

Social & Emotional Learning



mind+heart K-2 Curriculum by *Proud to Be* Primary



RELATED RESOURCES

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Social & Emotional Learning



K-2 Curriculum by Proud to be PRIMARY

Printable Curriculum

DIGITAL Social-Emotional Learning



K-2 Curriculum by Proud to be Primary

Digital Curriculum

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

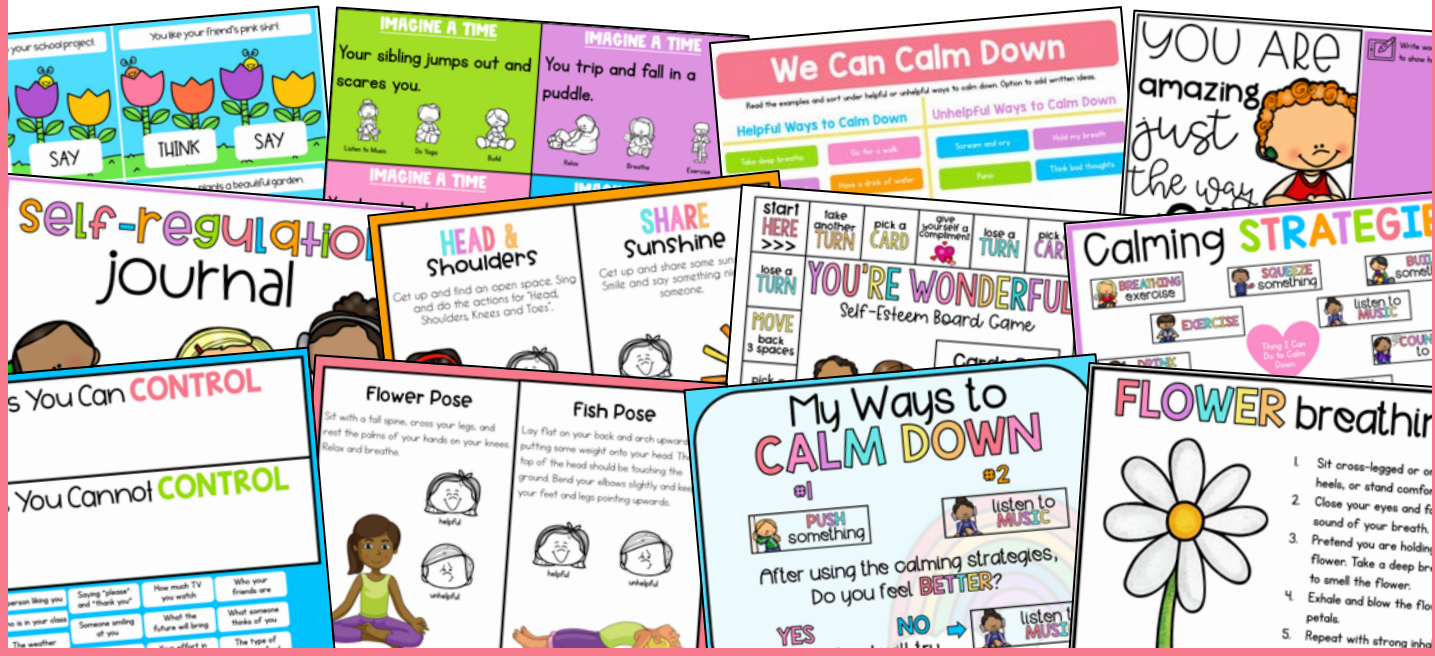
self-management

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 & pre-loaded Seesaw activities that are ready for you!



self-management

DIGITAL UNIT





LESSON Overview



Lesson 1

Self-Regulation

Lesson 2

Regulating Emotions & Calming Down

Lesson 3

Mindfulness Strategies

Lesson 4

Self-Control

Lesson 5

Self-Esteem

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)

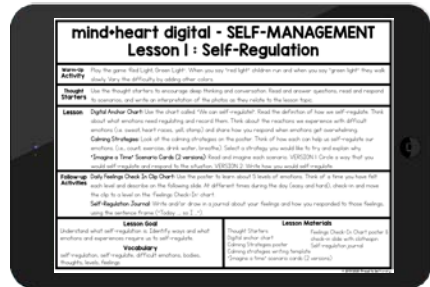
Benefits:

- 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



Lesson 1 - Self-Regulation

Lesson 1 teaches kids what self-regulation is and to identify ways and what emotions and experiences require us to self-regulate. They will learn about different calming strategies and will select one to try.



