

# Social & Emotional Learning



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

# social awareness

## 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 - social awareness Unit



## LESSON Overview



Lesson 1

Social Cues & Expectations

Lesson 2

Empathy

Lesson 3

Peer Pressure

Lesson 4

Conflict Resolution

Lesson 5

Anti-Bullying

# Why mind+heart digital

The **mind+heart digital** social-emotional learning program was designed to help teachers guide and instruct kids to develop emotional awareness and social competence. The goal is for kids in grades 3-5 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. Kids 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 3-5 curriculum to enhance learning. It can also be used separately to further an individual'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 3-5 classrooms.

# 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
- Interactive PowerPoint files are included for use in various online apps or on your classroom devices

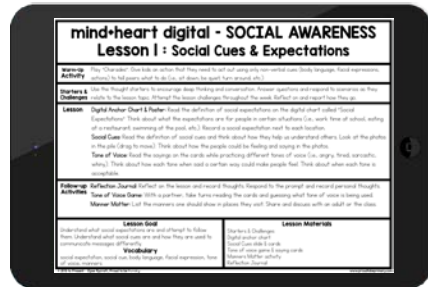
## Benefits:

- 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

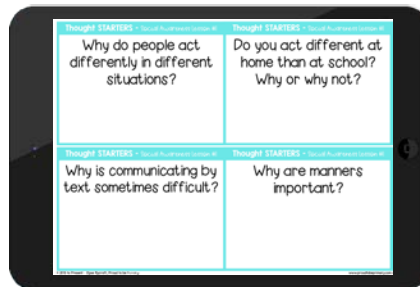


# Lesson 1 - Social Cues & Expectations

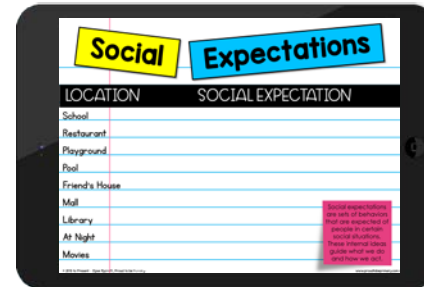
Lesson 1 teaches kids to understand what social expectations are and attempt to follow them. They will learn and understand what social cues are and how they are used to communicate messages differently.



Lesson Plan



Starters & Challenges



Digital Anchor Chart



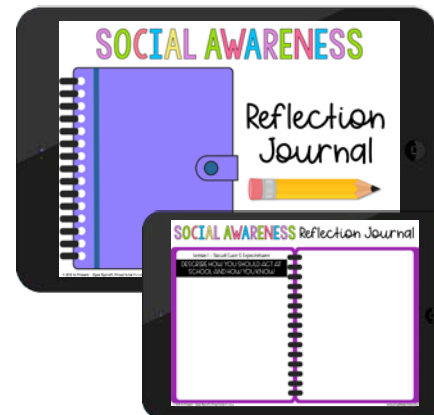
Social Cues Practice



Tone of Voice Activity



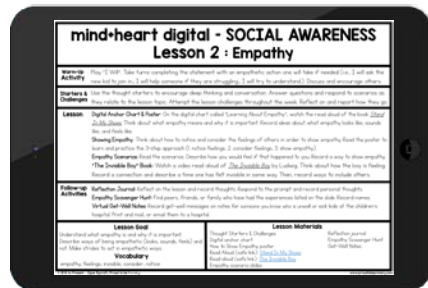
Manners Reflection



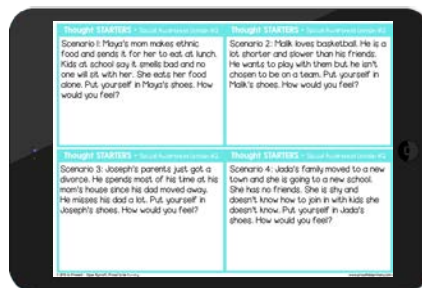
Reflection Journal

# Lesson 2 - Empathy

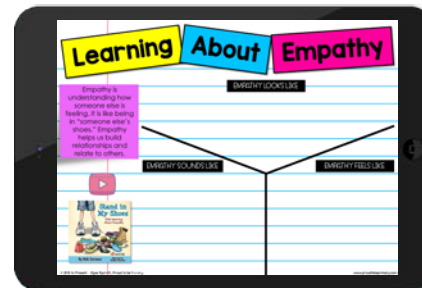
Lesson 2 teaches kids to understand what empathy is and why it is important. They will describe ways of being empathetic (looks, sounds, feels) and ways that are not. They will be encouraged to act in empathetic ways.



