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
Lesson 3: Hat or container
Lesson 4: Index cards
Lesson 7: Art supplies, tissue paper, shoe boxes
Lesson 8: Butcher paper, art supplies

Advanced preparation needed for this unit
Lesson 1: Prepare a list on Projectable 2.2.1 of talents belonging to children in the class.
Lesson 3: Write feeling words on slips of paper and place in a hat or container. Print approximately ten 3x5 photos that depict emotions, and then write the emotions depicted in the photos on index cards for a Building Skills Beyond the Lesson activity.
Lesson 5: Use masking tape to create a hopscotch squares on the floor for a Building Skills Beyond the Lesson activity.
Lesson 8: Find examples of media sources that include both positive and negative behaviors for the Community Connection activity. Make sure that examples are age-appropriate.

ENERGIZERS
CLASSROOM WARMUP
Start each day with fun exercises that help children limber up and get the “itchies” out. These can be familiar exercises, such as jumping jacks or touching toes, or ones that students make up. You might even honor special numbers: “Today is the 6th. Let’s celebrate it by doing six leg lifts.” Or: “Today is Emanuel’s 7th birthday. Emanuel, choose an exercise that we can do seven times.”

TICKLERS
HOW LONG DOES IT TAKE TO LEARN?
Read the following poem to children:

How long does it take to learn
To bait a hook with a wiggly worm,
To make a bed, to wash a plate,
To swim, to dive, to figure skate,
To iron a shirt, to mend a seam,
To walk with balance on a balance beam?

How do you think grown-ups know
The way to dance, to paint, or sew?
They were all once children, too,
Learning skills that were brand new.
They felt tired, they got mad—
Sometimes their moods were very bad!

Any time you learn a skill
It’s like climbing a steep hill.
Stumbles, scrapes, a few “oh nos!”—
Expect them as your talent grows.
With practice, you’ll see bit by bit,
You’re getting better—so don’t quit!