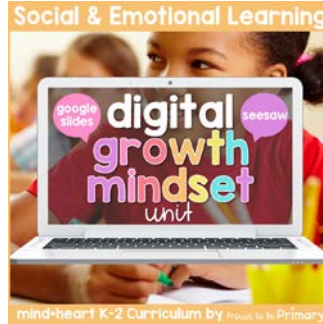


# Social-Emotional Learning



# DIGITAL BUNDLE

## mind+heart



K-2 Curriculum by Proud to Be Primary



# mind+heart DIGITAL CURRICULUM map

Unit 1

Emotions

Unit 2

Self-Management

Unit 3

Growth Mindset

Unit 4

Relationships

Unit 5

Social Awareness

Unit 6

Kindness

Unit 7

Respect

Unit 8

Responsibility

# emotions

## DIGITAL UNIT

Proud to Be  
Primary

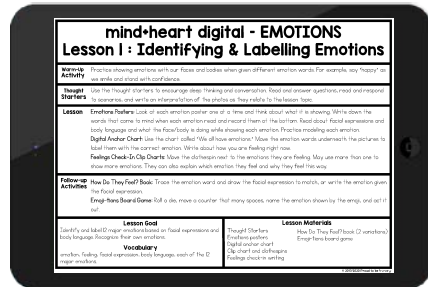
### What is Included in this Unit

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



# Lesson 1 - Identifying & Labelling Emotions

Lesson 1 teaches children to identify and label 12 major emotions and other terminology commonly used for those emotions with the use of emotions posters. Children will draw facial expressions, recognize their own emotions, and match emotions with words.

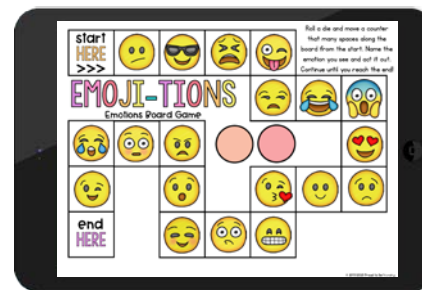


Lesson Plan

Thought Starters

Emotions Posters

Digital Anchor Chart



Feelings Clip Charts

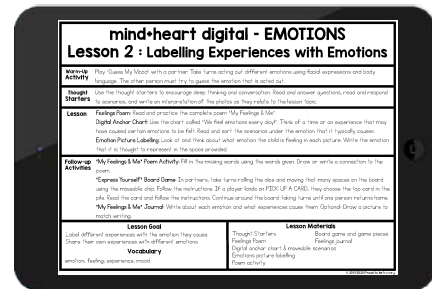
How Do They Feel? Books

Emoji-tions Board Game

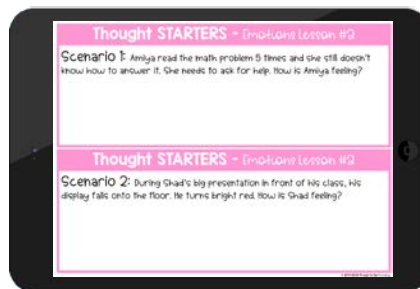


# Lesson 2 - Labelling Experiences with Emotions

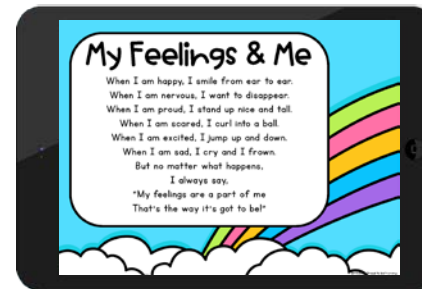
Lesson 2 teaches children to label different experiences with the emotion they cause. Children will share experiences with different emotions and complete various activities to help them with that.



## Lesson Plans



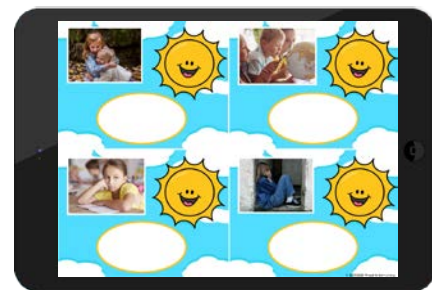
## Thought Starters



## Feelings Poem



## Digital Anchor Chart



## Emotion Picture Labelling



## Board Game



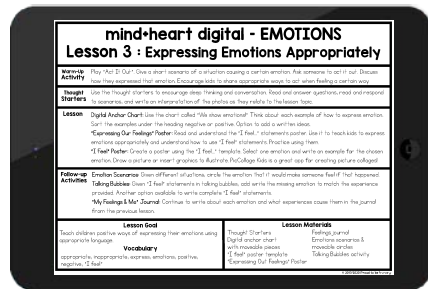
## Poem Activity



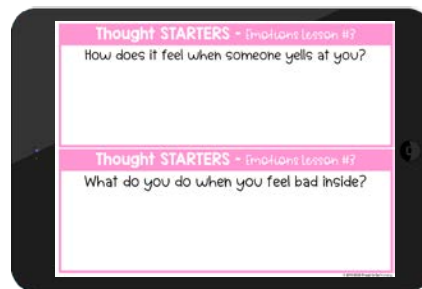
## Emotions Journal

# Lesson 3 - Expressing Emotions Appropriately

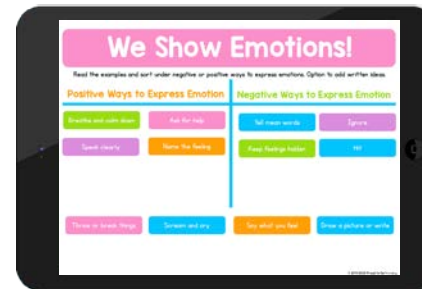
Lesson 3 teaches children positive ways of expressing their emotions using appropriate language and “I feel” statements. Children will practice expressing statements and through writing and drawing.



Lesson Plan



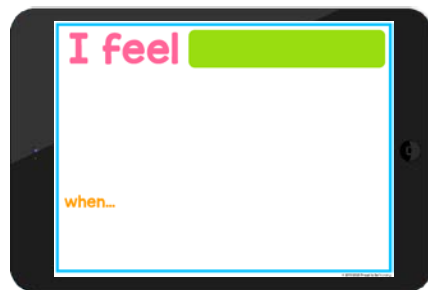
Thought Starter



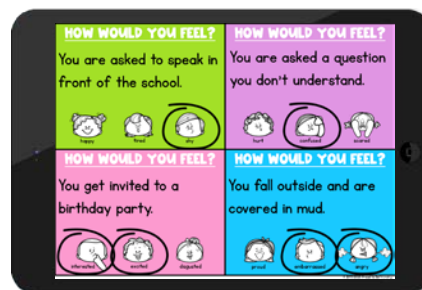
Digital Anchor Chart



Poster



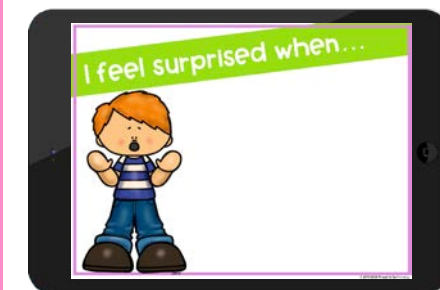
"I Feel" Poster Template



Emotions Scenarios



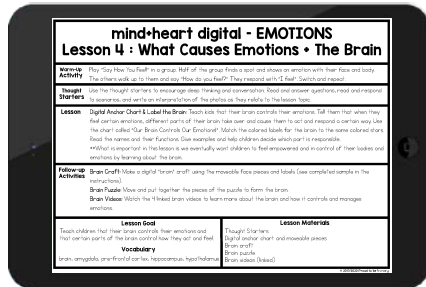
Talking Bubbles



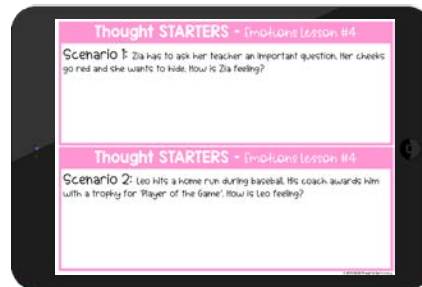
Emotions Journal

# Lesson 4 - What Causes Emotions + The Brain

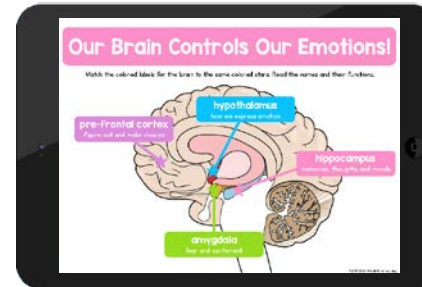
Lesson 4 teaches children that their brain controls their emotions and that certain parts of the brain control how they act and feel. Children will learn what those parts are and where they are through a brain craftivity, puzzle, and videos.



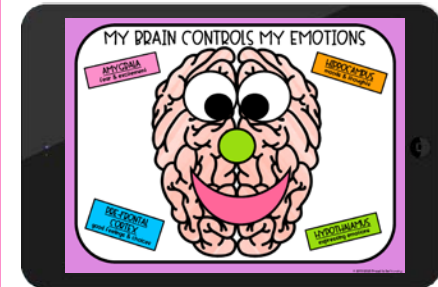
Lesson Plan



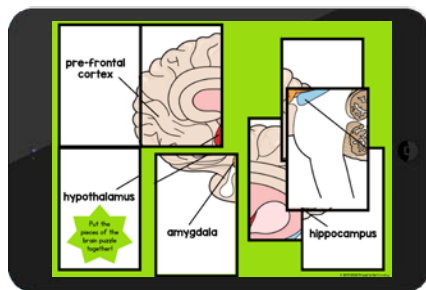
Thought Starters



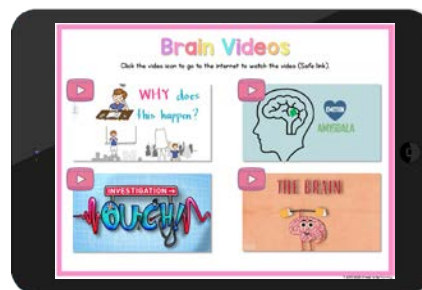
Digital Anchor Chart



Brain Craft



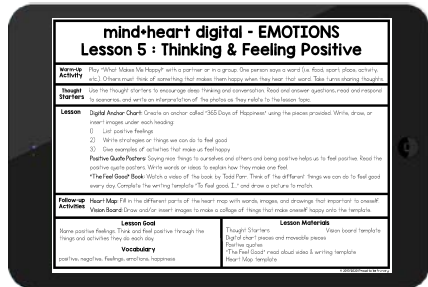
Brain Puzzle



Brain Videos

# Lesson 5 - Thinking & Feeling Positive

Lesson 5 teaches children to name positive feelings, identify things they can do to feel good, and activities they enjoy. Children will focus in on those positive feelings by creating a vision board, heart map, and reading and writing about positivity posters.