Lesson Plan



Thought Starters



Calming Strategies



Digital Anchor Chart



Calming Strategies #2



Scenario Cards



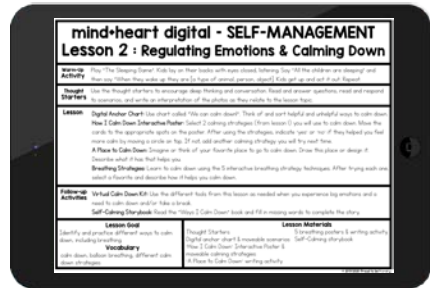
Feelings Check-In Poster



Self-Regulation Journal

Lesson 2 - Regulating Emotions & Calming Down

Lesson 2 teaches kids to identify and practice different ways to calm down, including five different breathing strategies. They will create an interactive calm down kit to help them when needed.



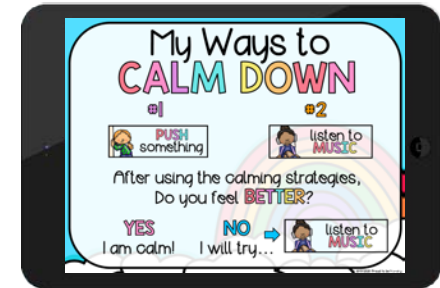
Lesson Plan



Thought Starters



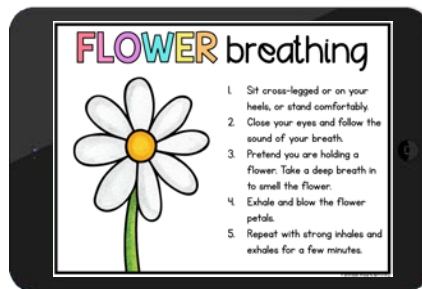
Digital Anchor Chart



Calm Down Choice Poster



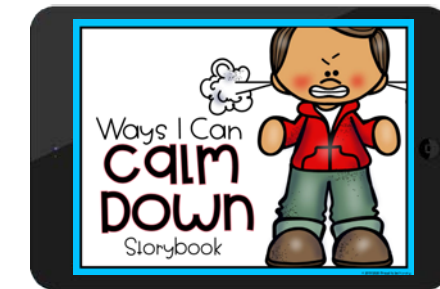
Calm Down Place



Breathing Strategies



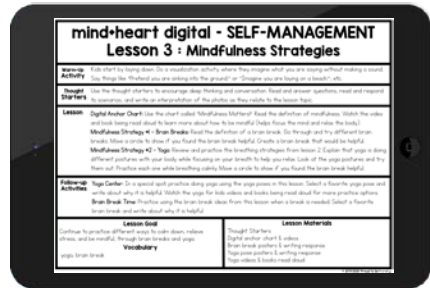
Breathing Reflection



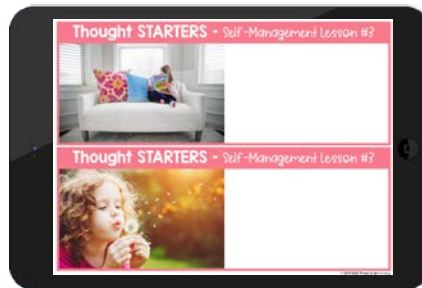
Fill-in-the-Blank Book

Lesson 3 - Mindfulness Strategies

Lesson 3 teaches children about mindfulness. They will begin to practice different ways to calm down, relieve stress, and be mindful, through brain breaks and yoga.



Lesson Plan



Thought Starters



Digital Anchor Chart



Brain Break Cards



Brain Break Reflection



Yoga Pose Cards



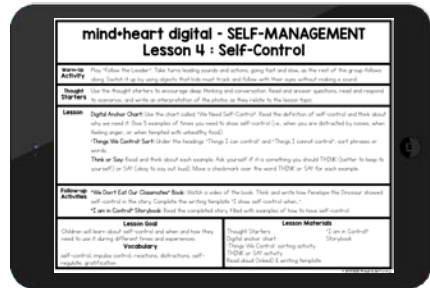
Yoga Reflection



Mindfulness Videos

Lesson 4 - Self-Control

Lesson 4 teaches children about self-control and when and how they need to use it during different times and experiences. They will identify things they can and cannot control, as well as things they should say or think.