Lesson Plan



Starters & Challenges



Digital Anchor Chart



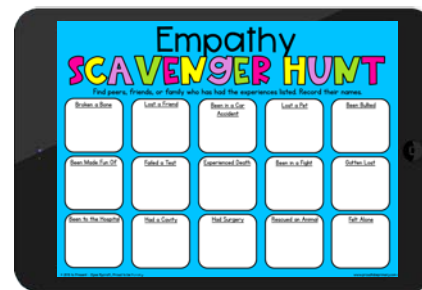
Get Well Notes



Scenario Slides



Read Aloud & Response



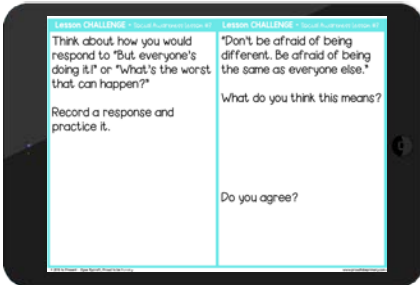
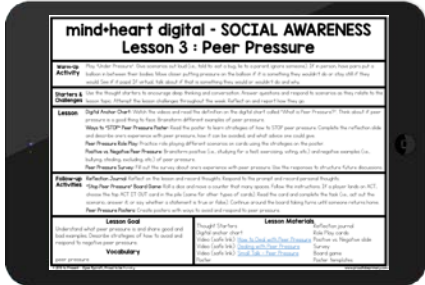
Scavenger Hunt



Reflection Journal

# Lesson 3 - Peer Pressure

Lesson 3 teaches kids to understand what peer pressure is and share good and bad examples from their knowledge and experience. They will learn strategies of how to avoid and respond to negative peer pressure.

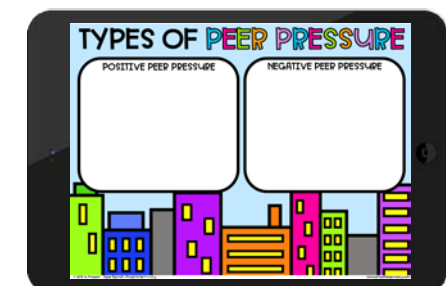
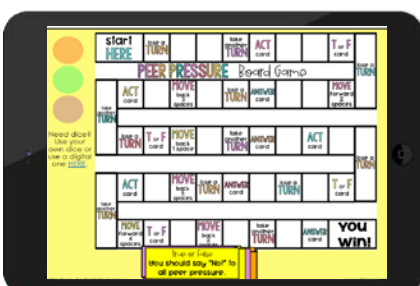


# Lesson Plan

## Starters & Challenges

## Digital Chart & Poster

## Survey & Reflection



## Role Play Cards

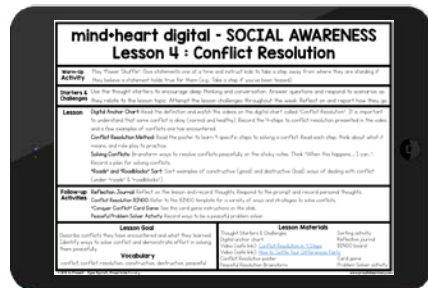
## Board Game

## Poster Activity

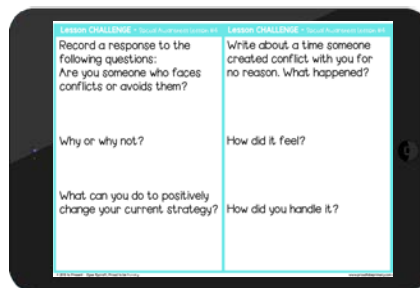
## Brainstorm Activity

# Lesson 4 - Conflict Resolution

Lesson 4 teaches kids to identify ways to solve conflict and demonstrate effort in solving them peacefully. They will describe conflicts they have encountered and what they learned.



