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 SERENI
San Sereni 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 Sereni
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 Sereni
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.

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.

Twos clap once.
Threes 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.