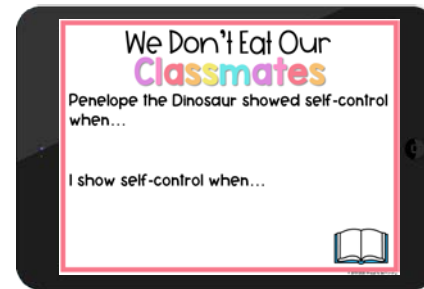
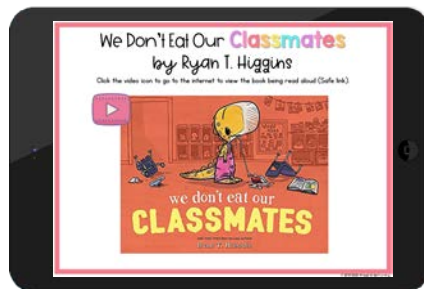
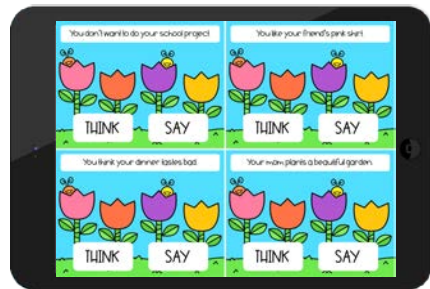


Lesson Plan

Thought Starters

Digital Anchor Chart

Sorting Activity



THINK or SAY cards

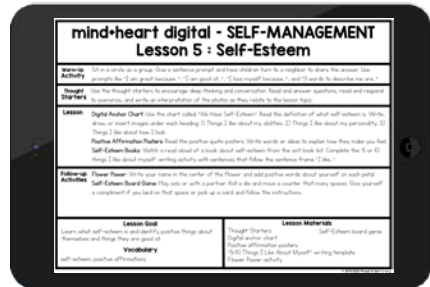
Video Read Aloud

Story Response

In Control Storybook

Lesson 5 - Self-Esteem

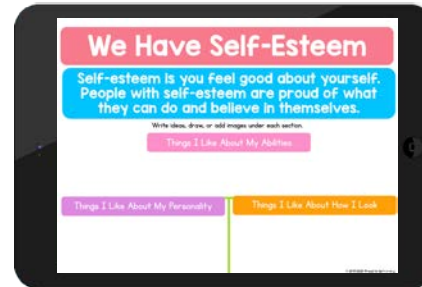
Lesson 5 teaches children what self-esteem is and things they like about themselves. They will identify positive traits and words to describe themselves.



