



# Social Emotional Learning





# Course Outline



1.

Mindfulness

2.

Growth Mindset

3.

Feelings and Emotions

4.

Gratitude

5.

Self-Love

6.

Friendship



I can develop basic habits to establish healthy relationships with self, others, and the environment.

I can develop an understanding and practice of mindfulness.

I can demonstrate a basic understanding of how thoughts, feelings, and actions influence health and well-being

I can understand and develop a growth mindset.

I can love every part of myself.

I can be a good friend.

I can show kindness and empathy.




# Course Goals

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# Social Emotional Learning

*Mindfulness*

**I can practice and use  
mindfulness strategies.**

*Feelings and Emotions*

**I can understand and connect to  
my feelings and emotions..**

*Growth Mindset*

**I can build a growth mindset  
and stretch my brain.**

*Self-Love*

**I can love every part of myself.**

*Gratitude*

**I can understand and practice the  
importance of being thankful**

*Friendships*

**I can be a good friend and  
build healthy relationships.**



# Why Social-Emotional Learning



Social-Emotional Learning is an important part of child development. Children must learn how to self-regulate, build healthy relationships, and develop skills to process their emotions in a positive way. In order to learn, children need to have positive self-esteem and believe in their abilities. Many children are not learning these skills at home; therefore I believe it is important to implement these lessons in a format that can be adapted in many ways.







"When students feel  
safe and supported,  
they are truly ready  
and able to learn."

