

Social & Emotional Learning



mind+heart K-2 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 & pre-loaded Seesaw activities that are ready for you!





LESSON Overview



Lesson 1

Our Feelings & Behaviors Affect Others

Lesson 2

Developing Empathy

Lesson 3

Displaying Empathy

Lesson 4

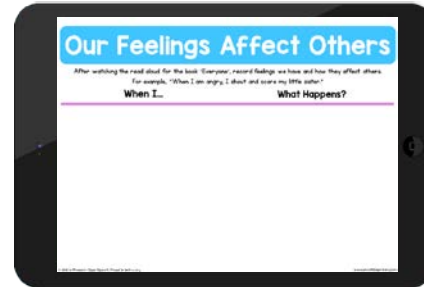
A Community of Compassion

Lesson 5

Building an Inclusive Community

Lesson 1 - Our Feelings & Behaviors Affect Others

Lesson 1 teaches children to understand that their feelings and behaviors affect others and helps them learn ways to make adjustments.

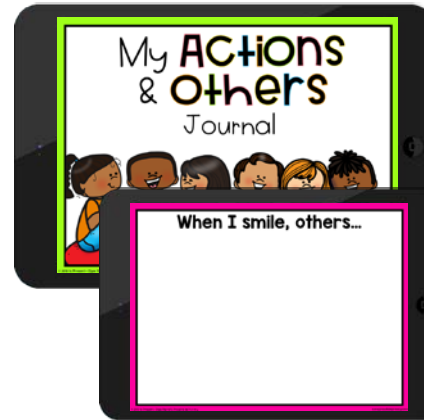


Lesson Plan

Thought Starters

Digital Anchor Chart

Wrinkled Heart Activity



Poem Activity

Story & Response

Journal

Lesson 2 - Developing Empathy

Lesson 2 teaches children to understand what empathy is and why it is important. They will learn to identify and describe people's needs depending on the experience.

mind•heart digital - SOCIAL AWARENESS
Lesson 2 : Developing Empathy

Anchor
Thinking of one that appears to be good and not good or not not doing the experience with others. Use what you know and what you see.

Thought Starters
How do people behave in these situations? How do you feel? How do you think they feel? How do you think they would feel? How do you think they would act? How do you think they would think?

Lesson
Digital Anchor Chart: Use the anchor chart titled "What is Empathy?" Read the definition of empathy and why it is important. Watch the video "Share Your Story". Think of how you have experienced empathy and respond.

Read Aloud Response
Watch and read aloud of "The Story of the Boy Who Cried Wolf". Think of the different characters and how they felt. How do you think they felt? How do you think they would feel? How do you think they would act? How do you think they would think?

Play: The Empathy Game!
Read the story and play the game. How do you think they would feel? How do you think they would act? How do you think they would think?

Follow-up Activities
"Share a Story" Card Game: Take turns reading the story to each other. The one who is reading and listening. Think of and describe how you have experienced that feeling.

Empathy Scavenger Hunt
Find, think, or write who has had the experience listed on the side. Record names.

Lesson Goal
Understand what empathy is and why it is important. Identify and describe people's needs depending on the experience.

Vocabulary
empathy, share, imagine, habits, needs

Lesson Materials
Digital Anchor Chart
"Share a Story" Card Game
Empathy Scavenger Hunt
Empathy Scavenger Hunt
Empathy Scavenger Hunt

Thought Starters - Social Awareness Lesson 2

Thought Starters
How do you think they would feel? How do you think they would act? How do you think they would think?

Thought Starters - Social Awareness Lesson 2

Thought Starters
How do you think they would feel? How do you think they would act? How do you think they would think?

What is Empathy?

Read the definition of empathy. Watch the video to learn more.

Empathy is being able to understand and care about how someone else is feeling and what they are going through. It is important to show others empathy because it allows us to connect with them and build relationships.

Read 2 times someone needs empathy.

1
2
3

Click to return to go to the video to watch the video (Click 1, 2, 3)

Stand in My Shoes
by Bob Sarnson

5 Ways I Show Empathy

1
2
3
4
5

Lesson Plan

Thought Starters

Digital Anchor Chart

Story & Response

THE EMPATHY GAME
A friend is having their birthday party today.

THE EMPATHY GAME
They are counting down the days until Christmas.

THE EMPATHY GAME
Her mom is in the hospital.

THE EMPATHY GAME
A classmate didn't practice before their presentation.

Describe a TIME CARD GAME

Name Card STACK: doctor

Feeling Card STACK: embarrassed

EMPATHY PUZZLES

Mom stubs her toe and yells. You could ask your mom if she is okay and help her sit down.

A friend wins free books at the book fair. You could congratulate them and ask them what they chose.

A friend's cat is missing. You could help her make signs to post around the street.

Dad works late and comes home tired. You could ask him how his day was and give him a big hug.

Empathy SCAVENGER HUNT

Find peers, friends, or family who has had the experiences listed. Record their names.

