SOCIAL-EMOTIONAL LEARNING

self-management

5 Weeks of Lessons & Activities



Discussion Cards

Games

Books

Posters

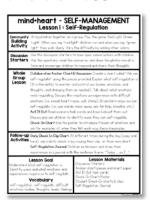
See What's Included in the Unit

- 5 detailed, research-based lessons and plans
- Lesson Topics: selfregulation; calming down; mindfulness; self-control; self-esteem
- Discussion cards
- Community building activities
- Anchor charts
- Activities & games
- Tools & posters



See What's Included in the Unit

5 Detailed Lesson Plans



Discussion Starters



Anchor Charts



Mentor Text List



Calm Down Kit & Tools



Posters



See What's Included in the Unit

Writing Activities



Social Storybooks



Role Play Cards



Games



Yoga & Brain Break Cards

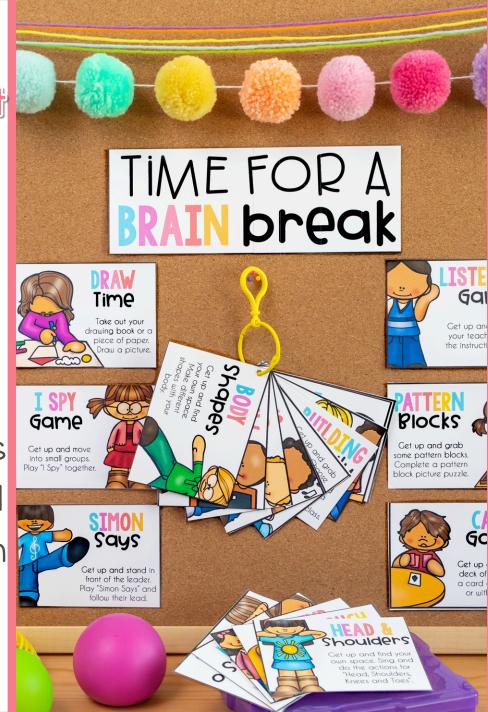


Family Guide



This selfmanagement unit covers IMPORTANT topics

- Selfregulation
- Calming strategies
- Mindfulness
- Self-control
- Self-esteem

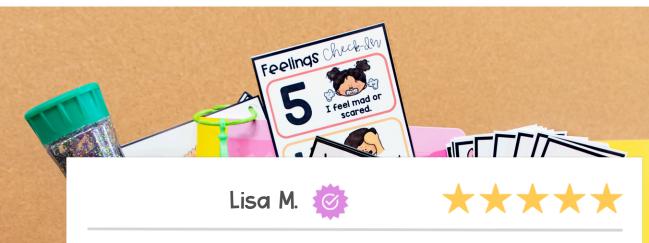


This self-management Unit HAS WHAT TEACHERS LOVE!

- This ONE SEL unit is all you need to teach kids self-regulation, calming, and mindfulness strategies and ways to control impulses!
- Use each lesson and follow-up activities to cover a week of SEL instruction anytime of year.
- The unit easily extends to an entire month 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 Self-Management 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)!



Teachers Love mind the art



"My students loved this resource! It was simple, yet engaging! I loved how easy it was to implement, and I could definitely see an improvement in my students' self-regulation skills!"



Our SEL units are enjoyed in thousands of classrooms worldwide!

Proud to Be Primary self-management

See a Lesson Plan Up-Close

Community building activities get children warmedup 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.

mind+heart - SELF-MANAGEMENT Lesson I: Self-Regulation

> Bring children together as a group. Play the game 'Red Light, Green Light'. When you say "red light" children run and when you say "green" light" they walk slowly. Vary the difficulty by adding other colors.

Discussion Use the discussion starters to have open conversations with children Starters Ask the questions, read the scenarios, and show the photos one time and encourage children to respond and share their thoughts

Whole Collaborative Anchor Chart & Discussion: Contract called "Was can Group self-regulate!" using the pieces vide Expain what self Lesson (It is the ability to mean raind control our box thought har tir a nem as need

> ed regulating. Discuss the me away, ask for help, breathe, etc.) prio k cards and have kids act them out. ss and ask hildren to identify ways they can self-regulate. In Chart: Use the poster to introduce 5 levels of emotions and

ask for examples of when they felt each way. Record examples Follow-up Daily Check In Clip Chart: At different times during the day (easy and Activities hard), ask kids to check-in by moving their clip on their own chart.

Self-Regulation Journal: Children write down and draw their

Lesson Goal

Community

Building

Activity

erstand what self-regulation is. Identify ways and what emotions and experiences require us to self-regulate.