Lesson Plan



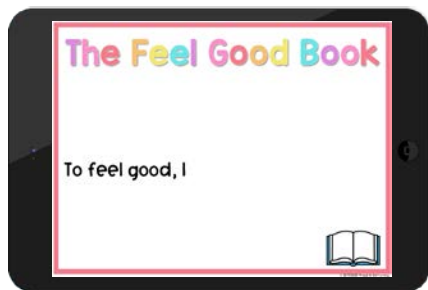
Thought Starters



Digital Anchor Chart



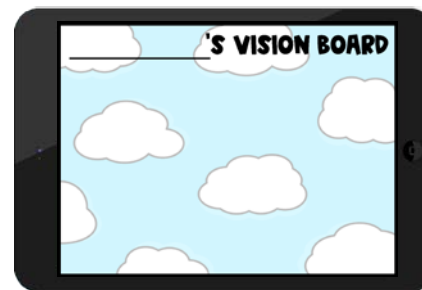
Quote Posters



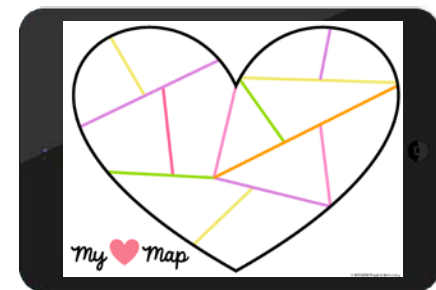
Read Aloud Response



Video Read Aloud



Vision Board



Heart Map



# emotions

## DIGITAL UNIT

### We All Have Emotions!

Move the emotion words under the pictures to label them.



tired



scared



proud



happy



excited



mad

embarrassed

confused

surprised

sad

© 2017/2020 Proud to be Primary

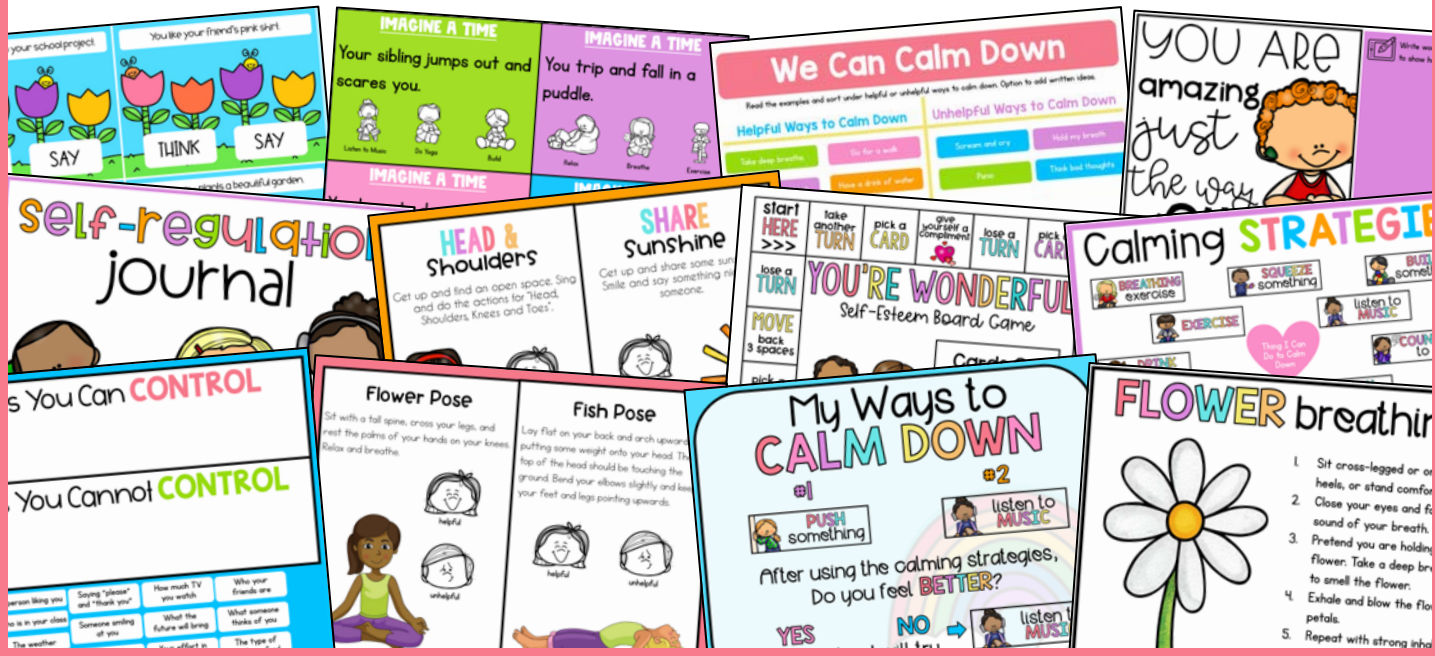
# self-management

## DIGITAL UNIT

Proud to Be  
Primary

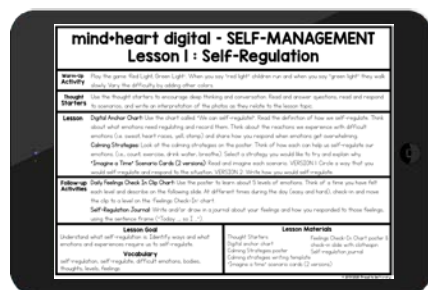
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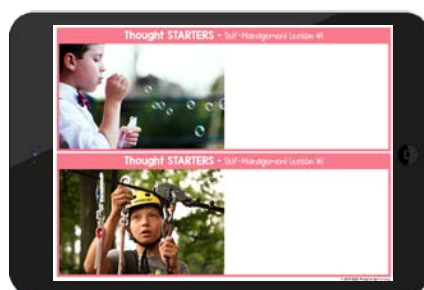


# Lesson 1 - Self-Regulation

Lesson 1 teaches kids what self-regulation is and to identify ways and what emotions and experiences require us to self-regulate. They will learn about different calming strategies and will select one to try.



Lesson Plan



Thought Starters



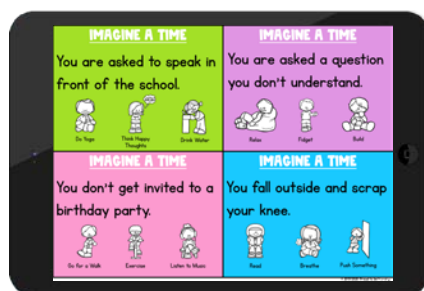
Calming Strategies



Digital Anchor Chart



Calming Strategies #2



Scenario Cards



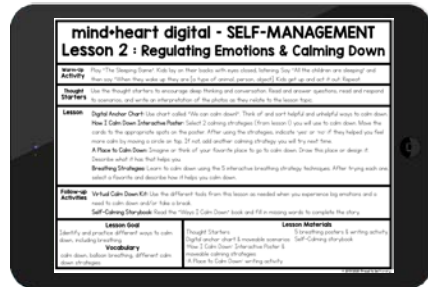
Feelings Check-In Poster



Self-Regulation Journal

# Lesson 2 - Regulating Emotions & Calming Down

Lesson 2 teaches kids to identify and practice different ways to calm down, including five different breathing strategies. They will create an interactive calm down kit to help them when needed.



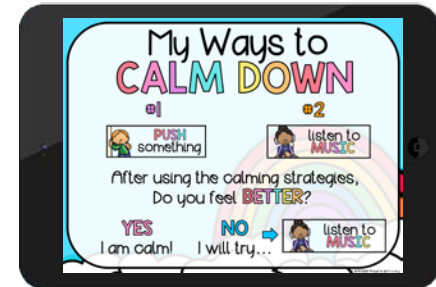
Lesson Plan



Thought Starters



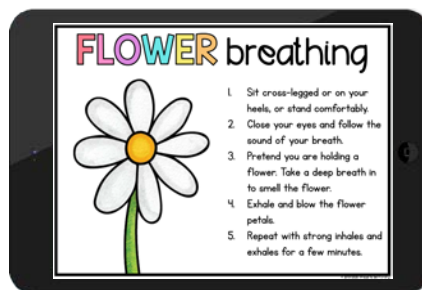
Digital Anchor Chart



Calm Down Choice Poster



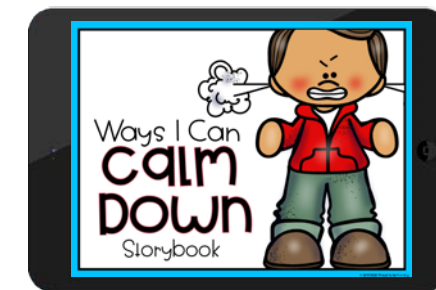
Calm Down Place



Breathing Strategies



Breathing Reflection

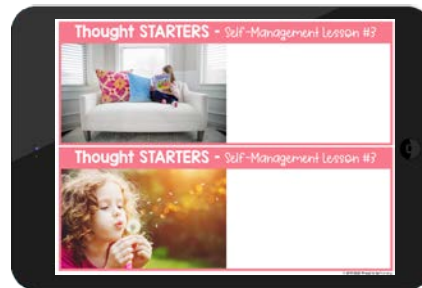
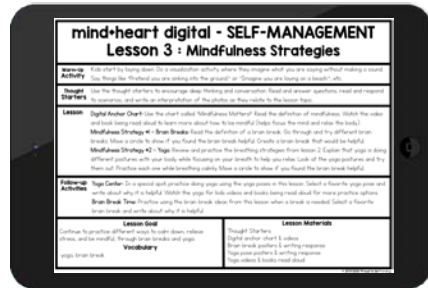


Fill-in-the-Blank Book



# Lesson 3 - Mindfulness Strategies

Lesson 3 teaches children about mindfulness. They will begin to practice different ways to calm down, relieve stress, and be mindful, through brain breaks and yoga.