Lesson Plan



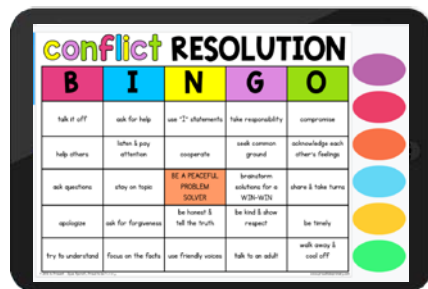
Starters & Challenges



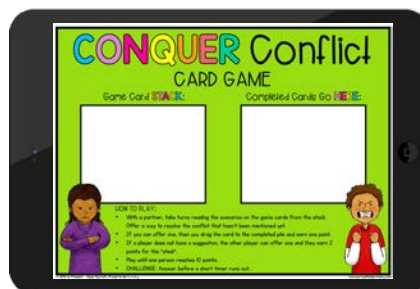
Digital Chart & Poster



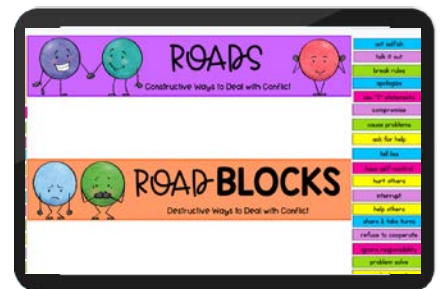
Brainstorm & Plan



BINGO Board



Card Game



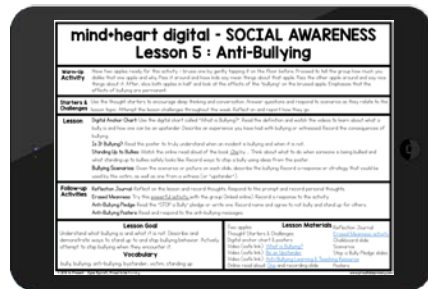
Sorting Activity



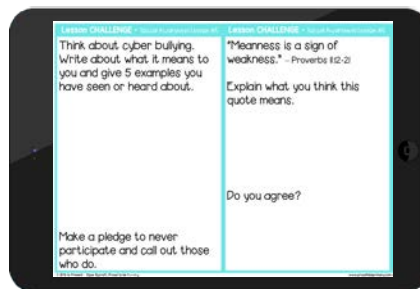
Reflection Journals

# Lesson 5 - Anti-Bullying

Lesson 5 teaches kids to understand what bullying is and what it is not. They will learn to demonstrate ways to stand up to and stop bullying behavior. They will be encouraged to actively attempt to stop bullying when they encounter it.



Lesson Plan



Starters & Challenges



Digital Chart & Poster



Story, Response, & Poster



Scenarios



Pledge



Quote Posters



Reflection Journal

# social awareness

## DIGITAL UNIT

Read the empathy scenarios. Describe how you would feel if that happened to you. Record a way to show empathy.

Today is your friend's birthday party. Your friend has been talking about it all month.

How would you feel?  
Type here

How could you show empathy?  
Type here

EMPATHY

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# THANK YOU!

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## Social & Emotional Learning



3-5 Curriculum by Proud to be PRIMARY

Printable Curriculum

## DIGITAL 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!

Social & Emotional Learning



**mind+heart**

K-2 Curriculum by \*Proud to be PRIMARY


Social & Emotional Learning



**mind+heart**

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7 in 1 Resource: 1 Printable 2 Google Slides 3 Seesaw

Daily Reading Practice  
**COMPREHENSION MATS** bundle



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Fry's First 300 Words



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