Vocabulary

self regulation, self-regulate, difficult tions, bodies, thoughts, levels, feeling

experiences in a journal with the sentence frame "Today ..., so I ..." Lesson Materials

Discussion Starters Anchor chart pieces and chart paper 🏲 Act It Out task cards Check-In Chart/Poster

Student Check-In charts & clips Self-Regulation Journal

Discussion starters include questions, scenarios, and pictures to encourage a group discussion.

Hands-on activities. games, and centers that build social emotional skills.

All of the materials needed to complete

lessons in a list.

3 Types of Discussion Cards

Discussions are a great warm-up to your SEL block or morning meeting. The included discussion cards provide a valuable way to engage kids and have them reflect. Discussion starters include questions, scenarios, and pictures to encourage a group discussion. No more coming up with engaging prompts; these are done for you!





Anchor Chart & Posters

Anchor chart materials are included for every lesson in this unit. 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!





Support Materials

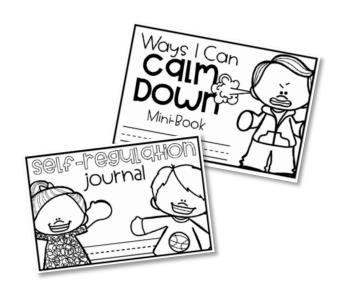
Support materials, such as bulletin boards and student tools, are included in this unit. They help children grasp the lesson and build important social-emotional skills. Create and use the tools as needed during your lessons and after to support your students.





Writing & Book Activities

Writing activities are included throughout the unit to emphasize the lesson topics. Kids will enjoy reflecting on books read and writing about the fun topics and prompts. You will have differentiated writing templates to use and meet your students needs. Just print and go to implement the writing activities quickly and easily!





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 booklets.





self-management BONUS: Family Partnership Guide

Connect with and encourage families to take part in the socialemotional learning development of their child and the concepts you are teaching at school. This 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!

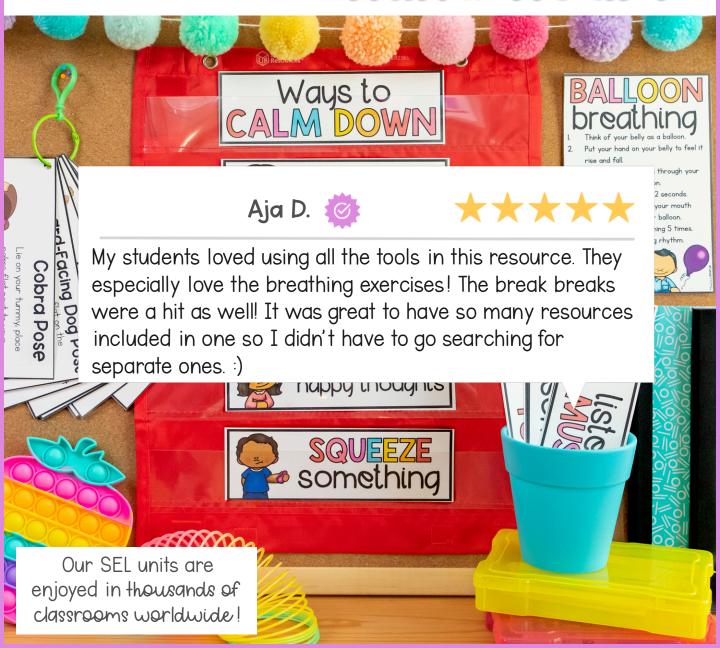


Use the selfmanagement unit for your

- 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 the art



Learn More About Mind to Be Primary mind to Be Primary

Learn about teaching socialemotional learning effectively in K-2 with our SEL curriculum.

CLICK to learn more!





Social-Emotional Resources for K-2







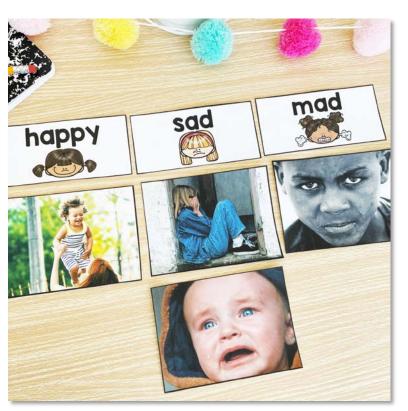
Click the images to see the SEL curriculum BUNDLE &

resources with EVERYTHING you need for a year of SEL!

Want a FREE Sample of mindtheart?



SIGN UP TO GET AN SEL LESSON & MATERIALS FOR FREE!





I'd love for you to try a sample of the MIND+HEART SEL Curriculum with your students to see if it is a perfect fit for you and your students!

CLICK HERE TO GRAB YOUR FREE SAMPLE!

Proud to Be Primary



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.