

# 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
- ☐ sense of self-confidence and self-efficacy
- ☐ self-motivation
- ☐ goal setting
- ☐ identifying emotions
- ☐ impulse control
- ☐ stress management
- ☐ self-discipline

## PREPARATION

### Non-classroom materials needed for this unit

**Lesson 1:** Small rubber ball, art supplies

**Lesson 3:** Index cards, yarn, hole punch, construction paper

**Lesson 6:** Inkpads, wet paper towels or baby wipes, index cards

### Advanced preparation needed for this unit

**Lesson 1:** Bring personal objects to use as examples of symbols. Collect brochures for the Community Connection activity. Ask students to bring a personal object that represents a value for a Building Skills Beyond the Lesson activity.

**Lesson 2:** Print and cut copies of Projectable 2.2.1. Arrange for school staff with hidden talents to visit your class and share their talents for the Community Connection activity. Prepare a container that can be used as a time capsule for a Building Skills Beyond the Lesson activity.

**Lesson 3:** Cut one large lengths of butcher paper for each small group. Arrange for students to use audio-visual equipment for the Community Connection activity. Make arrangements for the class to interact with younger students for a Building Skills Beyond the Lesson activity.

**Lesson 4:** Arrange for students in a younger grade to visit your class to learn about overcoming obstacles from your students.

**Lesson 5:** Arrange for students to have access to the Internet for a Building Skills Beyond the Lesson and activity.

**Lesson 6:** Prepare a thumbprint drawing labeled with an emotion word.

**Lesson 7:** Arrange for an emergency responder or nurse to visit the class for the Community Connection activity.

**Lesson 8:** Arrange for students to have access to the Internet or copies of local newspapers for a Community Connection activity.

## ENERGIZERS

**FOLLOW THOSE FISH** Ask students to name several different kinds of fish. List them on the board. Divide students into pairs. Choose one pair to be "it"; refer to this pair as Whales. The remaining pairs choose to be a type of fish listed on the board and sit next to each other in chairs. Make sure there are two less chairs than the number of students. The Whales start off by saying: "The ocean is calm." They walk around the room calling out the kinds of fish listed on the board. Any pair whose fish name is called must stand up, hold hands, and walk behind the Whales. When all the fish are on their feet, the Whales suddenly call out: "The ocean is stormy!" All players must move in pairs to get to a set of chairs. The pair left without seats become the new Whales, and the game begins again.

## TICKLERS

**WHAT BUGS ANIMALS** Read the following animal jokes to the class:

Q—What bugs cows about wearing cowbells?

A—If their horns worked, they wouldn't have to wear bells.

Q—What bugs bees about humming?

A—If they knew the words, they could sing them.

Q—What bugs goats about talking?

A—To get a turn, they have to keep butting in.