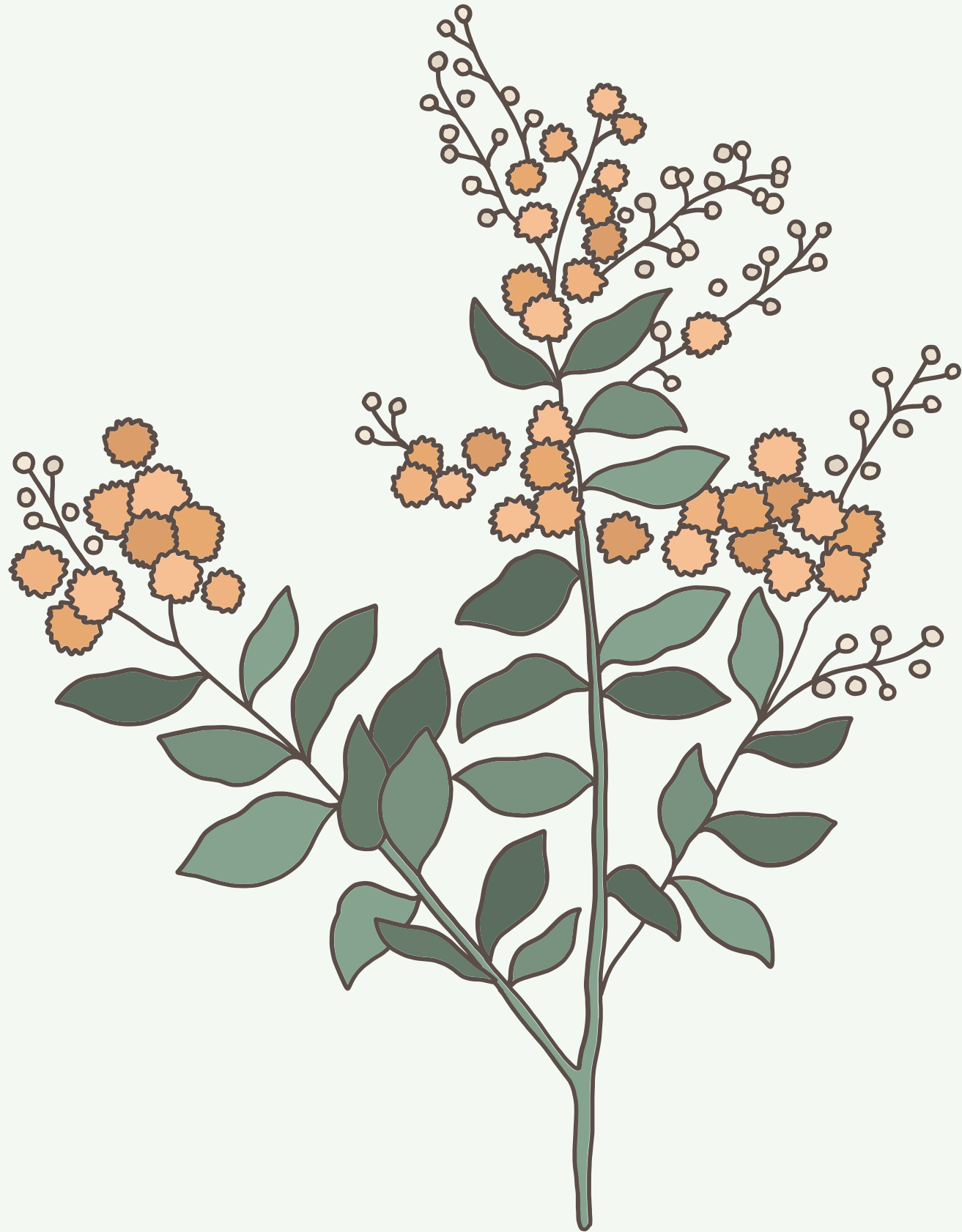
— Laura Weaver & Mark Wilding

edutopia.org





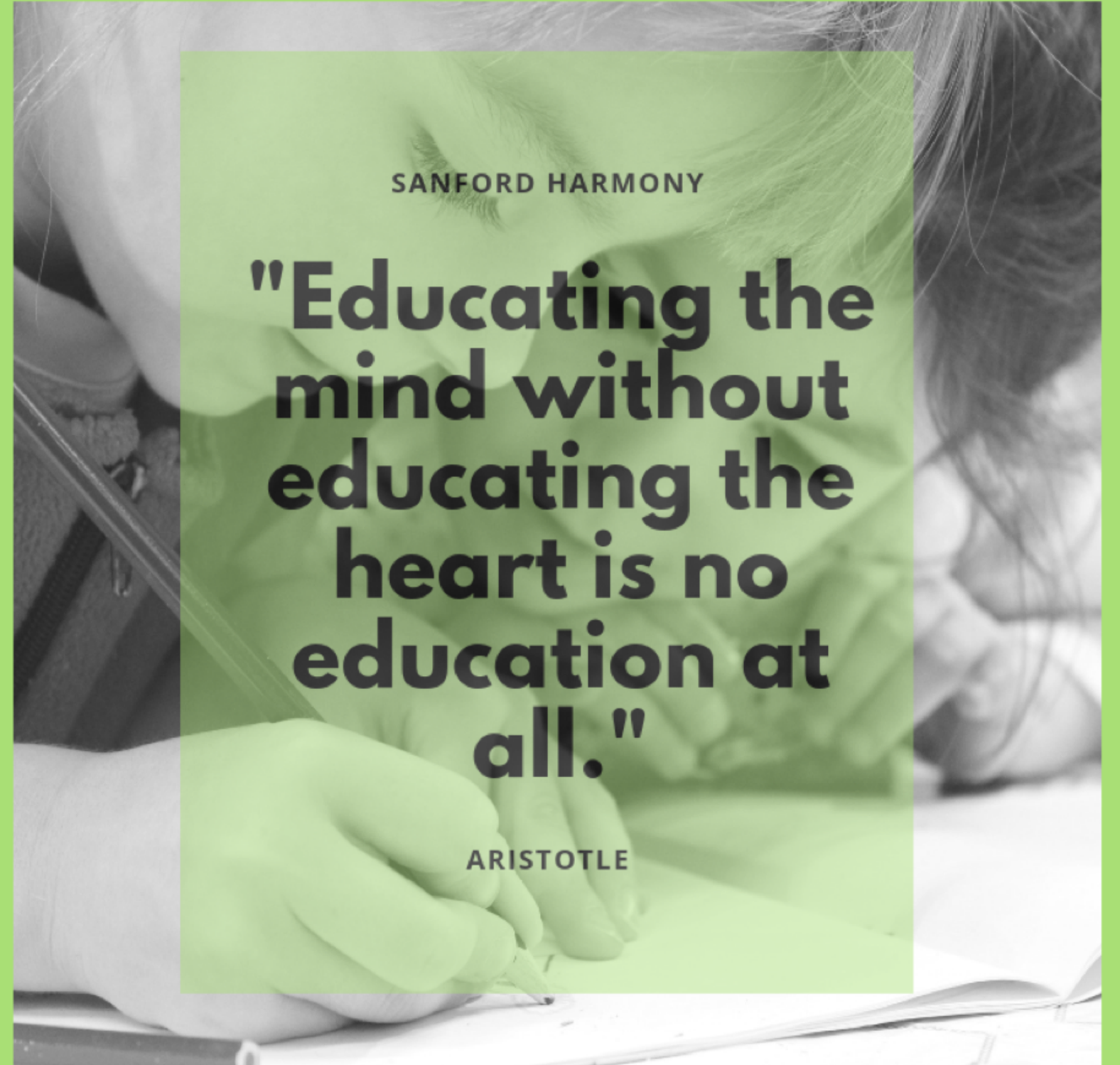
Think about it



SANFORD HARMONY

**"Educating the  
mind without  
educating the  
heart is no  
education at  
all."**

ARISTOTLE





# Curriculum Connections

## Kindergarten

- USCK.1 Develop basic habits to establish healthy relationships with self, others, and the environment.

USCK.3 Explore that who I am includes more than my physical self.

