

SEL Outline Cycle 3

All lessons focus on social emotional learning that students need to succeed in a school setting. Each lesson will focus on how to implement these skills both in and out of a school setting. **School routines & rules will also be reviewed during class.

Session & Focus	Warm Up Activity	Skill Review	Growth Mindset	Collaborate and Discussion	Read-Aloud/ Teacher & Student	Writing & Wrap-up
Session 1 Persevere & Trying Hard	Check-in: How are you feeling? Brain Builder Game -Idea Machine	Puppet - Pete the Puppy Review: Listening skills Calm Down Song: Persevere	Persevere Your Fantastic Elastic Brain - excerpt -Positive self-talk - I can do this!	Picture of kids persevering at school - thumbs up or down How can you persevere?	I Can Do Hard Things -Teacher Read-aloud with student support What hard things might you do in Kindergarten? -Make a book, how can we do hard things?	What is something hard you can do?

Session	Warm Up Activity	Skill Review	Growth Mindset	Collaborate & Discussion	Read-Aloud	Writing & Wrap-up
Session 2 <i>Responsibility at school</i>	Check-in: How are you feeling? Brain Builder: Step or Stay	Puppet talk: Responsibility at school Review: Persevere Song	Learning about our brain - thinking & metacognition Questioning: -power of “yet” -what can I do now -what will I be able to do soon	Students being responsible in a classroom -chart student responsibilities	Reading a-z - student led story Busy at School or I Pick Up or Taking Care of Chase (1 for homework - 1 for class)	How did the girl take care of Chase?

Session & Focus	Warm Up Activity	Skill Review	Growth Mindset	Collaborate & Discussion	Read-Aloud	Writing/Wrap-up
Session 3 <i>Responsibility in community (home, school, environment)</i>	Check-in: How are you feeling? Brain Builder:	Puppet talk: Responsibility at home Review: Persevere Song	How does being responsible grow your brain? How does being responsible make you feel?	Do What is Right Activity https://schools.cms.k12.nc.us/beverlywoodsES/D	<i>Shel Silverstein's poem, Sarah Cynthia Stout Would Not Take the</i>	How can you show responsibility?

	Move or Wait			<u>ocuments/ResponsibilityOctober 2015.pdf</u> Draw paper in 4 sections How can I be responsible at home, at school, to the environment, to myself	<i>Garbage Out.</i> <i>Berenstain Bears Trouble at School</i>	
--	--------------	--	--	--	--	--

Session & Focus	Warm Up Activity	Skill Review	Growth Mindset	Story & Discussion	Read-Aloud	Writing/Wrap-up
Session 4 <i>Respect to yourself</i>	Check-in: How are you feeling? Brain Builder: Move or Wait	Puppet Talk: Showing Respect What is respect? Review: Responsibility	Goal setting - what is something you want to accomplish?	"Showing respect means caring how a person feels. Showing respect means doing things that show another person you think they are important. Treating people with	https://respectfulkindergartencitizens.weebly.com/lesson-1-respect-and-feelings.html Chrysanthemum <i>What are some</i>	Why is your name important? Write it on a piece of paper in big letters. Draw pictures about why it's important

		Song: Respect		respect makes them, and you, feel good. You can show respect for other people, for yourself, and even for the world. There are lots of ways to show respect" (Small, 2006). Pictures of respect and disrespect	<i>examples of disrespect from the story? What are some examples of respect in the story?</i>	to you!
--	--	---------------	--	---	---	---------

Session & Focus	Warm Up Activity	Skill Review	Growth Mindset	Story & Discussion	Read-Aloud	Writing/Wrap-up
Session 5 <i>Respect to others</i>	Check-in: How are you feeling? Brain Builder: Idea Machine	Puppet talk - respecting yourself and others Review - Playing fair Song- respect	Questioning: How can you solve problems and learn from mistakes?	Pictures of respect and disrespect to others	We Make Good Choices Reading a-z - Student led story	There were many examples of good choices in the story. The students were showing respect to others. How can you show respect?

Session & Focus	Warm Up Activity	Skill Review	Growth Mindset	Story & Discussion	Read-Aloud/Video	Writing/Wrap-up
Session 6 <i>Self-control</i>	Check-in: How are you feeling? Brain Builder: Idea Machine	Puppet - Pete the Puppy & Sammy the Snail - friend poem Review: Calm down strategies Problem Solving	Learning about our brain - self-efficacy & agency Questioning: How can you solve problems and learn from mistakes?	Video: Brianna and Ann <i>Solving Problems</i>	Book Choices: Waiting Is Not Easy Stop! Breathe! And Think! The Wolf Who Learned Self-Control Remy the Rhino Learns Patience What Should Danny Do?	How can you solve a problem with a friend? Skill-Practice Problem Solving

Session & Focus	Warm Up Activity	Skill Review	Growth Mindset	Story & Discussion	Read-Aloud/Video	Writing/Wrap-up
Session 7 <i>Self-control and strategies</i>	Check-in: How are you feeling? Brain Builder: Idea Machine	Puppet talk - respect, responsibility & self-control	Goal setting continued - what can you do to work towards the goals you want to achieve?	Examples and non-examples of self-control	Reading a-z student led story <i>Calming Down</i>	What is a strategy you want to use to gain self-control?

Session & Focus	Warm Up Activity	Skill Review	Growth Mindset	Story & Discussion	Read-Aloud/Video	Writing/Wrap-up
Session 8 <i>Compliment others and yourself</i>	Check-in: How are you feeling? Brain Builder: Shape Moves	Puppet talk - receiving and giving compliments Review - self-control	Complimenting yourself can give you confidence! Compliment circle	What are some compliments you could give? Make a chart - Write compliments to people you love	The Giving Tree	Giving to others is like giving compliments. Continue writing compliments to others. Who could you compliment at school?

Session & Focus	Warm Up Activity	Skill Review	Growth Mindset	Story & Discussion	Read-Aloud/Video	Writing/Wrap-up
Session 9 <i>Mindfulness</i>	Check-in: How are you feeling? Brain Builder: Simon Says	Puppet talk - review compliments Talk about mindfulness	The power of quieting the mind	Mindfulness strategies -yoga	I am Peace: A book of Mindfulness Reading a-z All Kinds of Faces	How can you show empathy? Skill-Practice Problem Solving

Session & Focus	Warm Up Activity	Skill Review	Growth Mindset	Read-Aloud/Video	Writing/Wrap-up
Session 10 <i>Reviewing Second Step Skills</i>	Check-in: How are you feeling? Brain Builder: Idea Machine	Skill-Practice -Listening -Problem Solving -Feelings -Empathy -Respect -Responsibility -Mindfulness -Self-control	Goal setting & goal accomplishment activity	Reading a-z - student led book The Big Umbrella	What is one thing you learned? Skill-Practice -Listening -Problem Solving -Feelings -Empathy -Respect -Responsibility -Mindfulness -Self-control

*This is a general outline of the activities. Depending how the class responds, we may get through all the listed activities or we may need to slow down to review the concepts. We also may need to adjust based on student interest and need. Any changes will be noted and communicated.

Additional Topics to Review during class:

- Things in a classroom
- Kindergarten routines