Lesson Plan

Thought Starters

Digital Anchor Chart

Brain Break Cards



Brain Break Reflection

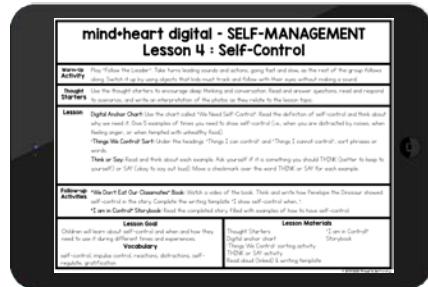
Yoga Pose Cards

Yoga Reflection

Mindfulness Videos

# Lesson 4 - Self-Control

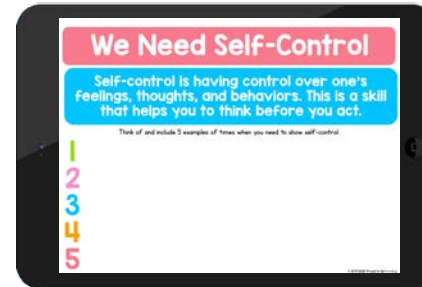
Lesson 4 teaches children about self-control and when and how they need to use it during different times and experiences. They will identify things they can and cannot control, as well as things they should say or think.



Lesson Plan



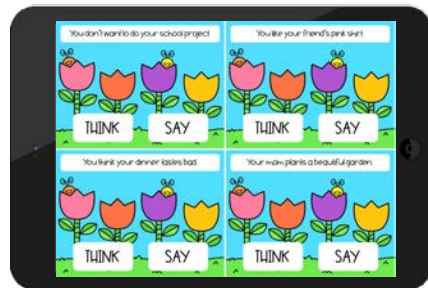
Thought Starters



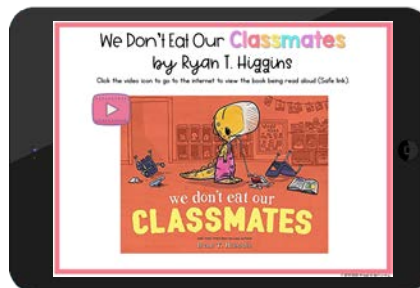
Digital Anchor Chart



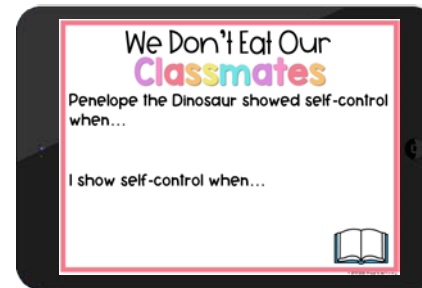
Sorting Activity



THINK or SAY cards



Video Read Aloud



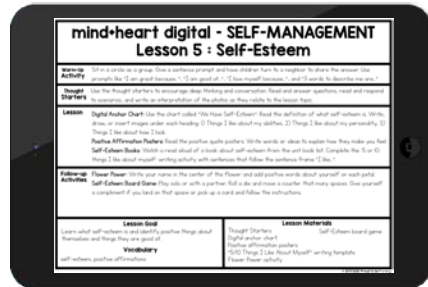
Story Response



In Control Storybook

# Lesson 5 - Self-Esteem

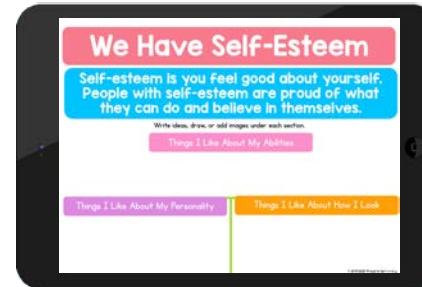
Lesson 5 teaches children what self-esteem is and things they like about themselves. They will identify positive traits and words to describe themselves.



Lesson Plan



Thought Starters



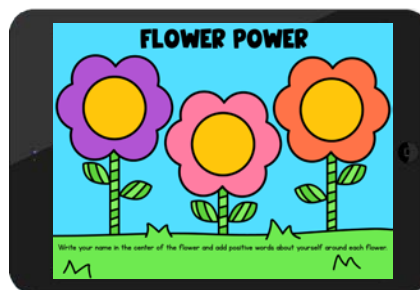
Digital Anchor Chart



Affirmation Posters



5/10 Things I Like Writing



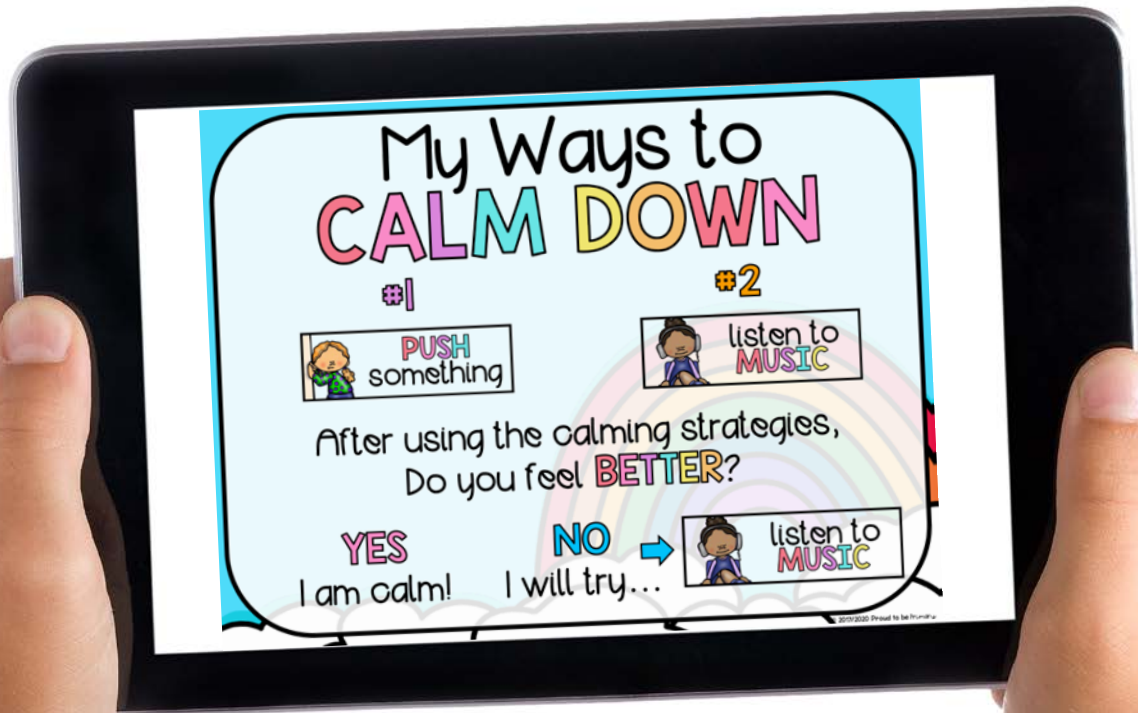
Self-Love Flowers



Self-Esteem Board Game

# self-management

## DIGITAL UNIT





# growth mindset

## DIGITAL UNIT

Proud to Be  
Primary

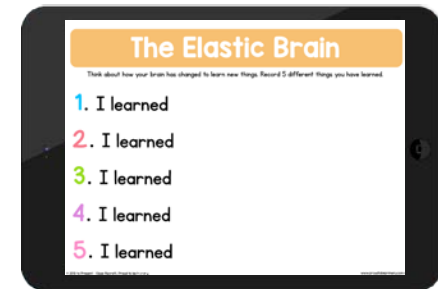
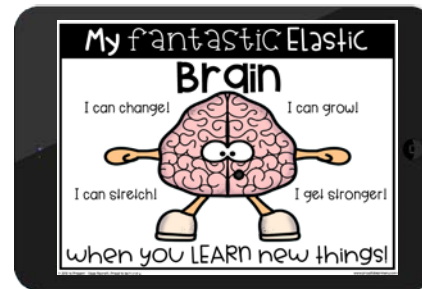
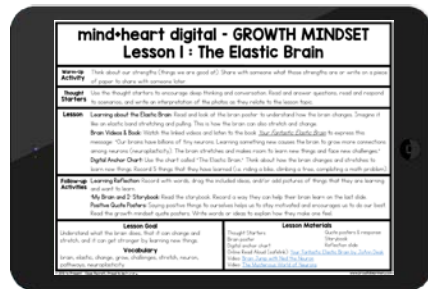
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# Lesson 1 - The Elastic Brain

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

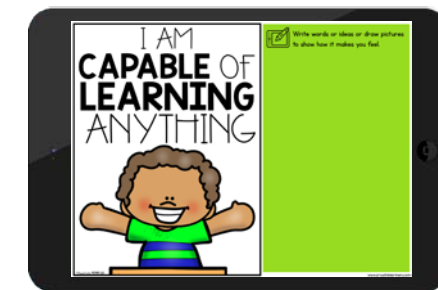
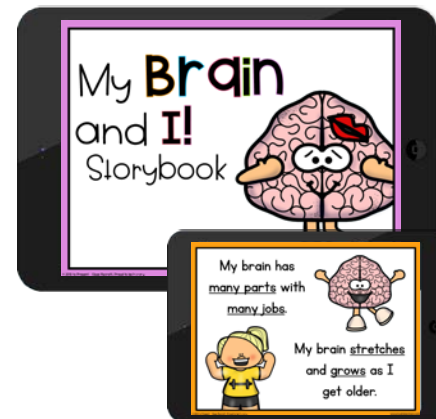


