

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
- goal setting
- self-motivation
- identifying emotions
- impulse control
- stress management
- self-discipline

PREPARATION

Non-classroom materials needed for this unit

Lesson 8: Self-stick notes

Advanced preparation needed for this unit

Lesson 1: Prepare examples of values statements from important governmental documents for an Applying Across the Curriculum activity.

Lesson 3: Find a quote about self-confidence and display it in class. Cut lengths of butcher paper for each group. Find a recording of the song "I Have Confidence" from *The Sound of Music* for an Applying Across the Curriculum activity; find lyrics for the song and provide printed copies for each student.

Lesson 4: Print copies of Projectable 2.4.1 for each student. Cut one long length of butcher paper for the Community Connection activity. Cut short lengths of butcher paper for each student for a Building Skills Beyond the Lesson activity.

Lesson 6: Print copies of Projectable 2.6.1 for each student. Find a picture of a Greek theatrical comedy and tragedy mask as an example for an Applying Across the Curriculum activity.

Lesson 7: Write the scenarios and questions for the Practicing activity on the board before class begins. Find a poem for an Applying Across the Curriculum activity.

Lesson 8: Arrange for students to teach their lesson plans to kindergarten students for a Building Skills Beyond the Lesson activity.

ENERGIZERS

I'VE GOT YOUR NUMBER Select one student to be "It" and have everyone else number off beginning with 1. Ask students to sit in a circle with "It" standing in the middle. "It" calls out two numbers. The two students with the numbers called attempt to trade places with each other without being tagged by "It." If a student is tagged, he or she becomes "It." (Variations: "It" can call four or more numbers at a time; play the game with more than one "It.")

TICKLERS

BUILDING A POSITIVE ENVIRONMENT Write the following quotation on the board and ask the class how the quotation speaks to working together in the classroom:

"Coming together is a beginning. Keeping together is progress. Working together is success."
—Henry Ford

"No man is an island, / Entire of itself, / Every man is a piece of the continent, / A part of the main."
—John Donne