Lesson Plan



Thought Starters



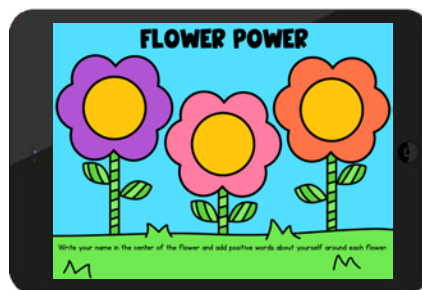
Digital Anchor Chart



Affirmation Posters



5/10 Things I Like Writing



Self-Love Flowers

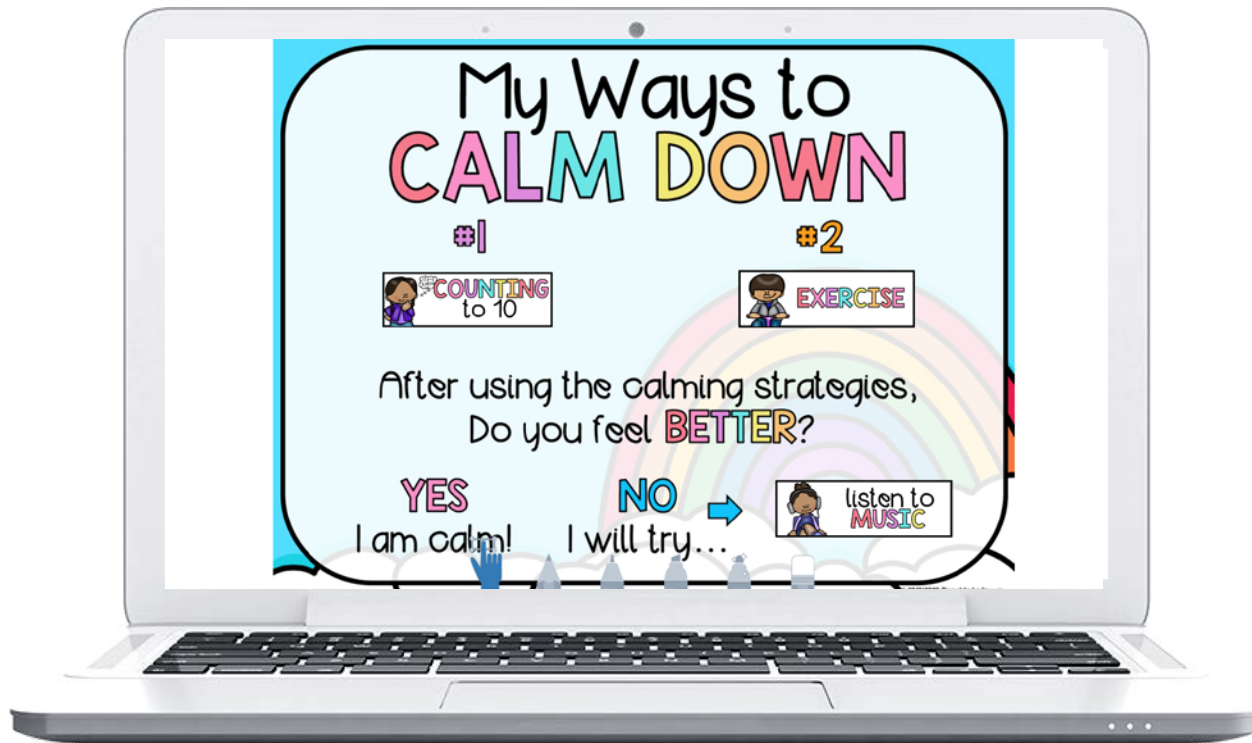


Self-Esteem Board Game

digital mind+heart - self-management Unit

Use with SEESAW

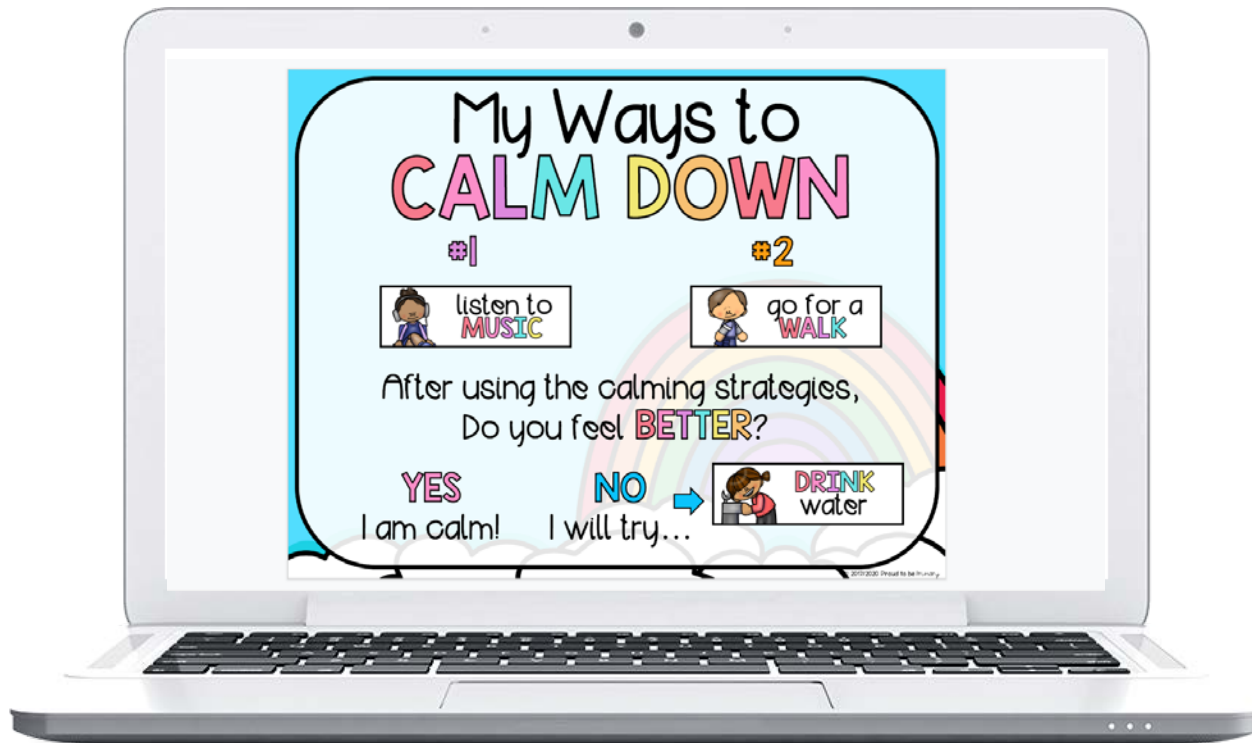
Instructions, lesson plans, and links to preloaded lessons are provided that you can assign to students to use digitally in Seesaw. There are moveable, interactive pieces for students to use as they complete the activities. They will also type, write, draw, and add pictures as they complete activities.