# Lesson Plan

## Thought Starters

## Elastic Brain Poster

## Digital Anchor Chart



## Brain Videos

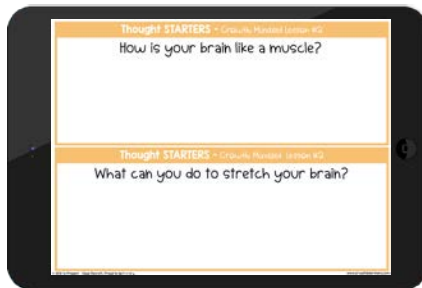
## Learning Reflection Sort

# Storybook

## Quote Posters

# Lesson 2 - Fixed vs. Growth Mindset

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

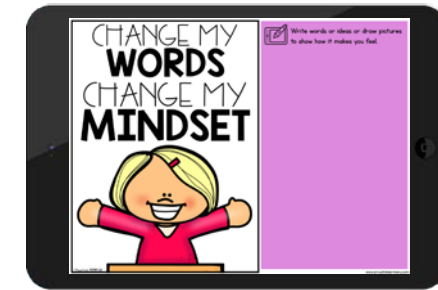
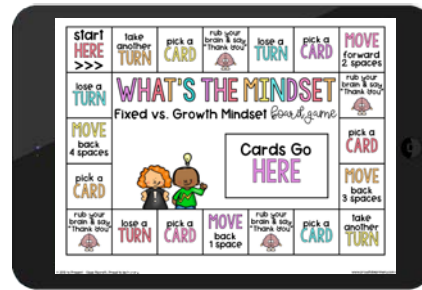
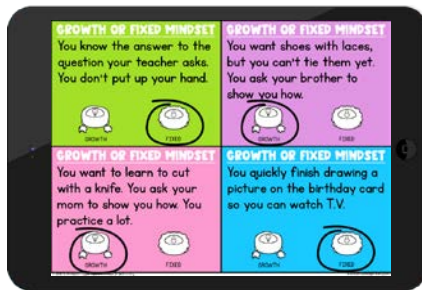
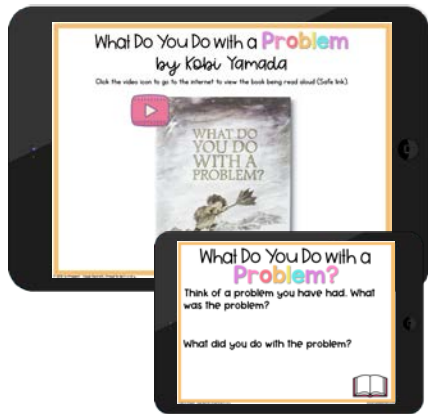


# Lesson Plan

## Thought Starters

## Growth Mindset Posters

## Digital Chart & Sort



## Read Aloud & Response

## Circle the Scenarios

## Board Game

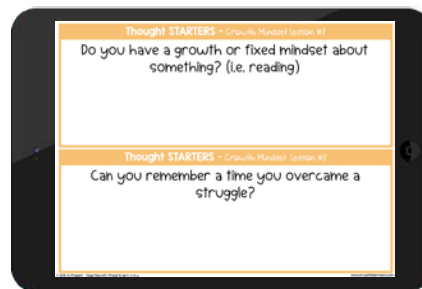
## Quote Posters

# Lesson 3 - Mistakes, Failures, & Challenges

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



Lesson Plan



Thought Starters



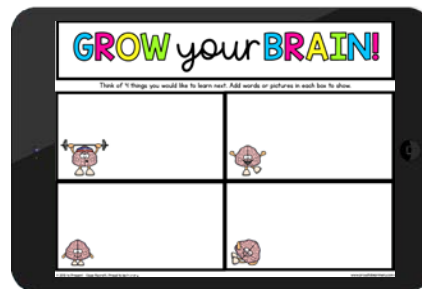
Poster & Response



Sort & Video Lesson



Read Aloud & Response



Learning Reflection



Growth Mindset Journal



Quote Posters

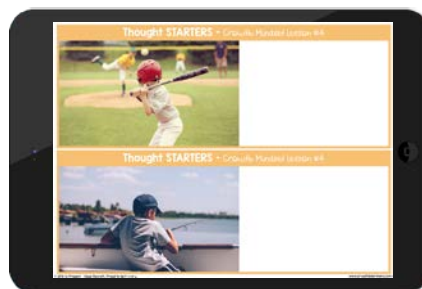


# Lesson 4 - Perseverance & The Power of Yet

Lesson 4 teaches children about perseverance and the power of YET. They will learn different strategies that can help them persevere when things are difficult.



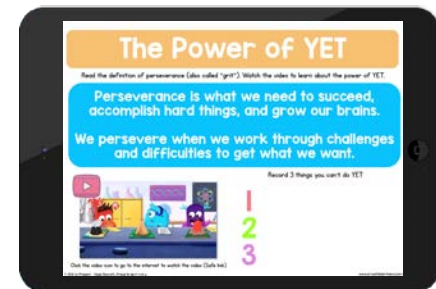
Lesson Plan



Thought Starters



"I Can" Strategies Poster



Digital Anchor Chart



"I Can" Strategies to Try



Read Aloud & Response



Goal Setting Template



Quote Posters

# Lesson 5 - Having a Growth Mindset Everyday

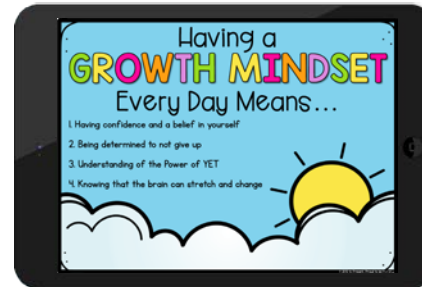
Lesson 5 teaches children to understand and show determination and confidence in order to stretch their brain, show a growth mindset, and learn new things.



Lesson Plan



Thought Starters



Growth Mindset Poster



Digital Chart & Videos



Fill-In Storybook



Read Aloud & Response



Growth Mindset Awards



Quote Posters

# growth mindset

## DIGITAL UNIT



# relationships

## DIGITAL UNIT

Proud to Be  
Primary

### What is Included in this Unit

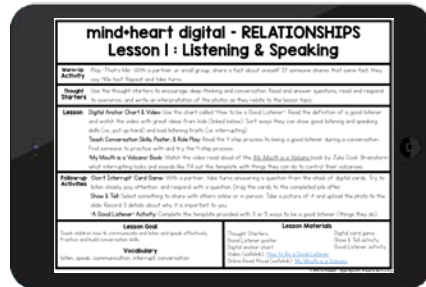
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# Lesson 1 - Communication: Listen & Speak

Lesson 1 teaches children how to communicate and listen and speak effectively. They will practice and build conversation skills.



Lesson Plan

Thought Starters

Poster

Digital Anchor Chart



Read Aloud & Responses

Writing Prompt

Card Game

Show & Tell Activity

## Lesson 2 - Sharing & Taking Turns

Lesson 2 teaches children to understand what sharing and taking turns is and demonstrate the ability and willingness to do both effectively.



# Lesson Plan

## Thought Starters

## Scripts

## Digital Anchor Charts



## Online Read Aloud

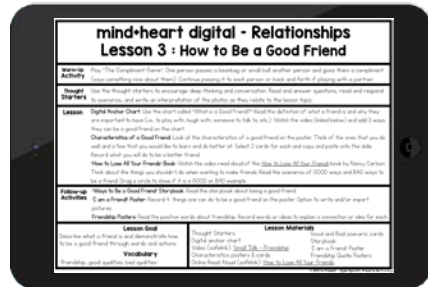
## Story Response

## Turn Taking Apps

## Sharing Journal

# Lesson 3 - How to Be a Good Friend

Lesson 3 teaches children to describe what a friend is and demonstrate how to be a good friend through words and actions.



Lesson Plan



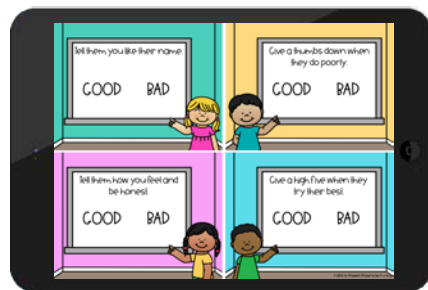
Thought Starters



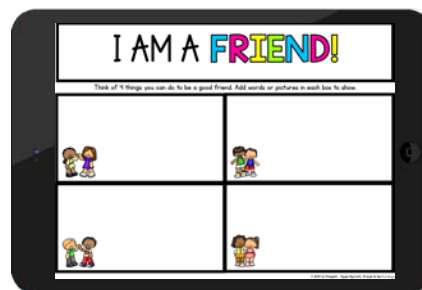
Friend Characteristics



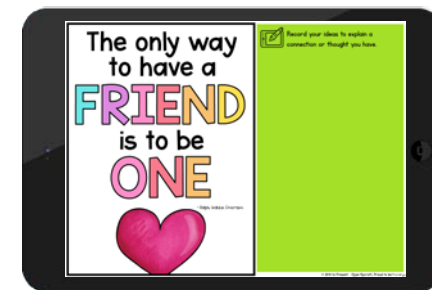
Digital Anchor Chart



Type of Friend Activity



"I Am A Friend!" Activity



Quote Posters



Storybook

# Lesson 4 - Making Friends & Including Others

Lesson 4 teaches children to understand how to make friends and demonstrate the willingness to try to make new friends and include others.

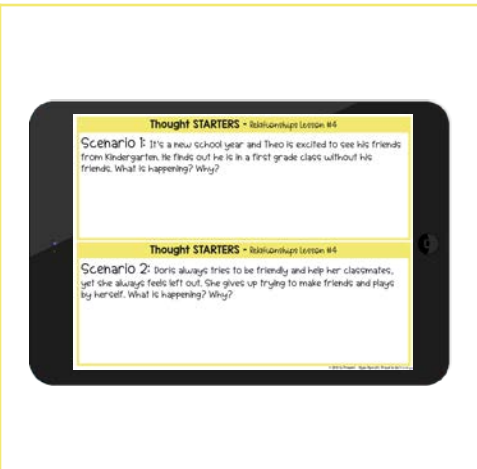


**mind+heart digital - Relationships**  
**Lesson 4 : Making Friends & Including Others**

**Scenario 1:** It's a new school year and Theo is excited to see his friends from Kindergarten. He finds out he is in a first grade class without his friends. What is happening? Why?

**Scenario 2:** Doris always tries to be friendly and help her classmates, yet she always feels left out. She gives up trying to make friends and plays by herself. What is happening? Why?

Lesson Plan



**Thought STARTERS - Relationships Lesson #4**

**Scenario 1:** It's a new school year and Theo is excited to see his friends from Kindergarten. He finds out he is in a first grade class without his friends. What is happening? Why?

**Scenario 2:** Doris always tries to be friendly and help her classmates, yet she always feels left out. She gives up trying to make friends and plays by herself. What is happening? Why?

