

Unit 2

Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
A Positive Learning Community	Personal Development	Social Development	Health and Prevention	Leadership and Service	Reflection and Closure

SEL COMPETENCIES

Self-awareness
Relationship Skills
Self-management

Students will learn the following skills:

- accurate self-perception
- recognizing strengths
- communication
- self-confidence
- self-efficacy
- self-motivation
- goal setting
- identifying emotions
- impulse control
- stress management
- self-discipline

PREPARATION

Non-classroom materials needed for this unit

You will need Q-Bear or another stuffed bear throughout this unit.

Lesson 2: Envelopes, stickers

Lesson 4: Art supplies

Lesson 5: Butcher paper, art supplies

Advanced preparation needed for this unit

Lesson 1: Note that Projectable 2.1.1 has two pages.

Lesson 2: Create a class mailbox using a shoebox.

Lesson 5: Use a digital camera to take photos of each child to use for an Applying Across the Curriculum activity.

ENERGIZERS

SAN SERENÍ San Serení is adapted from a similar game played by children in Cuba and Spain. Gather children in a circle. Teach them each verse and have them do the actions with you. As you say the rhyme together, walk in a circle, and then stop when you do the actions.

San Serení
Lived without strife.
Made good shoes all of his life.
And this is how he made them.
Tap, tap, tap.
Action: Tap with a hammer.

San Serení
Lived by the sea.
Caught big fish for you and me.
And this is how he caught them.
Pull, pull, pull.
Action: Pull up with a fishing rod.

San Serení
Lived on a farm.
Raised giraffes down in the barn.
And this is how he fed them.
Stretch, stretch, stretch.
Action: Stretch up high as though feeding a giraffe.

San Serení
Lived on a hill.
Every morning he went to the mill.
And this is how he got there.
Roll, roll, roll.
Action: Twist your body as though rolling down a hill.

TICKLERS

ARE YOU LISTENING? Divide the class into three groups and assign each group a number from one to three. Read the following poem and have each group respond to the instructions when they hear their number:

Are you listening,
Do you hear?
Ones, twos, threes,
Give me a cheer.

Ones stand up,
Now sit down.
Twos stand up,
And turn around.

Threes stand up,
Touch the floor.
All sit down,
Just as before.

Twos say, "Help."
Threes say, "Please."
Ones bend down,
And touch your knees.

Ones clap once.
Twos clap twice.
Threes clap three times.
Now isn't that nice?

Everyone's listening,
Aren't you proud?
Ones, twos, threes,
May take a bow.