

Social & Emotional Learning



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

self-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 & interactive PowerPoint files that are ready for you!



digital mind+heart - self-awareness Unit



LESSON Overview



Lesson 1

Identifying Emotions

Lesson 2

Communicating Emotions

Lesson 3

Personality Traits - Personal Strengths

Lesson 4

Confidence & Self-Esteem

Lesson 5

Role Models

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

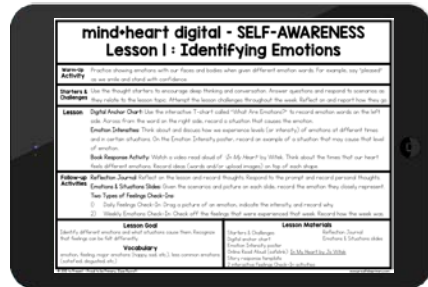
Benefits:

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

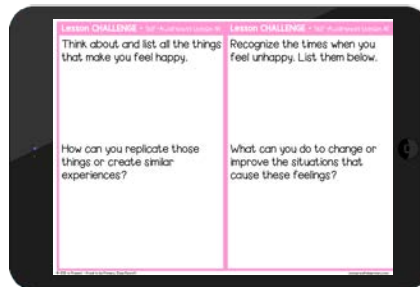


LESSON 1 - Identifying Emotions

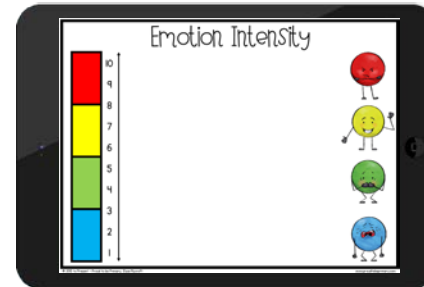
Lesson 1 teaches kids to identify different emotions and what situations cause them. They will learn to recognize that feelings can be felt differently and that they are linked to our thoughts and behaviors.



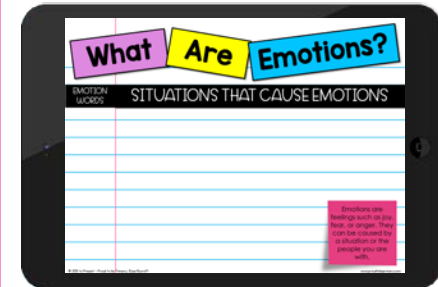
Lesson Plan



Starters & Challenges



Emotion Intensity Chart



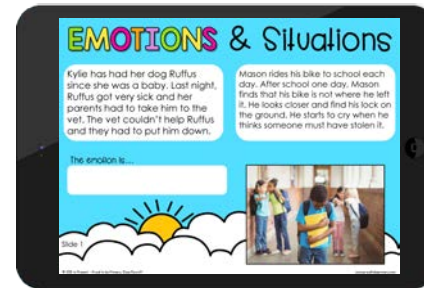
Digital Anchor Chart



Read Aloud & Response



Reflection Journal



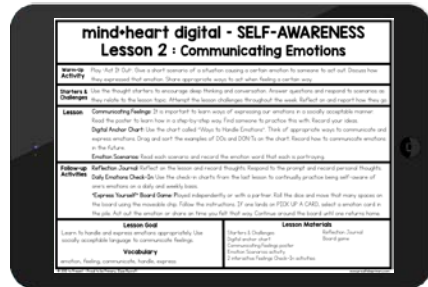
Scenario & Photo Slides



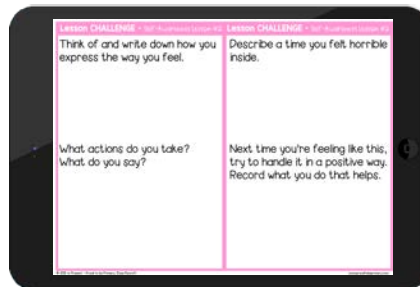
2 Feelings Check-Ins

LESSON 2 - Communicating Emotions

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



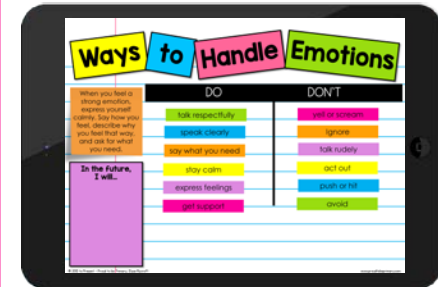
Lesson Plan



Starter & Challenges



Lesson Poster



Digital Anchor Chart



Scenario Cards



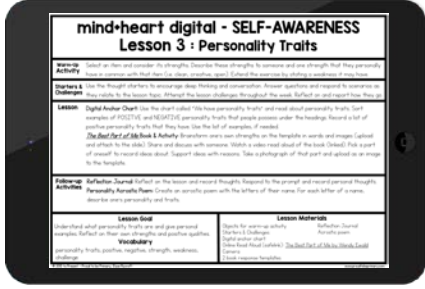
Reflection Journal



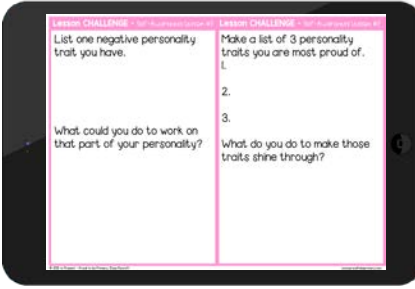
Board Game

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.