Thought Starters



**How to Make Friends**

Watch the 2 videos with examples on how to make friends. Record 2 ways to make friends on the sticky notes.

**HOW DO YOU MAKE FRIENDS?**

**I CAN MAKE FRIENDS**

Digital Anchor Chart



**New Friend SCAVENGER HUNT**

Fill out the form with clues about yourself. Find others with the same and have them add their names.

Color I Love	Food I Love	Let Others Know	Date	Secret I Know
Shoe I Like	Drink I Love	Travel I Enjoy	Color Eyes	Color Hair
Color Shoes	Birthday Month	Shoe I Like	Toy I Love	Secret I Know

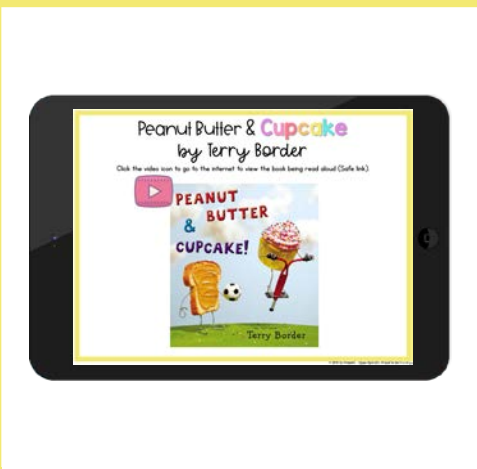
New Friend Activity



**FRIENDSHIP TREE**

I will be a friend by...

Friendship Pledge



**Peanut Butter & Cupcake**  
by Terry Border

Click the video icon to go to the information to view the book being read about (Click icon)

**PEANUT BUTTER & CUPCAKE!**

Terry Border

Online Read Aloud



**5 Ways to make a friend**

- 1
- 2
- 3
- 4
- 5

Story Response



**Interview a Friend**

My friend's name is \_\_\_\_\_

Birthday \_\_\_\_\_

Favorite Color \_\_\_\_\_

Favorite food \_\_\_\_\_

Favorite thing about school \_\_\_\_\_

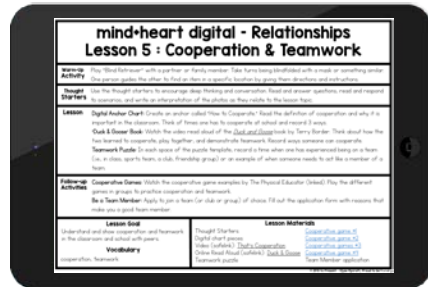
**All About**

Interview Activity



# Lesson 5 - Cooperation & Teamwork

Lesson 1 teaches children to identify and label 12 major emotions and other terminology commonly used for those emotions with the use of emotions posters. Children will draw facial expressions, recognize their own emotions, and match emotions with words.



Lesson Plan



Thought Starters



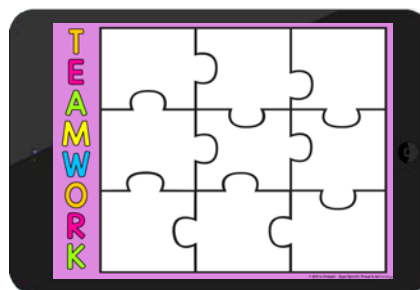
Digital Anchor Chart



Online Read Aloud



Story Response



Teamwork Activity



Cooperative Games



Application Form Activity

# relationships

## DIGITAL UNIT

### The GOOD FRIEND Characteristics I have

#1



A good friend is  
**HONEST**

#2



A good friend  
**SHARES**

I want to get better at:

#3



A good friend  
is **GIVING**

#4



A good friend  
**LISTENS**

I will be a better **FRIEND** by:

© 2015 by Proud to Be Primary



# relationships DIGITAL UNIT



# social awareness

## DIGITAL UNIT

Proud to Be  
Primary

### What is Included in this Unit

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





# digital mind+heart - social awareness Unit



## LESSON Overview



Lesson 1

Our Feelings & Behaviors Affect Others

Lesson 2

Developing Empathy

Lesson 3

Displaying Empathy

Lesson 4

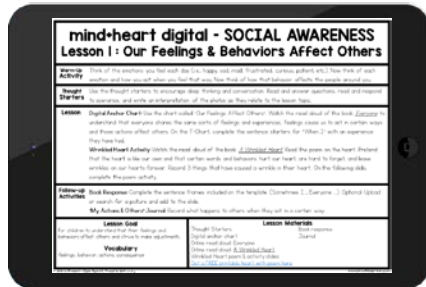
A Community of Compassion

Lesson 5

Building an Inclusive Community

# Lesson 1 - Our Feelings & Behaviors Affect Others

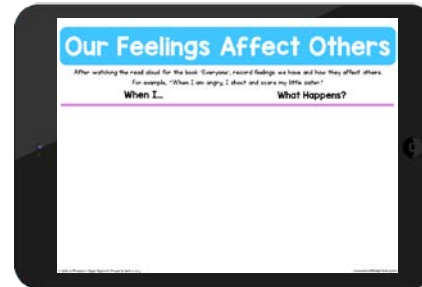
Lesson 1 teaches children to understand that their feelings and behaviors affect others and helps them learn ways to make adjustments.



Lesson Plan



Thought Starters



Digital Anchor Chart



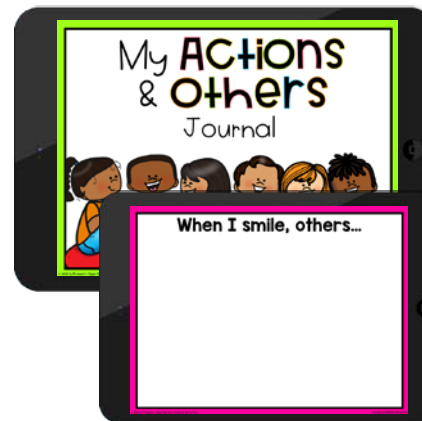
Wrinkled Heart Activity



Poem Activity



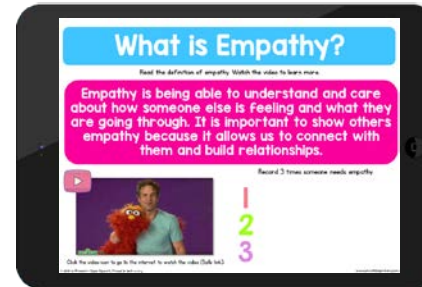
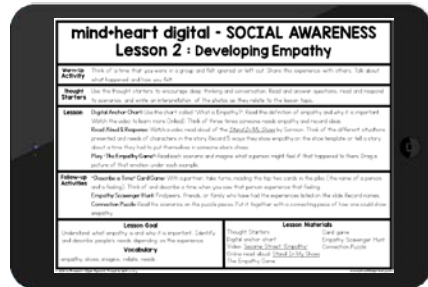
Story & Response



Journal

# Lesson 2 - Developing Empathy

Lesson 2 teaches children to understand what empathy is and why it is important. They will learn to identify and describe people's needs depending on the experience.

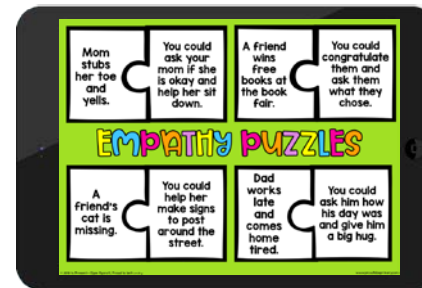
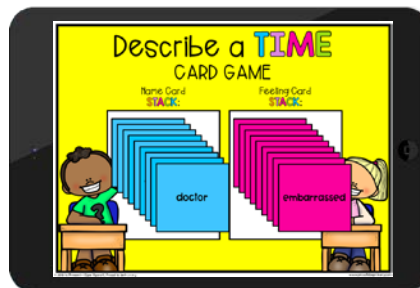


Lesson Plan

Thought Starters

Digital Anchor Chart

Story & Response



Empathy Game

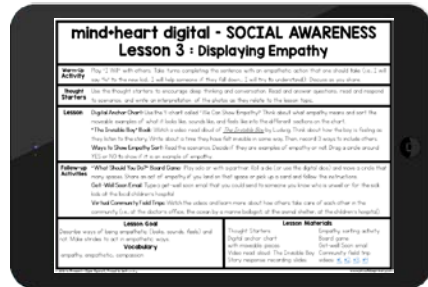
Card Game

Puzzle Matching Activity

Scavenger Hunt

# Lesson 3 - Displaying Empathy

Lesson 3 teaches children to describe ways of being empathetic (looks, sounds, feels) and not. The lesson and activities will encourage children to act in empathetic ways.



Lesson Plan



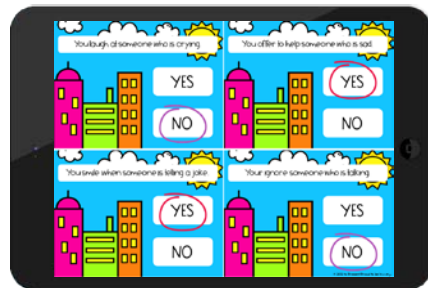
Thought Starters



Digital Anchor Chart



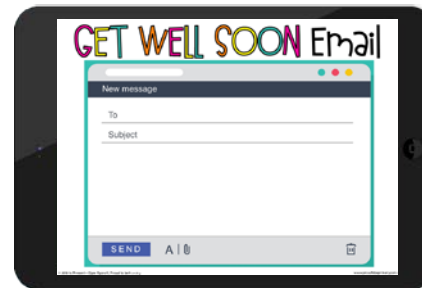
Story & Responses



Task Card Scenarios



Boardgame



Email Writing

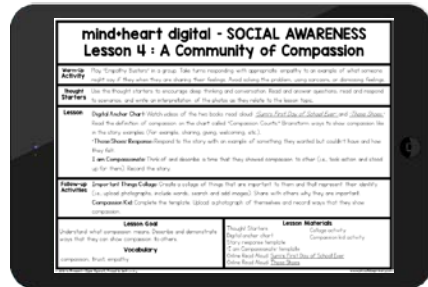


Community Field Trips



# Lesson 4 - A Community of Compassion

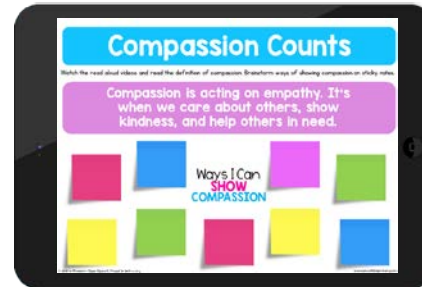
Lesson 4 teaches children to understand what compassion means. They will learn to describe and demonstrate ways that they can show compassion to others.



