ways to be a responsible individual and their specific responsibilities to themselves, at school, at home, and in the community on an anchor chart in four sections. They record their individual responsibilities for each section on the template provided.
Responsible Role Playing Act out scenarios given on the "Being Responsible" cards. Demonstrate making responsible choices when faced with different scenarios.
Taking Responsibility Talk to kids about the importance of taking responsibility for our actions, whether the action resulted in something good or bad. Read the book *But It's Not My Fault!* and discuss the actions of Noodle, the main character. Read and ask kids if each statement sounds like blame or excuses, or problem-solving. Sort statements into 2 groups.
Responsibility Plan Discuss and brainstorm ways that kids would like to be more responsible in the future. Ask them to think of different types of responsibilities they could take on. Write out their plan to be responsible with details about what they will do now and in the future, and what actions they will take to achieve their goal.

Follow-up
Reflection Journal Reflect on the lesson through writing and drawing on page 2.

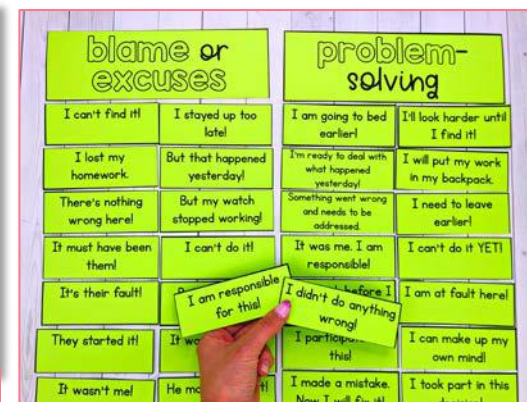
Lesson Plan



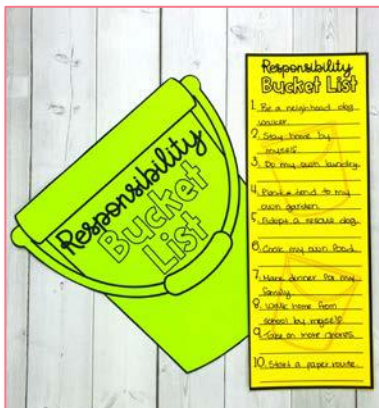
Discussion Starters & Challenges



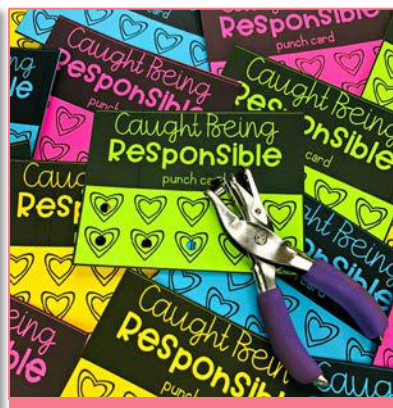
Anchor Chart Idea & Writing



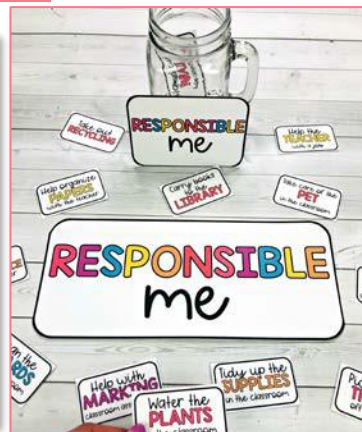
Sorting Activity



Bucket List Writing



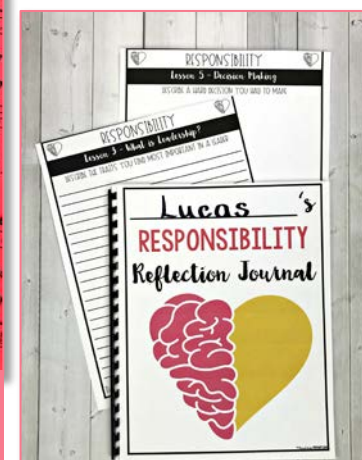
Punch Cards



Responsibility Cards



Role Play Scenarios



Reflection Journal

LESSON 3 - What is Leadership?

Lesson 3 teaches kids to understand what leadership is and describe what makes a good leader. They will define a leader in terms of positive traits.

mind+heart - Responsibility
Lesson 3 : What is Leadership?

