

Social & Emotional Learning



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

self-management

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-management Unit



LESSON Overview



Lesson 1

Self-Regulation & Calming Strategies

Lesson 2

Handling Stress

Lesson 3

Mindfulness

Lesson 4

Self-Control

Lesson 5

Personal Safety

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)

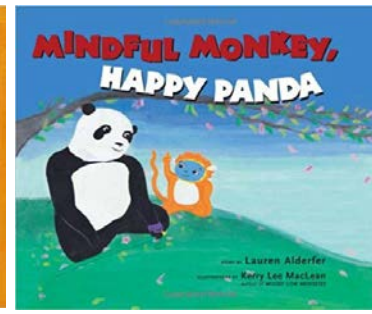
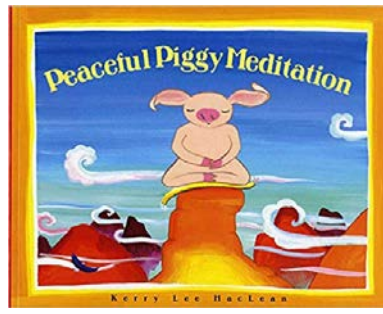
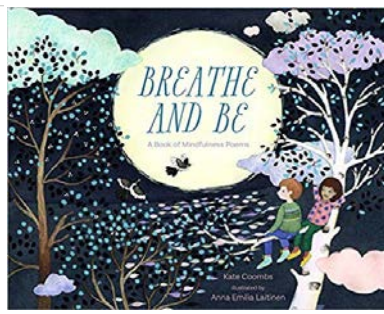
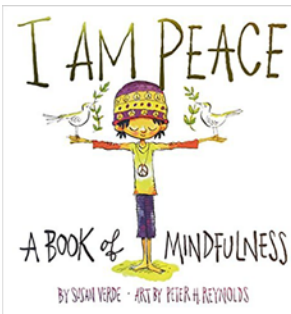
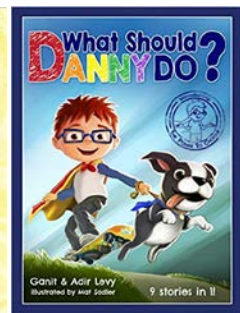
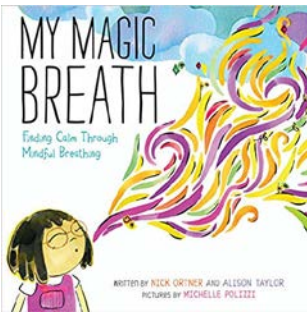
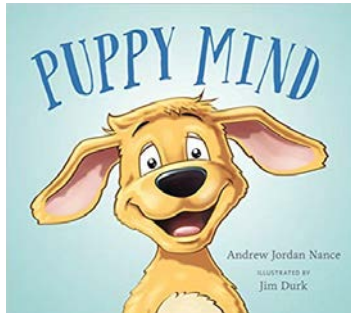
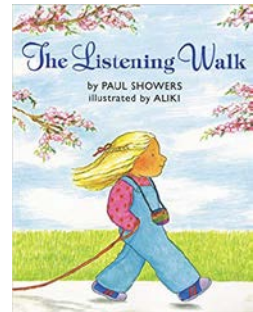
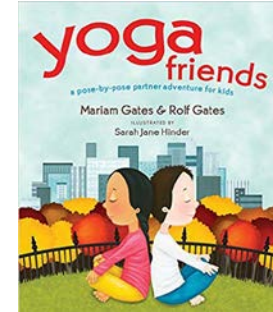
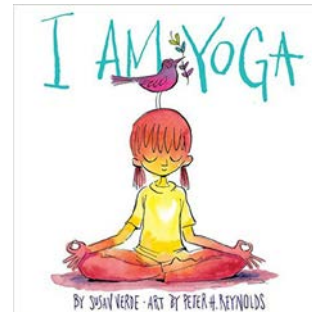
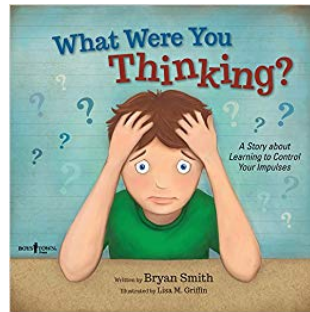
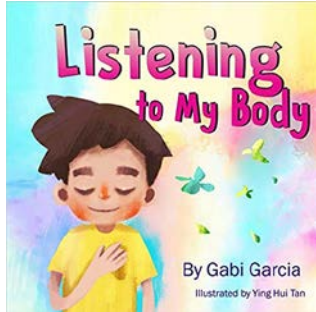
Benefits:

- 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



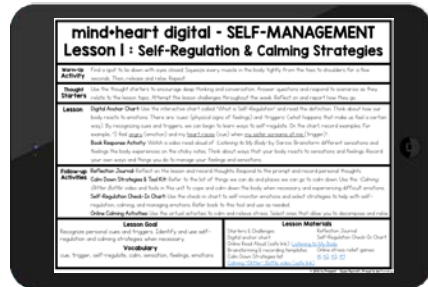
digital self-management Unit Book List

Click the book images below to see a video of them being read aloud (safe links).