Lesson Plan



Thought Starters



Digital Anchor Chart



Online Read Alouds



Story Response



Writing Activity



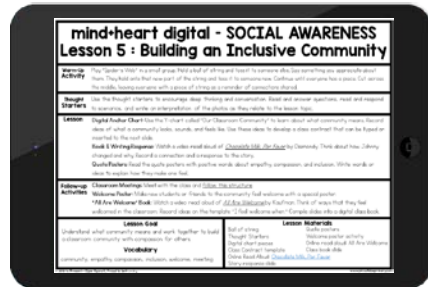
Collage Activity



Compassion Activities

# Lesson 5 - Building an Inclusive Community

Lesson 5 teaches children to understand what community means and work together to build a classroom community with compassion for others.



Lesson Plan



Thought Starters



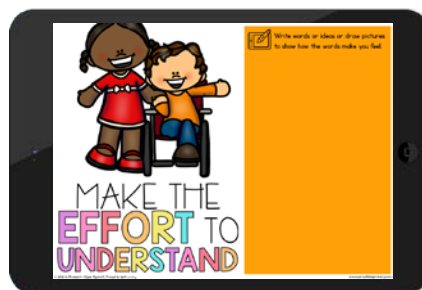
Digital Anchor Chart



Classroom Contract



Story & Response



Quote Posters



Welcome Poster



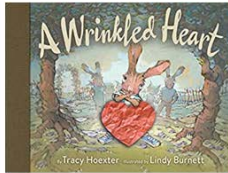
Story & Response

# social awareness

## DIGITAL UNIT

### Wrinkled HEART

Before you speak,  
Think and be smart.  
It's hard to fix  
A wrinkled heart!



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



1  
2  
3

Record 3 things that cause  
a wrinkle in your heart

# kindness

## DIGITAL UNIT

Proud to Be  
Primary

### What is Included in this Unit

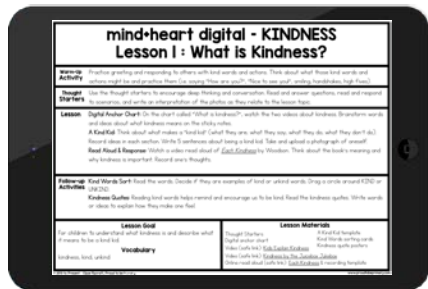
- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes thought starter questions, digital anchor chart, lesson and follow-up activities
- ♥ Get started easily with copy links for Google Slides & pre-loaded Seesaw activities that are ready for you!



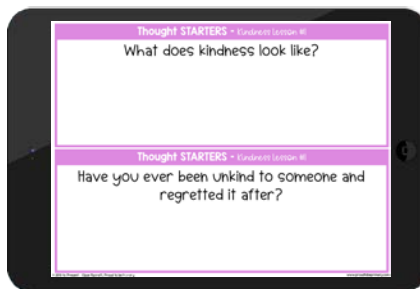


# Lesson 1 - What is Kindness?

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



# Lesson Plan



## Thought Starters



## Digital Anchor Chart



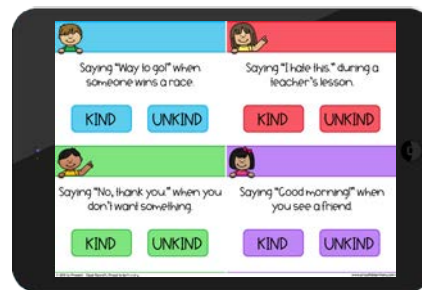
## A Kind Kid Chart



## A Kind Kid Writing



## Read Aloud & Response



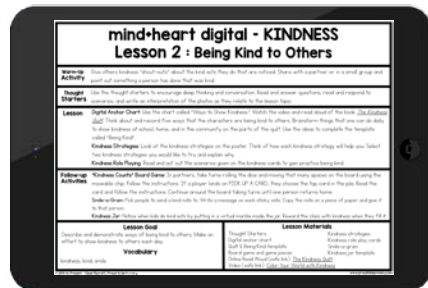
## Kind Words Sort



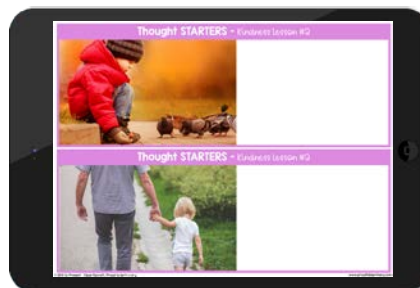
## Quote Posters

# Lesson 2 - Being Kind to Others

Lesson 2 teaches children to describe and demonstrate ways of being kind to others. They will make efforts to show kindness to others each day.



Lesson Plan



Thought Starters



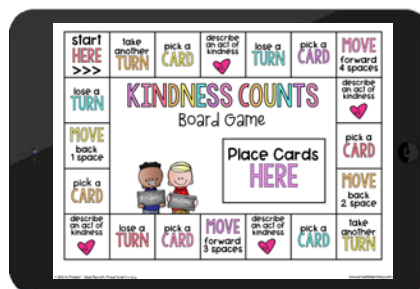
Digital Anchor Chart



Kindness Strategies



Role Play Cards



Board game



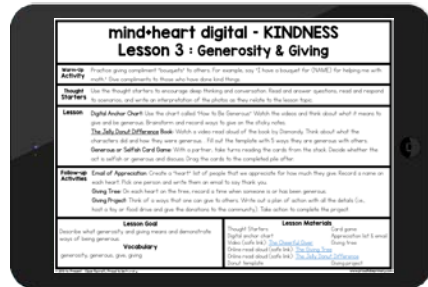
Kind Notes



Kindness Jar

# Lesson 3 - Generosity & Giving

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



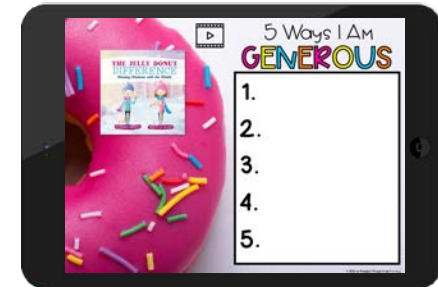
Lesson Plan



Thought Starters



Emotions Posters



Digital Anchor Chart



Feelings Clip Charts



How Do They Feel? Books



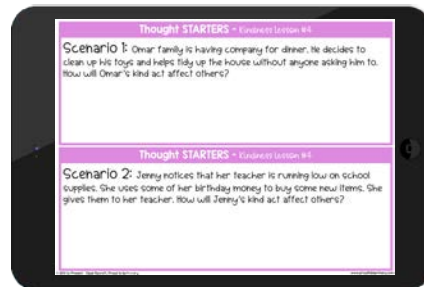
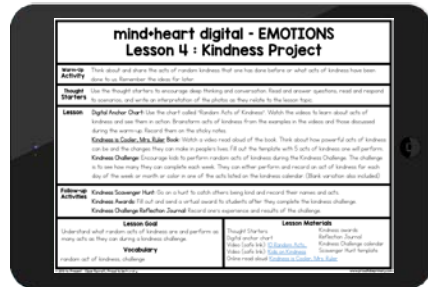
Emoji-tions Board Game



Emoji-tions Board Game

# Lesson 4 - Kindness Project

Lesson 4 teaches children to understand what random acts of kindness are and perform as many acts as they can during a kindness challenge.



Lesson Plan

Thought Starters

Emotions Posters

Digital Anchor Chart



Feelings Clip Charts

How Do They Feel? Books

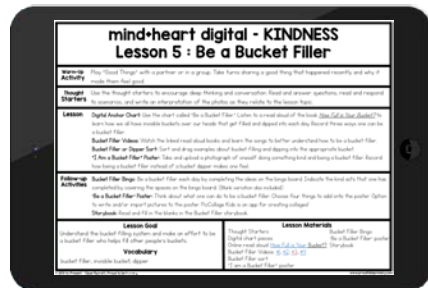
Emoji-tions Board Game

Emoji-tions Board Game



# Lesson 5 - Bucket Filler System

Lesson 5 teaches children to understand the bucket filling system and make an effort to be a bucket filler who helps fill other people's buckets.



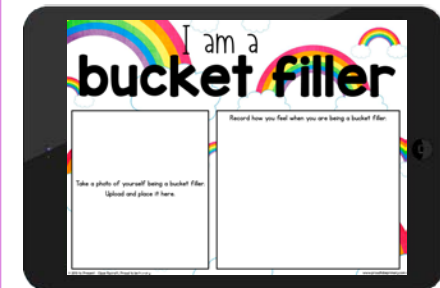
Lesson Plan



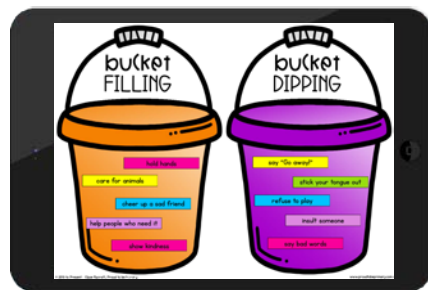
Thought Starters



Emotions Posters



Digital Anchor Chart



Feelings Clip Charts



How Do They Feel? Books



Emoji-tions Board Game



Emoji-tions Board Game

# kindness

## DIGITAL UNIT



# kindness

## DIGITAL UNIT



# respect

## DIGITAL UNIT

Proud to Be  
Primary

### What is Included in this Unit

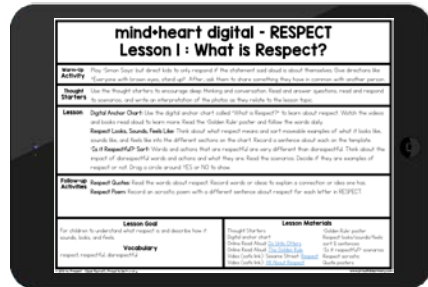
- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes thought starter questions, digital anchor chart, lesson and follow-up activities
- ♥ Get started easily with copy links for Google Slides & pre-loaded Seesaw activities that are ready for you!





