

self-dwdreness Unit

See What's Included

- 5 detailed, research-based lessons and plans
 - Lesson Topics: Identify & Communicate Emotions; Personality Traits; Self-Esteem & Confidence; Role Models
- Discussion/Challenge cards
- Community building activities
- Anchor charts
- Activities & games
- Tools & posters
 - Refection journal





5 Detailed Lesson Plans

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 unite and stand with confidence.		
Discussion Starters & Challenges	questions and read the scena	have conversations with kids. Ask them rics and encourage kids to respond and share is to take on a challenge from the task cords.	
Whole Group Lesson	Diseases: Notations, LAdor Gourt A.M. "Table is a weak work of a final sense of the sense has well is a metric associated one well. Sense the same histophysical sense of the sense has the sense is a sense of the sense has the sense is a sense of the sense has a sense of the sense has a sense of the sense has the sense is a sense well in the "Disease Bouhard Database A.M. So you find a vary work on the sense such the "Disease Bouhard Database A.M. So you find a vary work on the sense such the "Disease Bouhard Database and you find a vary work on the sense well which the sense such that the sense such as the sense such as the sense such as the sense finding of thereachy that the sense such as the sense that		
Follow-up Activities	page 1 Complete the prompt o Emotions & Situations Sort S	the lesson through writing and drawing on or record personal thoughts from the lesson. or picture cords of different emotions, with lushons that typically cause that emotion, and game instructions.	
Identify diffe situations cau feelings can b amotion, feeli	Lesson Goal rant excitors and what as them. Recognize that is fail differently. Vocabulary Vocabulary or emotions (satisfied.)	Lesson Materials Decision Starter's Challings Task Cards Andrer deut sease and deut paper Book T <u>AM: Henri Ibn J. Withou</u> Working and heart templates Reflection Jaureal (pg 0 - 3-tempty Poster Emotions & Establishes Emotions & Establishes Emotions & Establishes Emotions & Establishes	

Mentor Text List



Discussion Starters & Challenges



Anchor Charts



Posters



Reflection Journal



See What's Included

Writing Activities



Tools



Role Play Cards



Games



Activities



Family Guide



This selfawareness unit covers IMPORTANT topics

- Identifying
 Emotions
- Communicating
 Emotions
- Personality
 Traits
- Self-Esteem
- Role Models



Proud to Be Primary

This self-awareness Unit HAS WHAT TEACHERS LOVE!

- This ONE SEL unit is all you need to teach kids to identify and communicate their feelings in healthy ways and develop self-esteem!
- 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-Awareness 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 mindtheart

Sarah C. 🙋

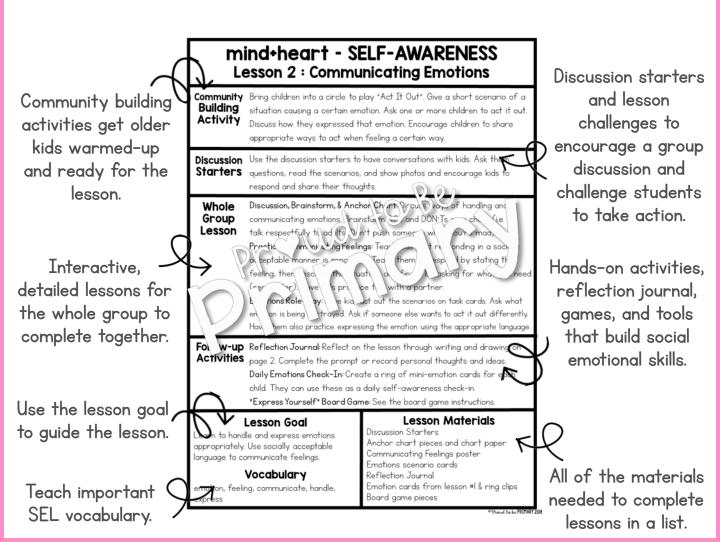


"Self-awareness is an important concept to teach students and this resource makes it so easy! The activities are interesting, engaging, and meaningful!"

feel unhappy. Try to change or improve the situations that cause these feelings.

Our SEL units are enjoyed in thousands of classrooms worldwide!

See a Lesson Plan Up-Close



self-awareness Unit

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!





self-awareness Unit

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.





self-awareness Unit

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!





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.





Self-awareness Unit 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!

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SEL Unit for your

Use the

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

Proud to Be Primary



Teachers Love mindtheart





EMOTION SCENARIO

You can't wait for the fieldtrip trip today and for what you might learn.

You are feeling curious.

I enjoy using this resource with my students! The concepts themselves are tough for kids to understand but having the visuals to use and activities that reinforce the social skills are wonderful! A great resource I've used multiple times in my social skills groups.

Our SEL units are enjoyed in thousands of classrooms worldwide!

Learn More About

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

CLICK to learn more!



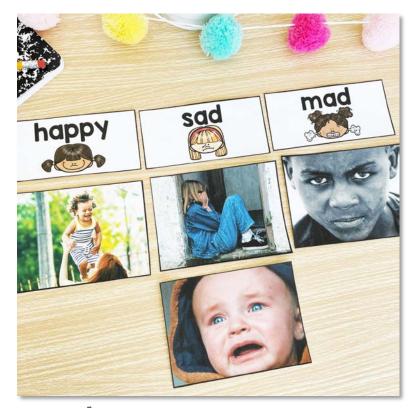




Click the image to see the SEL 3-5 curriculum BUNDLE with EVERYTHING you need for a year of SEL!

Want a FREE Sample of mind heart?

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

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.