Community Building Activity
How children participate in a simulated rescue activity. Prayers that there has been an earthquake and that different people experienced different injuries and have special needs. Work together as a group to take responsibility for helping and getting help.

Discussion Starters
Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.

Whole Group Lesson
Discussion, Brainstorm, & Anchor Chart: Ask "What is leadership?": Pass out the labeled piece of paper for kids to sketch and write their ideas on. Bring everyone together to share. Now ask "What makes a good leader?" and have them pair-share. Split an anchor chart into 3 sections and ask for ideas based on what a leader says, does, and thinks. Show the linked video for more examples. Write about what makes a good leader on the WANTED poster provided. Leadership Traits Vocabulary & Sort: Give pairs a strip of paper with a leadership trait on it. Have them define it, illustrate it, and include an example of how a leader demonstrates it. Teach the meaning of their word through a skit. Boss vs. Leader: Discuss and brainstorm the differences between a leader and a boss on a t-chart. Sort! Examples on cards.

Follow-up Activities
Reflection Journal: Reflect on the lesson through writing and drawing on page 3. Tabbed Book: Create a tabbed booklet called "The 4 Habits of Kid Leaders". They choose and write about 4 traits or "habits" that a kid leader has. Leadership Quote Posters: Color in posters or use the colored posters with quotes about leadership. Hang and read them as needed. Leadership Survey: Answer questions regarding your leadership qualities.

Lesson Goal
Understand what leadership is and describe what makes a good leader. Define a leader in terms of positive traits.

Lesson Materials
Discussion Starters & Challenge Task Cards
Anchor chart pieces
Vocabulary traits strips
Video "What Makes a?"
Boss vs. Leader sort

Lesson Plan

Discussion Starters & Challenges

How is responsibility connected with leadership?
What does trust have to do with responsibility?
How is responsibility different from responsibility?
Why might someone want to be a leader?
What are the responsibilities of a leader?
What are the challenges of being a leader?
What are the benefits of being a leader?
What are the responsibilities of a leader?
What are the challenges of being a leader?
What are the benefits of being a leader?

Anchor Chart Idea

A good leader
does
says
thinks
ways to be a leader

Survey

Leadership SURVEY
Answer each question as honestly as possible. Think about a leader you know.

Name: _____

Do you enjoy school and learning? Explain: _____

What do you do when you have an idea? _____

What are your roles? _____

How do you speak to others? Explain: _____

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

How do you show respect each day? _____

Do you see yourself as a leader? Explain: _____

Where do you see yourself in the future? Explain: _____

A Good Leader Wanted Poster

WANTED
A Good Leader

Job description: _____

Requirements: _____

Reward: _____

Quote Posters to Color & Hang

CHANGE what you want to see in the WORLD
LIFE or someone else WILL
WHY FIT IN when you were born to STAND OUT

Sorting Activity

BOSSSES
puts blame on others
talks more than they listen
takes credits for themselves
criticizes
says "you" and "I"
creates new followers
think they know

LEADERS
pushes people
directs
demands respect
blame others for mistakes
knows the difference
focuses on the team
gives direction to

takes responsibility and problem solves
listens more than they talk
gives credit to others
admit and fix mistakes
says "us" and "we"
creates new leaders
are always wanting

inspires people
coaches
earns and deserves respect
asks
shows others how to do things
focuses on the team
give direction to

Tabbed Book

the 4 HABITS OF kid LEADERS

Habit 1: **Be Responsible**
Habit 2: **Be Respectful**
Habit 3: **Be Responsible**
Habit 4: **Be Respectful**

Reflection Journal

RESPONSIBILITY
Lesson 2 - Discuss Friday
Write a story about you and how you feel.

RESPONSIBILITY
Lesson 3 - What is Leadership?
Write a story about you and how you feel.