digital mind+heart - self-management Unit

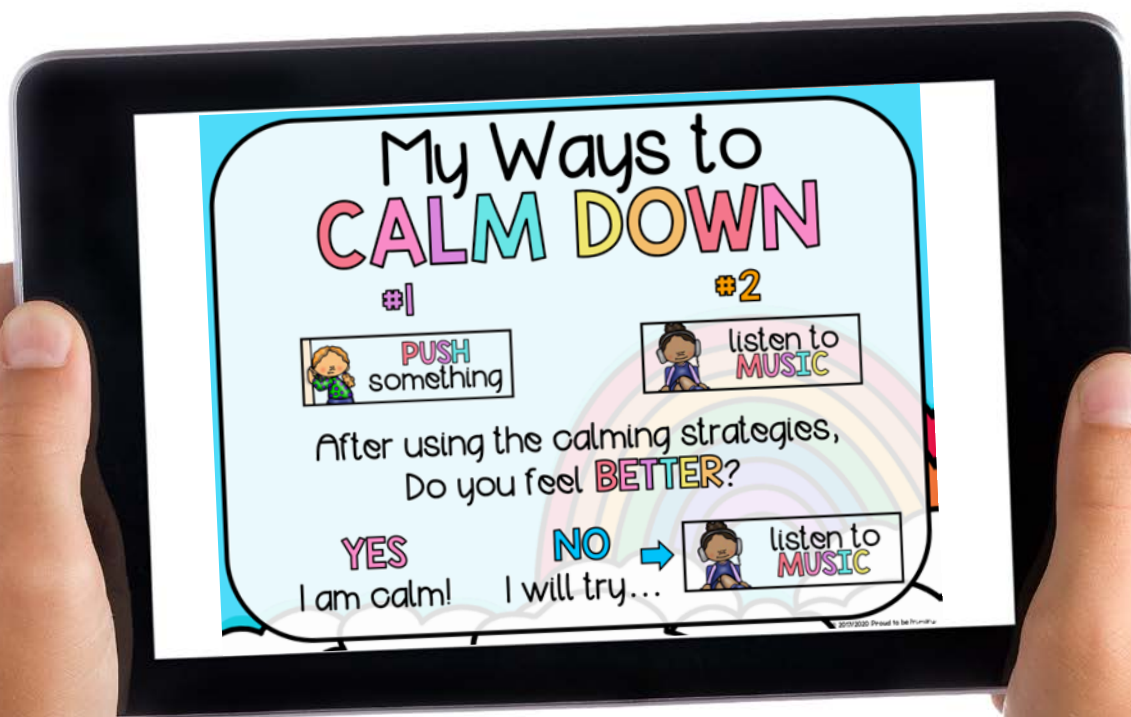
Use with GOOGLE SLIDES

Complete instructions, lesson plans, and links are provided to make a copy of the Google Slides™ documents that you can assign to children and use digitally within your Google Classroom™. There are moveable, interactive pieces for students to use as they complete the slides, as well as text boxes to fill in answers.



self-management

DIGITAL UNIT



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.



BEST SELLING teacher resources

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

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K-2 Curriculum by *Proud to be PRIMARY

Social & Emotional Learning

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3-5 Curriculum by *Proud to be PRIMARY

Class **MANAGEMENT** bundle

Proud to be Primary

Non-Fiction & Science Units FOR THE WHOLE YEAR

17 UNIT BUNDLE

Proud to Be Primary

Poem of the Week

BUNDLE by Proud to Be Primary

1st Grade Math Practice **MATH MATS** bundle

Proud to Be Primary

Weekly Directed Drawings **DRAWING MATS** bundle

Proud to Be Primary

Daily Listening Practice **LISTENING MATS** bundle

Proud to Be Primary

Daily Writing Practice **WRITING MATS** bundle

Proud to Be Primary

3 in 1 Resource | Printable & Google Slides & Seesaw

Daily Reading Practice **COMPREHENSION MATS** bundle

Proud to Be Primary

SIGHT WORD Curriculum
Fry's First 300 Words

6 Comprehensive Sight Word Packs

SIGHT WORD Curriculum
Dolch Pre-Primer-2nd Grade

4 Comprehensive Sight Word Packs

Mindful **MATH**
Kindergarten Curriculum Bundle

10 Comprehensive Math Units

Mindful **MATH**
1st Grade Math Curriculum Bundle

10 Comprehensive Math Units

Mindful **MATH**
Second Grade Curriculum Bundle

10 Comprehensive Math Units

Head to www.shopproudtoprimary.com for a complete listing of resources.