

# Unit 1

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-management  
Relationship Skills  
Self-awareness

Students will learn the following skills:

- impulse control
- communication
- social engagement
- building relationships
- working cooperatively
- accurate self-perception
- self-confidence

## PREPARATION

**Non-classroom materials needed for this unit**

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

**Lesson 2:** Butcher paper

**Lesson 3:** A cardboard box, “comfort” items for Q-Bear’s “home”

**Advanced preparation needed for the unit**

**Lesson 1:** Print copies of Projectable 1.1.1 for each student. Use a digital camera to take photos of each child to use for an Applying Across the Curriculum activity; cut stars from construction paper for each child for the same activity.

**Lesson 3:** Find a picture book in which a character goes to school or tries something new for the first time for an Applying Across the Curriculum activity.

## ENERGIZERS

**IF YOU PLEASE** This is a good stretching activity for your children whose attention is wandering. It also encourages them to listen and follow directions. Have children stand in a circle with you in the middle. Ask children to listen, watch, and copy your actions as you read the poem and act out the words. Pick up the tempo as children learn the words and actions.

Hands on hips,  
Hands on knees,  
Put them behind you,  
If you please.

Lift your hands  
Up in the air.  
Now at your side.  
Now on your hair.

Touch your shoulders,  
Touch your nose,  
Touch your ears,  
Now touch your toes.

Lift your hands  
Just as before.  
And stamp your feet  
One-two-three-four!

## TICKLERS

**I KNOW MANY THINGS** Read the following poem to children and then ask them to name some of the things they know now that they are getting older.:

I know that I am bigger  
Than when I was three.  
I know that my family  
Is special to me.

I know that in winter  
Some places get cold.  
I know that my grandpa  
Is someone who’s old.

I know lots of colors,  
Like green, blue, and red.  
I know I must listen  
To hear what’s being said.

I know that to borrow  
I don’t grab or tease.  
I ask politely  
with “May I?” and “Please.”

I know that this poem  
Is just about done.  
But my growing bigger  
Has only begun.