Lesson I - Self-Regulation & Calming Strategies

Lesson I teaches kids to recognize their own personal cues and triggers for certain emotions. Kids will learn to identify and use self-regulation and calming strategies when necessary.



Lesson Plan

Starters & Challenges

Digital Anchor Chart

Calm Down Strategies



Read Aloud & Response

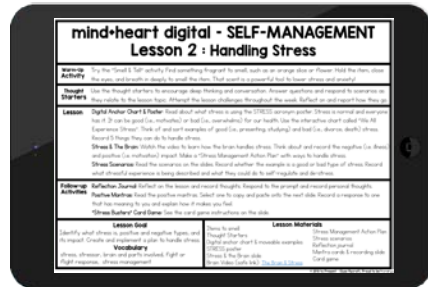
Check-in Chart

Online Calming Activities

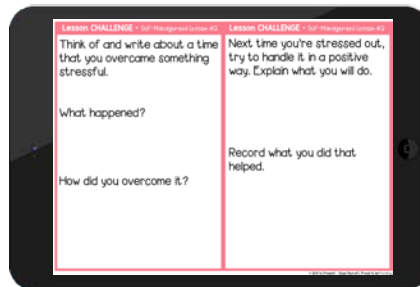
Self-Regulation Journal

Lesson 2 - Handling Stress

Lesson 2 teaches what stress is, the positive and negative types of stress, and its impact. Kids will learn ways to manage stress and create and implement a plan to handle stress.



Lesson Plan



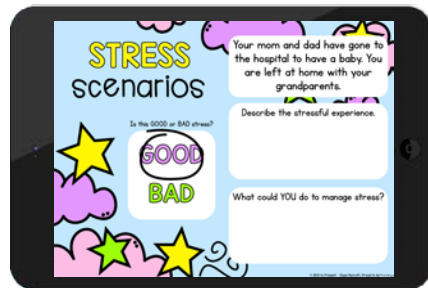
Starter & Challenges



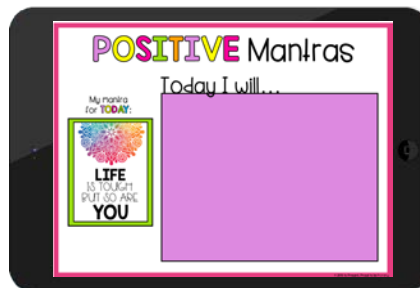
Poster & Anchor Chart



The Brain & Stress



Stress Scenarios



Positive Mantras



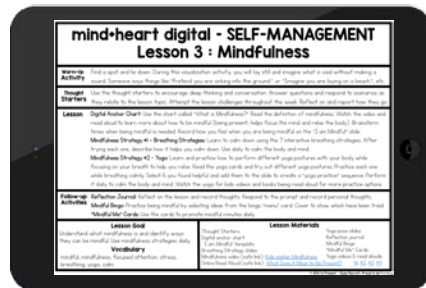
Card Game



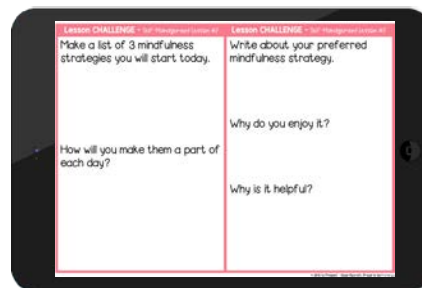
Self-Regulation Journal

Lesson 3 - Mindfulness

Lesson 3 teaches kids about mindfulness and different ways they can be mindful. Kids will practice and learn to use mindfulness strategies daily.



Lesson Plan



Starters & Challenges



Digital Anchor Chart



Mindful Reflection



Breathing & Yoga Activities



Mindfulness Strategies



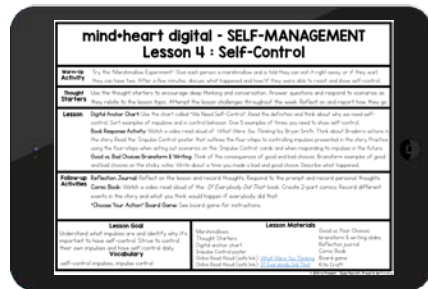
Mindfulness Bingo



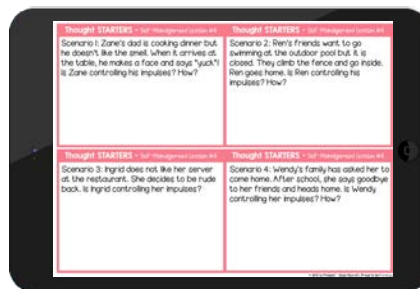
Online Yoga Videos & Books

Lesson 4 - Self-Control

Lesson 4 teaches kids to understand what impulses are and identify why it's important to have self-control. Kids will strive to control their own impulses and have self-control daily.



