

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

Social-awareness
Relationship Skills
Self-management

Students will learn the following skills:

- accurate self-perception
- recognizing strengths
- communication
- 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: Strips of white paper, two photos of each child

Lesson 4: Seeds and gardening supplies **Lesson 6:** Finger puppets

Advanced preparation needed for this unit

Lesson 2: Print a copy of Projectable 2.2.2 for each small group. Use a digital camera to take photos of each child's head and shoulders.

Lesson 5: Print a copy of Projectable 2.5.2 for each child.

Lesson 6: Print a copy of Projectable 2.6.2 for each pair.

Find several examples of emoticons for an Applying Across the Curriculum activity.

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

Lesson 7: Print a copy of Projectable 2.7.2 to post in the classroom. Write the words to the song "If You're Angry and You Know It" on a sheet of butcher paper.

Prepare several anger-provoking scenarios for a Building Skills Beyond the Lesson activity.

Lesson 8: Prepare several school situations to use for Building Beyond the Lesson activities.

Find pictures showing both positive situations and difficult situations for an Applying Across the Curriculum activity.

ENERGIZERS

POPCORN TAG Designate a large circle to be the boundary for the game. Tell children to hop up and down on both feet within the circle as if they were corn popping. Select one child to be "It." "It" hops around the playing area, attempting to tag other hopping children. When "It" tags another hopper, the two join hands and hop together after the other hoppers. When other hoppers are tagged, they join the chain until only one untagged hopper is left. The last hopper tagged becomes the new "It," and the game begins again.

TICKLERS

KEEPING YOUR COOL Read the following poem to children. Once they are familiar with the words, read it again omitting the words in bold so that children can say the words in chorus.

When someone hurts your feelings	Then tell them how you're feeling —
Or hits or calls a name ,	Here's one example how:
It's hard to hold your temper	"I GET ANGRY when you hit me,
So try this little game :	So please stop it right NOW. "
Just hold your hands behind you,	Instead of keeping up the fight
And count to five real quick.	And feeling mad all day,
This will help you calm yourself	Go off alone and hold Q-Bear ,
So you don't slap or kick .	Once you have had your say.