# Lesson 1 - What is Respect?

Lesson 1 teaches to understand what respect is and describe how it sounds, looks, and feels.



Lesson Plan



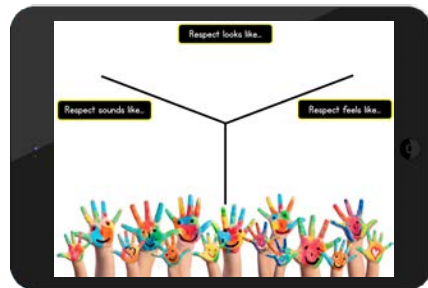
Thought Starters



Digital Chart & Poster



Writing Activity



Sorting Activity



'Is it Respectful?' Cards



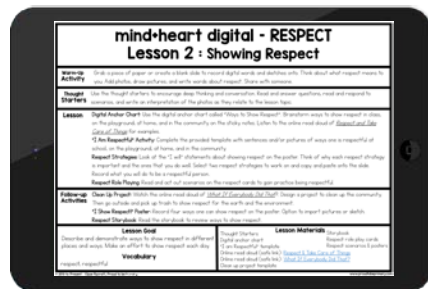
Respect Acrostic Poem



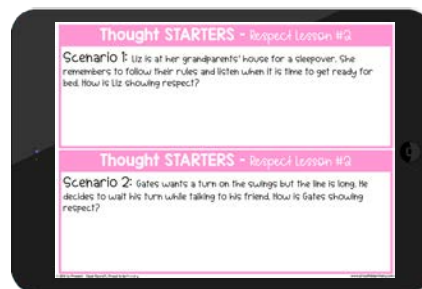
Respect Quote Posters

# Lesson 2 - Showing Respect

Lesson 2 teaches children to describe and demonstrate ways to show respect in different places and ways. They will be encouraged to show respect each day.



Lesson Plans



Thought Starters



Digital Chart & Book



Writing Activity



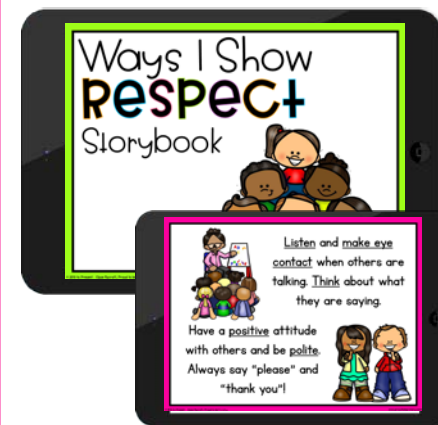
Respect Strategies



Respect Role Play



Clean Up Project



Respect Storybook

# Lesson 3 - Honesty & Telling the Truth

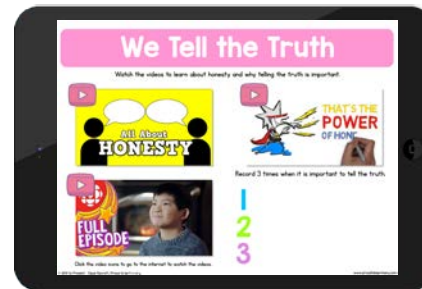
Lesson 3 teaches children to describe what honesty and telling the truth means and demonstrate ways of being honest.



Lesson Plan



Thought Starters



Digital Anchor Chart



Read Aloud & Response



Reflection Writing



Honesty Boardgame



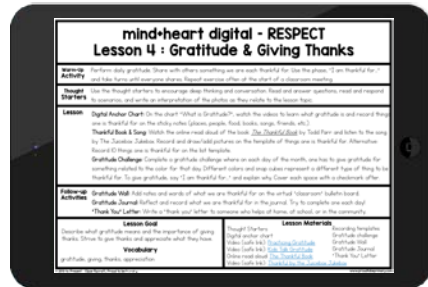
Honesty Jar



Honesty Writing

# Lesson 4 - Gratitude and Giving Thanks

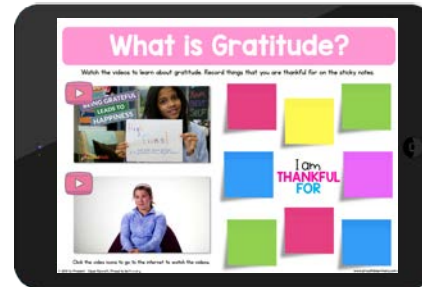
Lesson 4 teaches children to describe what gratitude means and the importance of giving thanks. Strive to give thanks and appreciate what they have.



Lesson Plan



Thought Starters



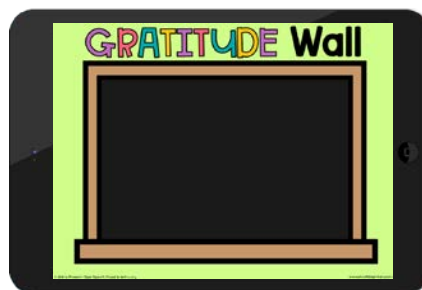
Digital Anchor Chart



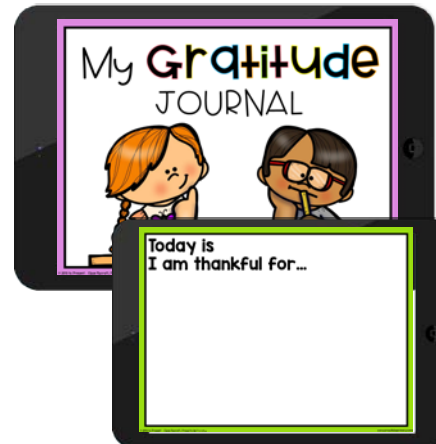
Thankful Videos & Writing



Gratitude Challenge



Gratitude Wall



Gratitude Journal

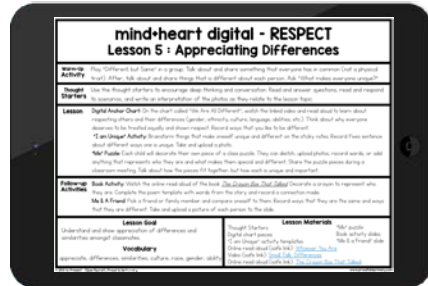


"Thank You" Letter



# Lesson 5 - Appreciating Differences

Lesson 5 teaches children to understand and show appreciation of differences and similarities amongst classmates.



Lesson Plan



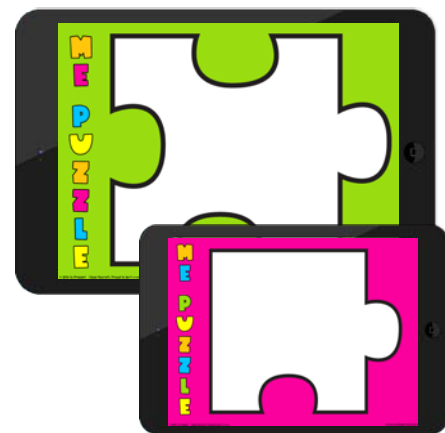
Thought Starter



Digital Anchor Chart



Poster



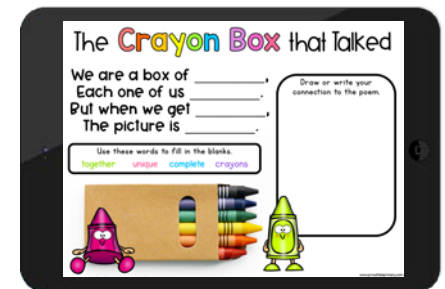
"I Feel" Poster Template



Emotions Scenarios



Talking Bubbles



Emotions Journal

# respect

## DIGITAL UNIT



# respect

## DIGITAL UNIT

### Gratitude CHALLENGE

 place

 food

 person

 book

 game

 toy

 friend

 holiday

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28



# responsibility

## DIGITAL UNIT

Proud to Be  
Primary

### What is Included in this Unit

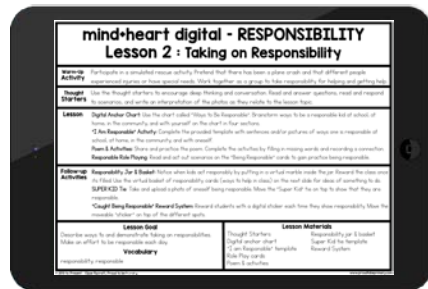
- ♥ 6 lessons that include detailed lesson plans
- ♥ Each lesson includes thought starter questions, digital anchor chart, lesson and follow-up activities
- ♥ Get started easily with copy links for Google Slides & pre-loaded Seesaw activities that are ready for you!



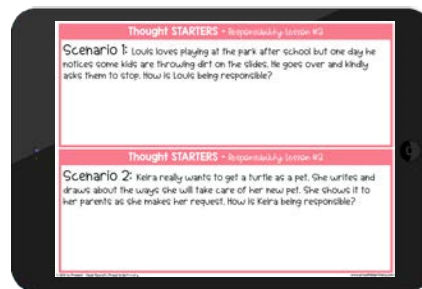


# Lesson 2 - Taking On Responsibilities

Lesson 2 teaches children to describe ways to and demonstrate taking on responsibilities. They will make an effort to be responsible each day.



Lesson Plan



Thought Starters



Anchor Chart & Brainstorm



Role Play Cards



Jar & Cards



Poem Activities



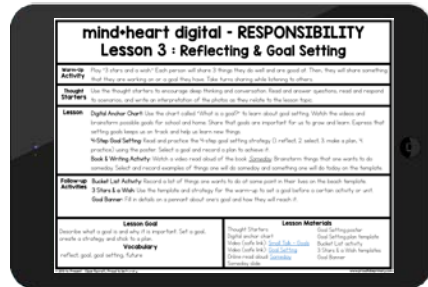
"Super Kid" Tie Activity



Sticker Cards

# Lesson 3 - Reflecting & Goal Setting

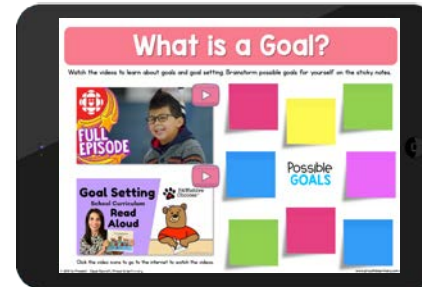
Lesson 3 teaches children to describe what a goal is and why it is important. They will set a goal, create a strategy and stick to a plan.