Lucas's RESPONSIBILITY Reflection Journal

LESSON 4 - Leadership in Action

Lesson 4 teaches kids to describe and demonstrate ways that they can be a leader. They will take action to be a leader and show leadership skills daily.

mind+heart - Responsibility Lesson 4 : Leadership in Action	
Community Building Activity	Ask "Who inspires you?" and have kids take a few minutes to write down the name of someone inspiring and the reason why they are (things they do, how done, what they say etc.). Go around and take turns sharing what they wrote. Record ideas on the board. Talk about any similarities between stories.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Brainstorm, & Anchor Chart Review the last lesson and discuss actionable ways that kids can be leaders each day. Brainstorm things they can do daily at school, home, and in the community on an anchor chart called "10 Ways I Can Be a Leader". See list for ideas if necessary. Have them write 10 ways that they can be a kid leader on the template provided. Video Creation In small groups using an available device, kids will create "kid president" style videos. They will take the list that they wrote and plan how they will illustrate those 10 ideas on camera by acting them out, reading them, or any other way they come up with. Planning templates provided. Leadership Oath & Plan Kids write a "Leader Oath" that includes specific actions they will take to be a kid leader. Kids and teachers sign and date it.
Follow-up Activities	Reflection Journal Reflect on the lesson through writing and drawing on page 1. Complete the prompt or record personal thoughts and ideas. Leadership Bingo Select tasks to perform from the bingo "tasks" card. Leadership Role Kids apply for a leadership role in the classroom. Create a list as a class of the "jobs" or roles that need to be done regularly. Kids apply for the job(s) they want to have for a predetermined amount of time.
Lesson Goal	Describe and demonstrate ways that they can be a leader. Take action to be a leader and show
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and Bingo card

Lesson Plan



Discussion Starters & Challenges



Anchor Chart & Writing Idea



Leadership Role Application & Hired Cards



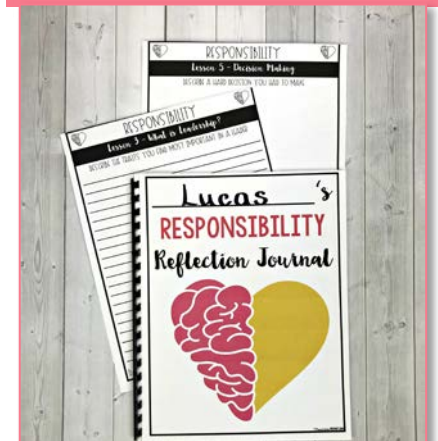
Leader Oath



Leader BINGO



Kid President Style Video



Reflection Journal

LESSON 5 - Decision-Making

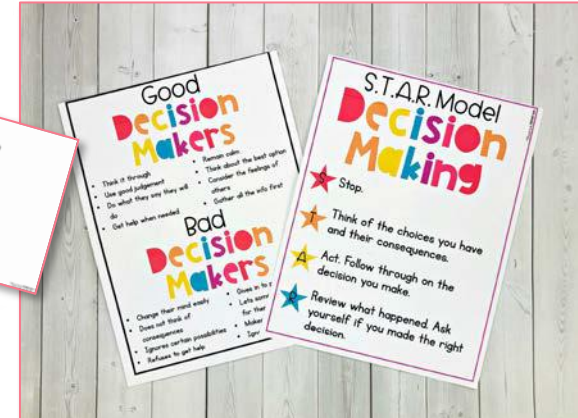
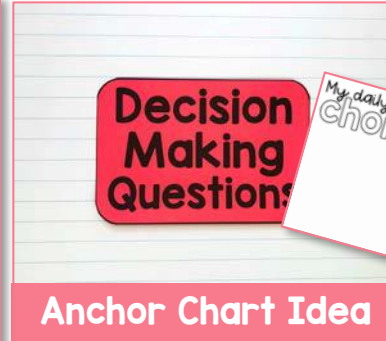
Lesson 5 teaches kids to describe what decision making is and how to make thoughtful decisions (with a clear understanding of choices and consequences). They will describe and use the STAR decision making model.