Lesson Plan



Starters & Challenges



Personality Traits Poster



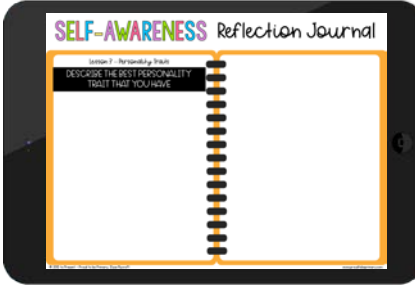
Digital Anchor Chart



Brainstorm Activity



Read Aloud & Response



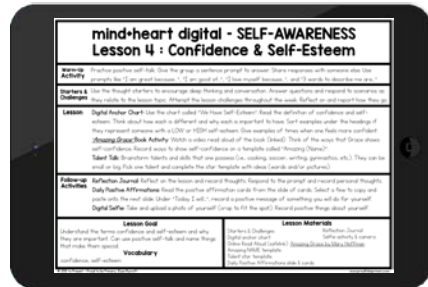
Reflection Journal



Acrostic Poem

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.



Lesson Plan



Starters & Challenges



Digital Anchor Chart



Read Aloud & Response



Talents & Skills



Affirmations Chart



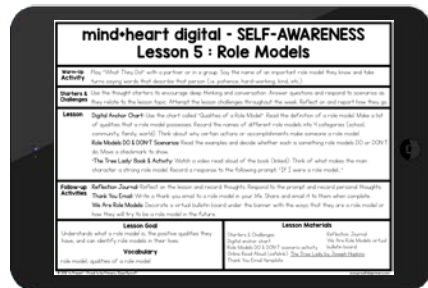
Affirmation Cards



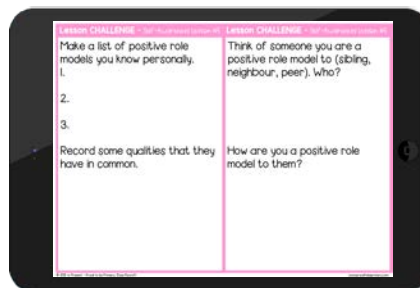
Digital Selfie-Portrait

LESSON 5 - Role Models

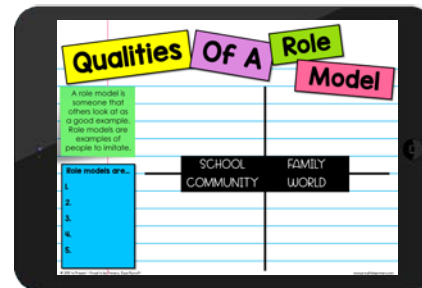
Lesson 5 teaches kids to understand what a role model is, the positive qualities they have, and can identify role models in their lives. They will think of ways that they are and can be positive role models to others.



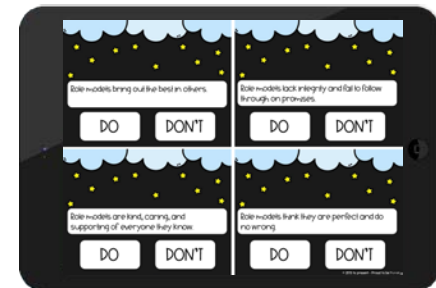
Lesson Plan



Starter & Challenges



Digital Anchor Chart



Role Model DO & DON'Ts



Read Aloud & Response



Reflection Journal



Thank You Email



Role Model Banner

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.