Lesson Plan



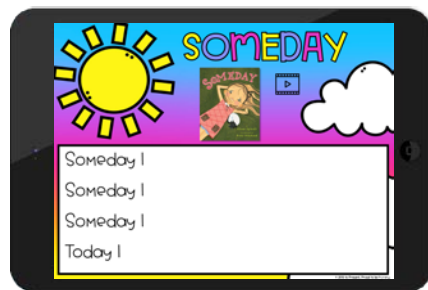
Thought Starters



Digital Anchor Chart



Poster & Plan Templates



Story & Response



Bucket List Activity



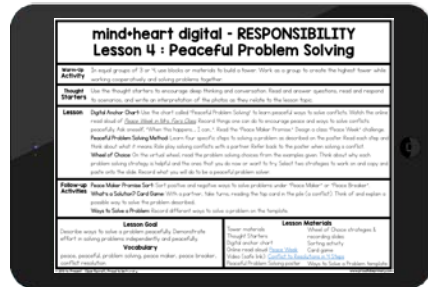
3 Stars & a Wish



Goal Banner

# Lesson 4 - Peaceful Problem Solving

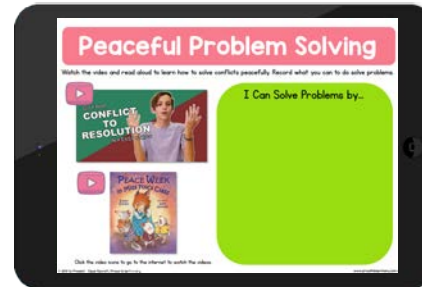
Lesson 4 teaches children to describe ways to solve a problem peacefully. They will demonstrate effort in solving problems independently and peacefully.



Lesson Plan



Thought Starters



Digital Anchor Chart



Peace Promise & Challenge



Problem Solving Method



Sorting Activity



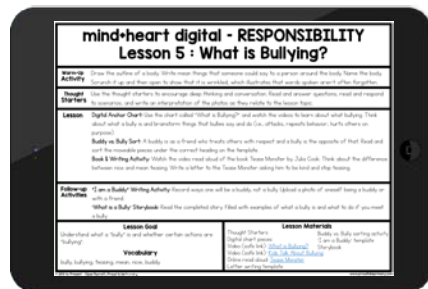
Card Game



Writing Activity

# Lesson 5 - What is Bullying?

Lesson 5 teaches children to understand what a “bully” is and whether certain actions are “bullying”.



# Lesson Plan



## Thought Starters



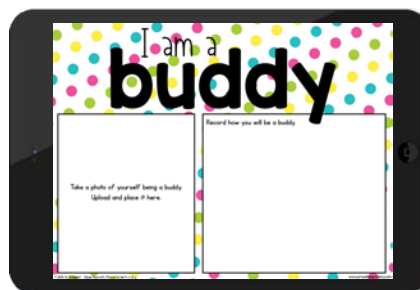
## Digital Anchor Chart



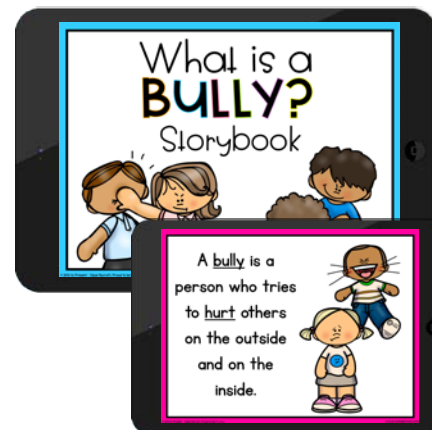
## Sorting Activity



## Story & Response Activity



## Being a Buddy Activity

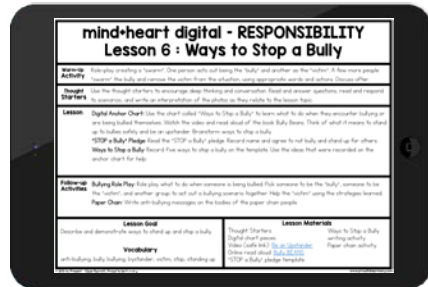


## Storybook

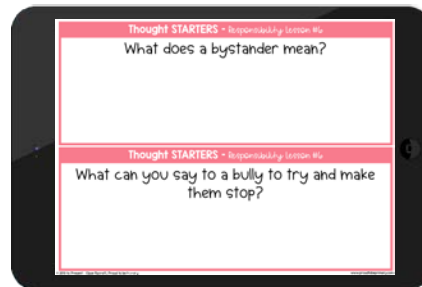


# Lesson 6 - Ways to Stop a Bully

Lesson 6 teaches children to describe ways to and demonstrate standing up to a bully.



Lesson Plan



Thought Starters



Digital Anchor Chart



Stop a Bully Pledge



Writing Activity



Bullying Messages

# responsibility

## DIGITAL UNIT



# responsibility

## DIGITAL UNIT



Complete the poem template with words from the story and record a connection made.

### I'm a Responsible SUPERkid

I am \_\_\_\_\_, caring and fair.

I make contributions, I do my \_\_\_\_\_.

When given work and duties, I do things on my own,

"You can \_\_\_\_\_ me, I'm \_\_\_\_\_ responsible!"

Use these words to fill in the blanks.

super

responsible

share

trust

Draw or write your connection to the poem.

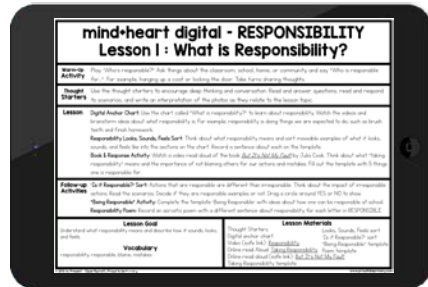


© 2013 to Present - Elise Rieckhoff. Proud to be Primary

www.proudtobepimary.com

# Lesson 1 - What is Responsibility?

Lesson 1 teaches to understand what responsibility means and describe how it sounds, looks, and feels.



Lesson Plan



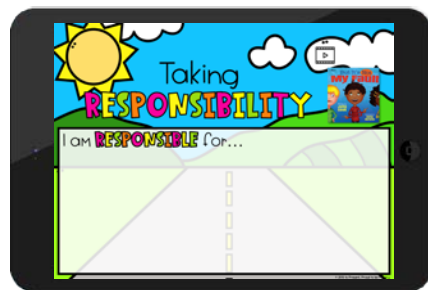
Thought Starters



Digital Anchor Chart



Looks, Sounds, Feels



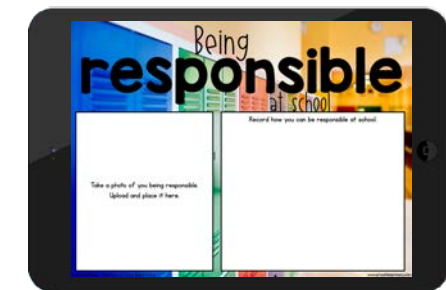
Story & Response Activity



Task Cards



Acrostic Poem



Writing Activity



# How to Use mind+heart digital

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

## Possible Uses:

- Students can complete assignments digitally after a classroom lesson
- Beneficial for one-to-one classrooms
- For use in Google Slides and Google Classroom
- For use in Seesaw Class App (Compatible with Chromebooks, computers, iPads, iPhones, Android tablets, Android phones, Kindle Fire)

## Benefits:

- Kids learn to use different digital methods and devices
- Gain practice and skills working and interacting online
- Provides 1:1 classrooms with meaningful digital activities
- Supports school counselors and provides materials for sessions
- Provides families with additional tools to support kids at home
- Works well in a homeschool setting
- Supports remote and distance learning



# Why mind+heart digital

The **mind+heart digital** social-emotional learning program was designed to help teachers guide and instruct children to develop emotional awareness and social competence. The goal is for K-2 children to develop a healthy sense of self and positive interpersonal skills, that will continue throughout their lives and lead to success in academics and beyond. Kids will learn to express emotions appropriately, develop a “growth mindset”, build relationships, and be thoughtful citizens who take responsibility and show respect.

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

**mind+heart digital** can be used in conjunction with the original mind+heart SEL K-2 curriculum to enhance learning. It can also be used separately to further a child's independent practice of social-emotional skills: in the classroom, in a homeschool setting, or in counselling sessions. This digital SEL program can be used in Google Classroom, Seesaw, and other similar platforms to support 1:1 classrooms in delivering a meaningful SEL program.

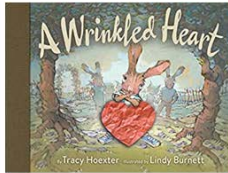
**mind+heart digital** aligns to the CASEL framework of the 5 core competences for SEL. It provides educators with an affordable and accessible option that is structured and highly effective in K-2 classrooms.

# social awareness

## DIGITAL UNIT

### Wrinkled HEART

Before you speak,  
Think and be smart.  
It's hard to fix  
A wrinkled heart!



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



1  
2  
3

Record 3 things that cause  
a wrinkle in your heart

# THANK YOU!

Thank you so much for downloading this resource! I appreciate your interest and hope that the resource is exactly what you are looking for. Remember to leave feedback for credits towards future purchases on TpT. I am always happy to answer any and all questions or concerns regarding this resource. Please email me at [elyse@proudtobeprimary.com](mailto:elyse@proudtobeprimary.com).



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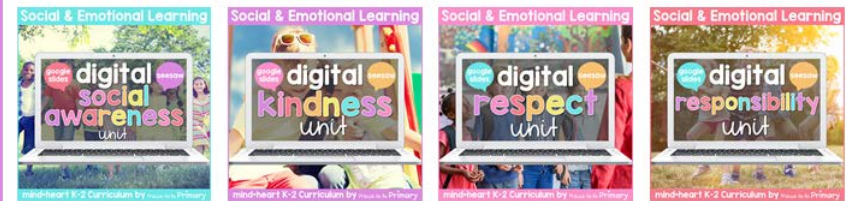
## Social & Emotional Learning



K-2 Curriculum by Proud to be PRIMARY

Printable Curriculum

## DIGITAL Social-Emotional Learning



K-2 Curriculum by Proud to Be Primary

Digital Curriculum

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



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**mind+heart**

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