

UNIT

2

Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
A Positive Learning Community	Personal Development	Social Development	Health and Prevention	Reflection and Closure

2

SEL COMPETENCIES

Self-Awareness
Responsible Decision-Making
Social Awareness
Self-Management

Students will learn the following skills:

- ☐ accurate self-perception
- ☐ impulse control
- ☐ analyzing situations
- ☐ recognizing strengths
- ☐ identifying emotions
- ☐ self-discipline

PREPARATION

Non-classroom materials needed for this unit

ENERGIZERS

MACHINES

1. Organize groups of 5-8
2. Each group will use their bodies to create a machine. Examples; motorcycle, washing machine, garbage disposal, vacuum cleaner, etc.
3. Give groups 5 minutes to plan and practice.
4. Have each group demonstrate to the other groups until someone guesses what the machine is.
5. Rule: no guessing until the group has finished.

TICKLERS

Write the quotations on the board and ask the class to discuss what they mean about the role values play in life.

When your values are clear to you, making decisions becomes easier. – Roy E. Disney

The aim of education is the knowledge, not of facts, but of values. – William S. Burroughs

I have learned that as long as I hold fast to my beliefs and values – and follow my moral compass – then the only expectations I need to live up to are my own.
– Michelle Obama