mind+heart - Responsibility Lesson 5 : Decision Making	
Community Building Activity	Play "Would You Rather" as a group. Give kids two choices and ask them to think of the options and to consider the consequences. The choices can be silly, thought-provoking, relatable, or whatever you want. Ask kids to share their choice and why they made a given choice. Continue with different questions.
Discussion Starters	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion, Anchor Chart Discuss decision making. Watch the Kid President video (linked) and discuss his points and views. Create a list of questions that we should ask ourselves when making a decision (time 2:10 in the video). Ask "How do you make a decision?" and jot down ideas. Kids write, sketch, or draw a response to the video. STAR Decision Making Using the poster to explain, teach the STAR decision making model. Discuss each step in the process and talk about how it can help guide someone to making a good decision. Talk about the differences between a good and bad decision maker (see list). Demonstrate using the STAR process given scenarios (i.e. your little sister is hitting you). Kids can role play simple problems and practice using the model as a guide. Choices and Consequences Have kids brainstorm the choices they make each day on a piece of paper. Share ideas with the class and record on an anchor chart. Ask if these decisions are easy or hard. Talk about decisions that are harder to make and why. Talk about how all choices have consequences and need to be thought out. Given choice scenarios, ask kids to give possible consequences. Match choice cards with consequence cards (as a group or in pairs). Ethical Decision Making Talk about the times when we are faced with difficult decisions that force us to think about our values and how others

Lesson Plan



Discussion Starters & Challenges



Decision Making Posters

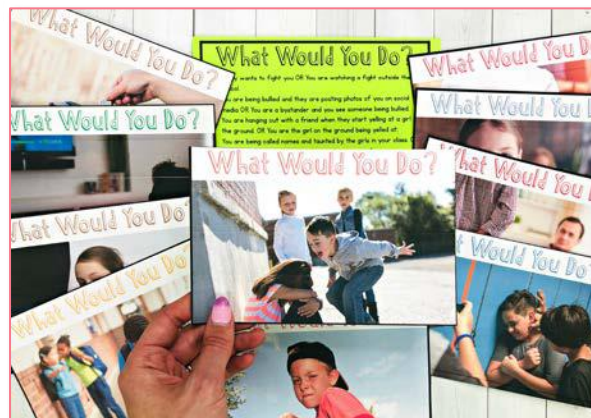
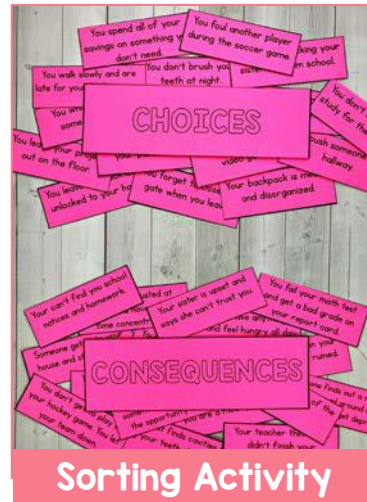


Photo Scenario Cards



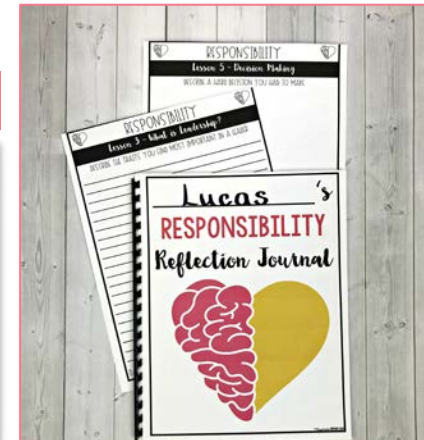
Sorting Activity



Writing Activity



Good Decision Vouchers



Reflection Journal



BACKGROUND

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.



RELATED RESOURCES

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

Social & Emotional Learning



PRINTABLE BUNDLE
mind+heart



3-5 Curriculum by Proud to be PRIMARY

Social-Emotional Learning



DIGITAL BUNDLE
mind+heart



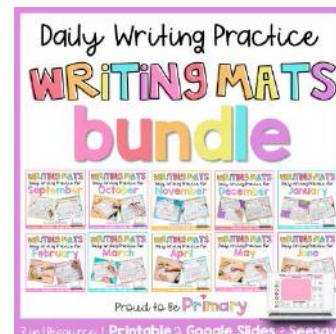
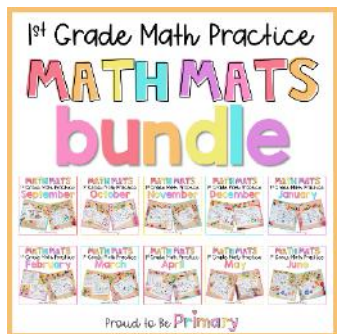
3-5 Curriculum by Proud to Be Primary

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.shopproudtoprimary.com for a complete listing of resources.