

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

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?

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!

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!