Subs in a line	Lost a favorite	Got out of the car	Woke in the snow	Lost a shoe
Got lost in a store	Spilled a drink	Lost a pet	Spilled on someone	Went to a dentist
Been in the hospital	Had a cavity	Had surgery	Spilled on a friend	Got a new

Empathy Game

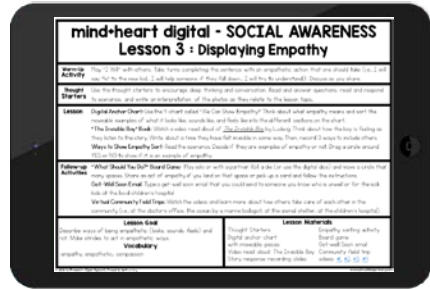
Card Game

Puzzle Matching Activity

Scavenger Hunt

Lesson 3 - Displaying Empathy

Lesson 3 teaches children to describe ways of being empathetic (looks, sounds, feels) and not. The lesson and activities will encourage children to act in empathetic ways.



Lesson Plan



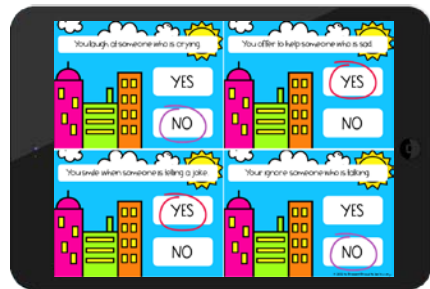
Thought Starters



Digital Anchor Chart



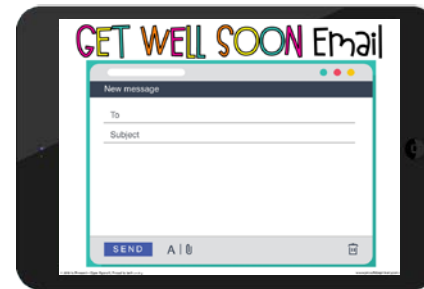
Story & Responses



Task Card Scenarios



Boardgame



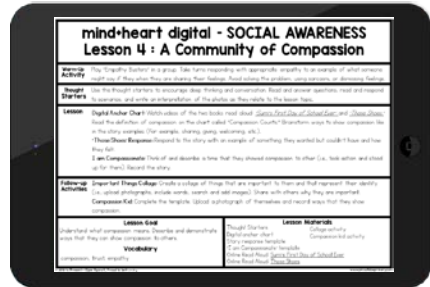
Email Writing



Community Field Trips

Lesson 4 - A Community of Compassion

Lesson 4 teaches children to understand what compassion means. They will learn to describe and demonstrate ways that they can show compassion to others.



Lesson Plan



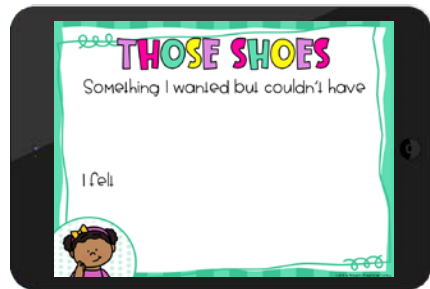
Thought Starters



Digital Anchor Chart



Online Read Alouds



Story Response



Writing Activity



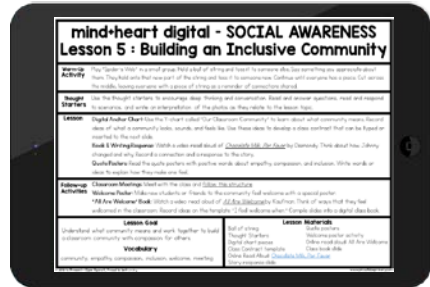
Collage Activity



Compassion Activities

Lesson 5 - Building an Inclusive Community

Lesson 5 teaches children to understand what community means and work together to build a classroom community with compassion for others.



Lesson Plan



Thought Starters



Digital Anchor Chart



Classroom Contract



Story & Response



Quote Posters



Welcome Poster



Story & Response

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



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.

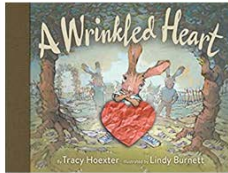
mind+heart digital aligns to the CASEL framework of the 5 core competences for SEL. It provides educators with an affordable and accessible option that is structured and highly effective in K-2 classrooms.

social awareness

DIGITAL UNIT

Wrinkled HEART

Before you speak,
Think and be smart.
It's hard to fix
A wrinkled heart!



Click the video icon to go to the internet to view the book being read aloud (Safe link).



1
2
3

Record 3 things that cause a wrinkle in your heart



RELATED RESOURCES

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

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.



BEST SELLING teacher resources

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

Social & Emotional Learning

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K-2 Curriculum by *Proud to be PRIMARY

Social & Emotional Learning

mind+heart

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

Fun! 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.