Unit 2

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.

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, Or hits or calls a name, It’s hard to hold your temper So try this little game:
Just hold your hands behind you, And count to five real quick. This will help you calm yourself So you don’t slap or kick.

Then tell them how you’re feeling— Here’s one example how: “I GET ANGRY when you hit me, So please stop it right NOW.”
Instead of keeping up the fight And feeling mad all day, Go off alone and hold Q-Bear, Once you have had your say.

UNIT 2 Personal Development

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