Lesson Plan



Starters & Challenges



Digital Anchor Chart



Read Aloud & Poster



Bad & Good Choices



Book & Comic Activity



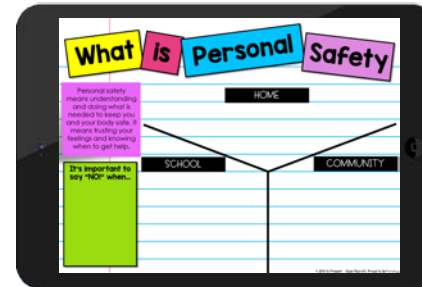
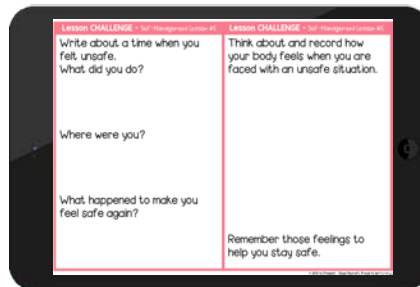
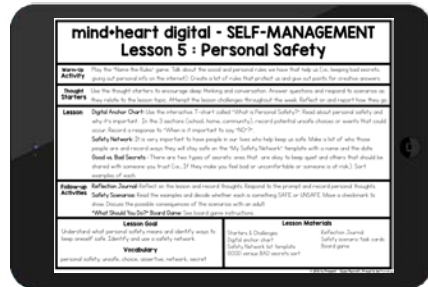
Boardgame



Self-Regulation Journal

Lesson 5 - Personal Safety

Lesson 5 teaches kids to understand what personal safety means and identify ways to keep oneself safe. Kids will learn to identify and use a safety network.

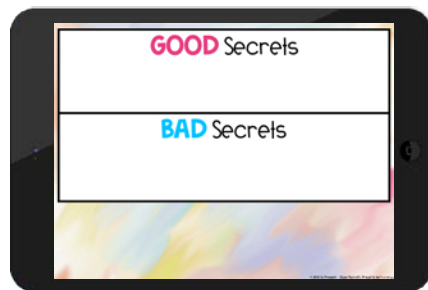


Lesson Plan

Starters & Challenges

Digital Anchor Chart

Safety Network



Good vs. Bad Secrets Sort

Safe or Unsafe Scenarios

Boardgame

Self-Regulation Journal

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.

self-management

DIGITAL UNIT



self-management

DIGITAL UNIT



self-management

DIGITAL UNIT

Sort the examples of IN CONTROL and IMPULSIVE behaviors. Record examples of when you need self-control.

We Need Self-Control

Self-control is having control over one's feelings, thoughts, and behaviors. We act impulsively when we don't think before we act.

List 5 Times You Need to Show Self-Control

1. type here
2. type here
3. type here
4. type here
5. type here

IN CONTROL

act careless
wait your turn
say bad words
think before acting
keep hands to yourself

call out
ask for things
push others
act silly
stay focused

IMPULSIVE

wait in line
listen to others
cut in line
use manners
interrupt
overreact

act calm
act dangerously
put up your hand
grab



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

Social-Emotional Learning



3-5 Curriculum by Proud to Be Primary

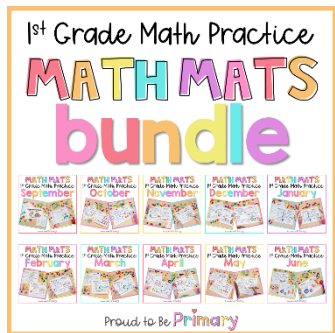
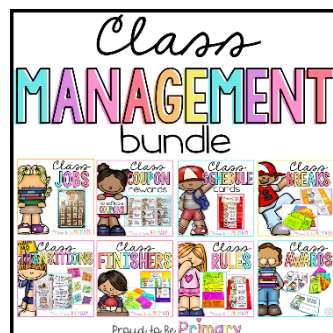
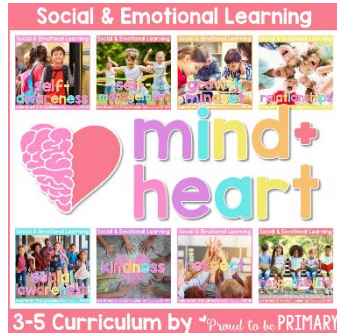
Digital Curriculum

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.