# Social & Emotional Learning



mind-heart 3-5 Curriculum by Proud to Be Primary

# relationships DICITAL UNIT Primary

## What is Included in this Unit

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



# digital mind-heart - relationships Unit LESSON Overview

Lesson I Communication: Speaking & Listening

Sharing & Taking Turns Lesson 2

What is a Friend & How to Be a Good Friend Lesson 3

Making Friends & Including Others

Cooperation & Teamwork Lesson 5

Lesson 4

## How to Use mind-heart digital

This **mind+heart digital** resource has been reformatted and modified to be taught digitally in conjunction with the printable version or independent of it. The lessons and activities have been adapted to be used online in digital teaching platforms and on devices.

#### **Possible Uses:**

- Students can complete assignments digitally after a classroom lesson
- Beneficial for one-to-one classrooms
- For use in Google Slides and Google Classroom
- Interactive PowerPoint files are included for use in various online apps or on your classroom devices

#### **Benefits:**

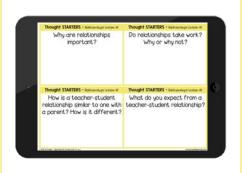
- Kids learn to use different digital methods and devices
- Gain practice and skills working and interacting online
- Provides I:I classrooms with meaningful digital activities
- Supports school counselors and provides materials for sessions
- Provides families with additional tools to support kids at home
- Works well in a homeschool setting
- Supports remote and distance learning

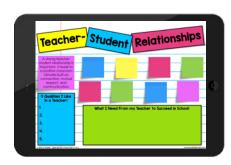


## Lesson I - Teacher-Student Relationships

Lesson I teaches 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.









**Lesson Plan** 

Starters & Challenges

**Digital Anchor Chart** 

**Student Questionnaire** 









**Relationship Scenarios** 

**Ice Breaker Games** 

Student Survey

**Reflection Journal** 

## Lesson a - Communication Skills

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** 

Starters & Challenges

**Digital Anchor Chart** 

**Videos & Response Template** 









**Listening Poster & Activity** 

**Lesson Poster** 

Boardgame

**Reflection Journal** 

## Lesson 3 - What is a Friend?

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









**Lesson Plan** 

Starters & Challenges

Digital Chart & Brainstorm

Scenario Task Cards









**Poster Activities** 

**Quality Matching Activity** 

Friendship Mantras

**Reflection Journal** 

## Lesson 4 - Making & Keeping Friends

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.









**Lesson Plan** 

Starters & Challenges

Scavenger Hunt

**Digital Anchor Chart** 









**Video Responses** 

**Writing Activities** 

Friendship Dilemmas

Reflection Journal

## Lesson 5 - Collaboration & Teamwork

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







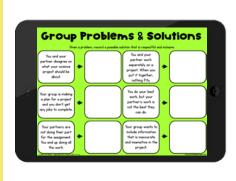


**Lesson Plan** 

Starters & Challenges

Digital Anchor Chart

Read Aloud & Response









**Group Problems & Solutions** 

Cooperative Games

Game Cards

Reflection Journal

# Why mind-heart digital

The **mind+heart digital** social-emotional learning program was designed to help teachers guide and instruct kids to develop emotional awareness and social competence. The goal is for kids in grades 3–5 to develop a healthy sense of self and positive interpersonal skills, that will continue throughout their lives and lead to success in academics and beyond. Kids will learn to express emotions appropriately, develop a "growth mindset", build relationships, and be thoughtful citizens who take responsibility and show respect.

mind+heart digital complements the original version with the same great lessons that have been modified to fit digital learning. It adds a different modality for students to experience. Kids will have opportunities to learn, practice, and develop SEL through a variety of engaging lessons, warm-up ideas, and digital activities. The program provides teachers and parents with lesson plans, instructions, videos, and activities to support social-emotional learning in digital format. It is recommended that a group lesson be taught before but it is not mandatory.

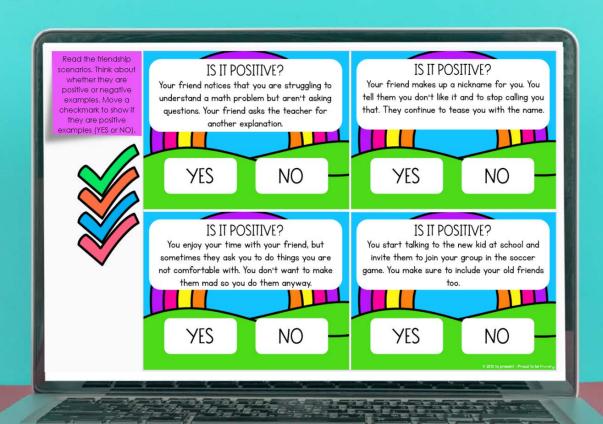
**mind+heart digital** can be used in conjunction with the original mind+heart SEL 3–5 curriculum to enhance learning. It can also be used separately to further an individual's independent practice of social-emotional skills: in the classroom, in a homeschool setting, or in counselling sessions. This digital SEL program can be used in Google Classroom, Seesaw, and other similar platforms to support I:I classrooms in delivering a meaningful SEL program.

mind+heart digital aligns to the CASEL framework of the 5 core competences for SEL. It provides educators with an affordable and accessible option that is structured and highly effective in 3–5 classrooms.

# relationships DICITAL UNIT



# relationships DIGITAL UNIT



# relationships DICITAL UNIT





## RELATED RESOURCES

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



Printable Curriculum



Digital Curriculum

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



## BEST SELLING teacher resources

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

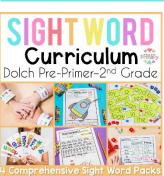




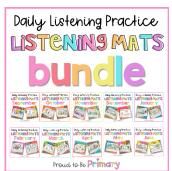








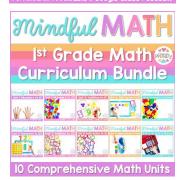


















Head to shop.proudtobeprimary.com for a complete listing of resources.