

SOCIAL-EMOTIONAL LEARNING 3-5

Proud to Be Primary

self-management

5 Weeks of Lessons & Activities



Discussion
Cards

Games

Journal

Posters

self-management Unit

See What's Included

- ♥ 5 detailed, research-based lessons and plans
- ♥ Lesson Topics: Self-regulation & calming strategies; handling stress; mindfulness; impulse control; personal safety
- ♥ Discussion/Challenge cards
- ♥ Community building activities
- ♥ Anchor charts
- ♥ Activities & games
- ♥ Tools & posters
- ♥ Reflection journal



self-management Unit

See What's Included

Writing Activities



Tools



Role Play Cards



Games



Activities



Mini-Books



This
self-
management
unit covers
IMPORTANT
topics

- ♥ Self-regulation & calming strategies
- ♥ Stress
- ♥ Mindfulness
- ♥ Impulse control
- ♥ Personal safety



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+heart

Emma D.



Amazing SEL resource. Love the discussion starters and scenarios. Great lists of picture books to supplement learning. Completely organized for you with relevant material.

Our SEL units are enjoyed in thousands of classrooms worldwide!

self-management Unit

See a Lesson Plan Up-Close

Community building activities get older kids warmed-up 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 1 : Self-Regulation & Calming Strategies	
Community Building Activity	Have kids find a spot to lie down with their eyes close. Direct them to squeeze every muscle in their bodies tightly from their toes to their shoulders for a few seconds. Then, release and relax. Repeat.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Discussion & Writing Activity: Introduce the 'terminals' (physical signs of feelings) and 'triggers' (what happens that makes us feel a certain way). Kids think and write about certain emotions and identify their personal cues (i.e. when angry, I feel sweaty, hot, grind teeth) and triggers (i.e. my sister nags me, a bell on the temple). Kids learn to recognize their cues and triggers, they identify and learn ways to self-regulate. Book & Calm Strategies: Lead students to "My Body" and discuss why our body reacts to sensations and feelings. Brainstorm some of the different strategies they use to self-regulate and manage on an anchor chart called "Calm Strategies". Ask kids to share a few ways things they do to manage their feelings or calm themselves. Discuss.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on page 1. Complete the prompt or record personal thoughts from the lesson. Calm Down Kit: Create personal 'Calm Down Kits' filled with materials that help kids manage and calm themselves (see instructions). Check-In Chart: Use a check-in chart to self-monitor (see instructions).
Lesson Goal	Lesson Materials
Recognize personal cues and triggers. Identify and use self-regulation and calming strategies when necessary.	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Book: Listening to My Body by Gabi Garcia Cues/triggers template Calm Down Kit Reflection Journal (pg. 1) Calming Strategies Poster Check-In chart materials
Vocabulary	
cue, trigger, self-regulate, calm, sensation, feelings, emotions	

Discussion starters and lesson challenges to encourage a group discussion and challenge students to take action.

Hands-on activities, reflection journal, games, and tools that build social emotional skills.

All of the materials needed to complete lessons in a list.

self-management 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-management 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!



self-management Unit

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-management 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!



Create a reflection journal for the unit by binding the pages together ahead of time.



self-management Unit

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-management Unit

BONUS: Family Partnership Guide

Connect with and encourage families to take part in the social-emotional 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 emotions 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+heart**Kerry C. 

This is a great resource to help students learn about their emotions, stresses and how to help themselves by being self-regulating using practical, kid-friendly ideas.

IMPULSE CONTROL

Your little sister is getting on your nerves. You yell at her and tell her to "get lost".

Our SEL units are enjoyed in thousands of classrooms worldwide!

Learn More About

mind+heart

Proud to Be Primary

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

CLICK to learn more!



mind+heart Proud to Be Primary

Social-Emotional Learning

40 WEEK 3-5 CURRICULUM

 Social & Emotional Learning awareness Lesson 1.1 Curriculum by author	 Social & Emotional Learning management Lesson 2.1 Curriculum by author	 Social & Emotional Learning growth mindset Lesson 3.1 Curriculum by author	 Social & Emotional Learning relationships Lesson 4.1 Curriculum by author
 Social & Emotional Learning awareness Lesson 1.2 Curriculum by author	 Social & Emotional Learning kindness Lesson 2.2 Curriculum by author	 Social & Emotional Learning respect Lesson 3.2 Curriculum by author	 Social & Emotional Learning responsibility Lesson 4.2 Curriculum by author

lesson plans activities posters + more

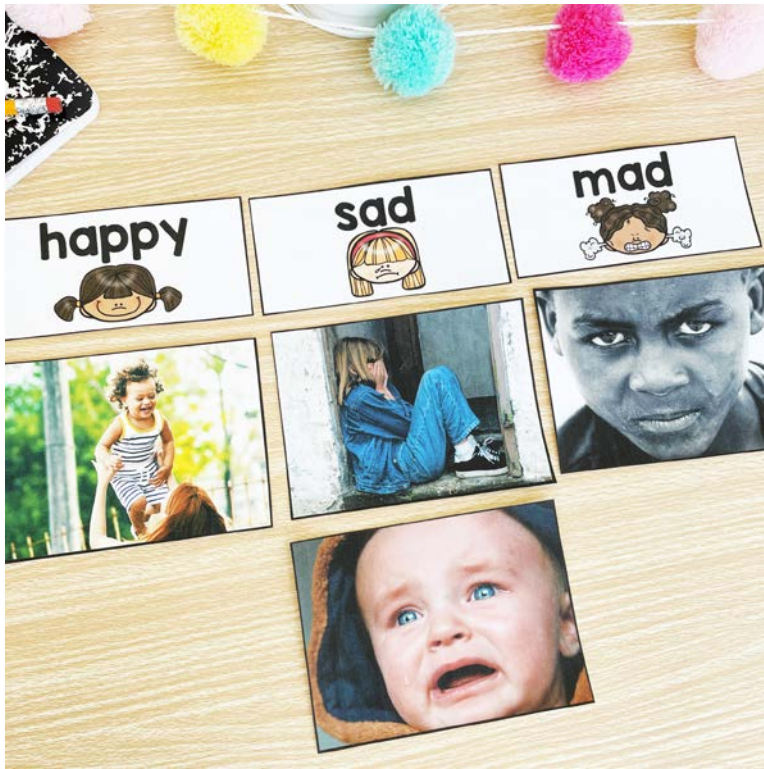


Click the image to see the SEL 3-5 curriculum BUNDLE with EVERYTHING you need for a year of SEL!

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!](#)



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.