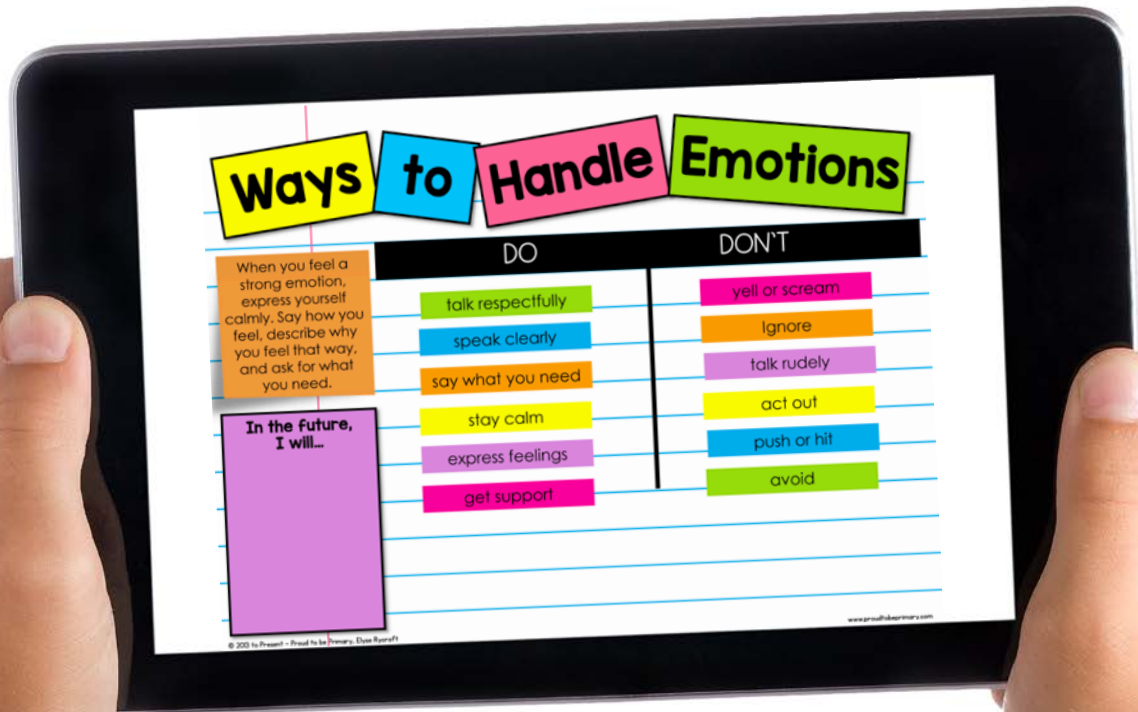
mind+heart digital complements the original version with the same great lessons that have been modified to fit digital learning. It adds a different modality for students to experience. Kids will have opportunities to learn, practice, and develop SEL through a variety of engaging lessons, warm-up ideas, 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 and other similar online platforms to support all 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.

self-awareness

DIGITAL UNIT



self-awareness

DIGITAL UNIT

Daily **FEELINGS** Check-In

How intense is the emotion?

10
9
8
7
6
5
4
3
2
1

Today I feel... (drag emotions to show)

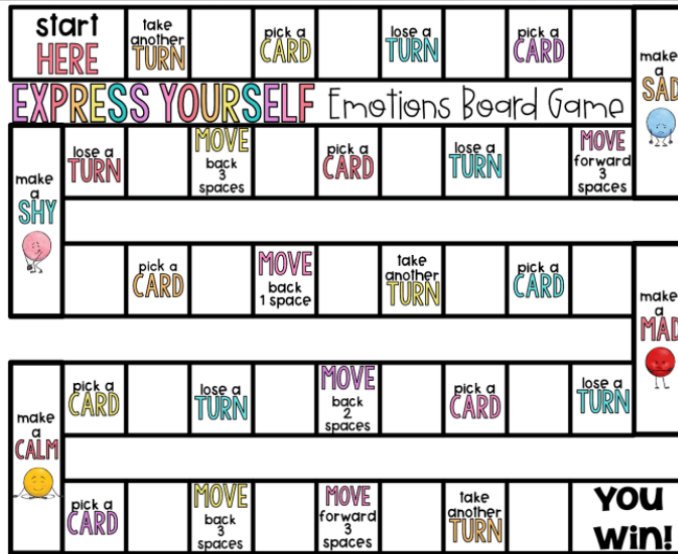
I feel this way because...

© 2023 to Present - Proud to Be Primary, Elyse Ryznar

www.proudtobepimary.com

self-awareness

DIGITAL UNIT



Need dice? Use your own dice or
use a digital one [HERE](#).



RELATED RESOURCES

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

Social & Emotional Learning



3-5 Curriculum by Proud to be PRIMARY

Printable Curriculum

DIGITAL Social-Emotional Learning



3-5 Curriculum by Proud to be Primary

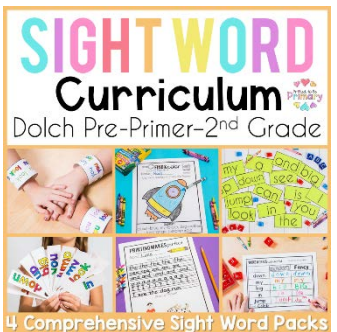
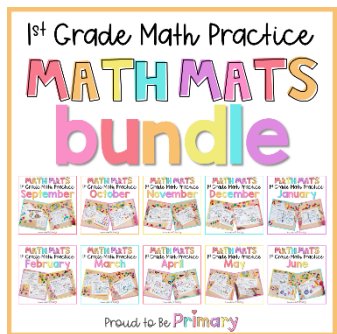
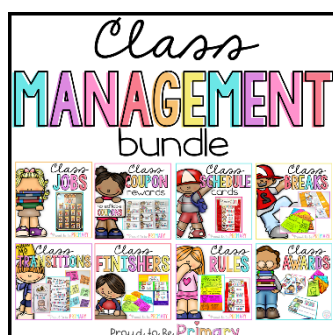
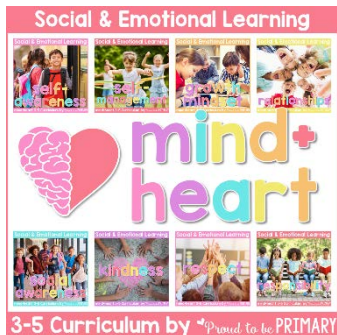
Digital Curriculum

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



BEST SELLING teacher resources

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



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