## Grade 1

- USC1.1 Examine healthy behaviours and opportunities and begin to determine how these behaviours and opportunities may affect personal well-being.
- USC1.3 Analyze, with support, feelings and behaviours that are important for nurturing healthy relationships at school.
- USC1.5 Explore the association between a healthy sense of “self” and one’s positive connection with others and the environment.

## Grade 2

- USC2.1 Demonstrate a basic understanding of how thoughts, feelings, and actions influence health and well-being.
- USC2.4 Examine social and personal meanings of “respect” and establish ways to show respect for self, persons, living things, possessions, and the environment.

# Curriculum Connections

## Grade 3

- USC3.2 Examine the spiritual dimension of the “inner self” and determine the importance of nurturing it.

- USC3.4 Understand what it means to contribute to the health of self, family and home.

## Grade 4

- USC4.3 Examine healthy interpersonal skills and determine strategies to effectively develop new relationships and/or negotiate disagreements in relationships.
- USC4.5 Examine how identity (i.e., self-concept, self-esteem, self-determination) is influenced by relationships that are formed with others.
- USC4.6 Assess healthy stress management strategies (e.g., relaxation skills, stress control skills, guided imagery, expressing feelings, exercising).

## Grade 5

- USC5.4 Analyze the connections between personal identity and personal well-being, and establish strategies to develop and support a positive self-image.
- USC5.7 Assess the importance of self-regulation and taking responsibility for one’s actions.

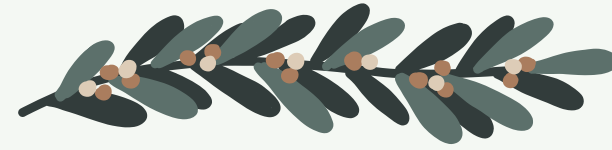
There will be many cross curricular connections within the lessons such as English Language Arts, Physical Education and Arts Education.



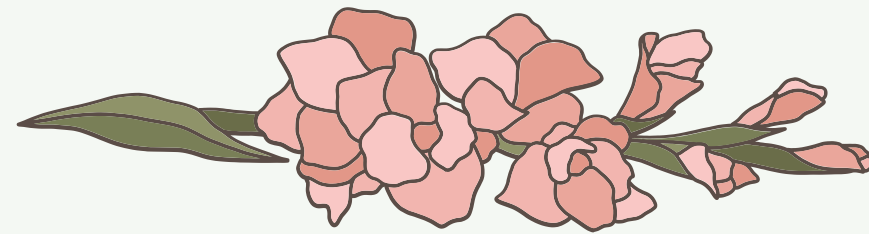


# Social-Emotional Learning Landing Board

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1. Introduction Video
  2. Link to Zoom Meeting
  3. Overview of Course
  4. Course Schedule
- 



# Module# 1

# Mindfulness



## Lesson 1: What is Mindfulness?



Students will edit this template



**C** Miss Patterson

Student Instructions

**Lesson 1: What is Mindfulness?**

1. Press **Add response**.
2. Listen to the story I am Peace by Susan Verde.
3. Respond to questions.
4. Practice mindfulness with Cosmic Kids video.
5. Respond to question.
6. Press **✓**.

**▶ Play Instructions (0:21)**

**S** Social Emotional Learning

**📱** Compatible with: Chromebooks, computers, iPads, iPhones, Android tablets, Android phones, Kindle Fire

Assign...

## Lesson 2: Practicing Mindfulness



Students will edit this template



**C** Miss Patterson

Student Instructions

**Lesson 2: Practicing Mindfulness**

1. Press **Add response**.
2. Go through each page and complete activities.
3. Click **✓**.

**▶ Play Instructions**

**S** Social Emotional Learning

**📱** Compatible with: Chromebooks, computers, iPads, iPhones, Android tablets, Android phones, Kindle Fire

Assign...








# Mindfulness


## Lesson 3: Settle your Sparkles



1/7

C

Miss Patterson


 [Assign...](#)

Student Instructions

**Lesson 3: Settle your Sparkles-Mindfulness**


1. Press :add response:


2. Follow the directions on each page.


3. Press 

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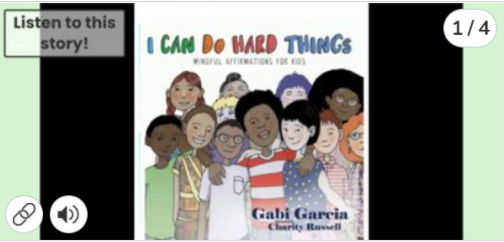
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 Social Emotional Learning

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## Lesson 4: Mindful Affirmations



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Miss Patterson

 [Assign...](#)

Student Instructions


**Lesson 4: Mindful Affirmations**

1. Read I Can Do Hard Things by Gabi Garcia

2. Practice Mindfulness with Cosmic Kids


3. Do calm colouring while listening to positive affirmation video.


4. Write five positive affirmations on a blank piece of paper. Decorate it and hang it somewhere you see everyday. (bathroom mirror, bedroom, locker, fridge, etc)


5. Press 

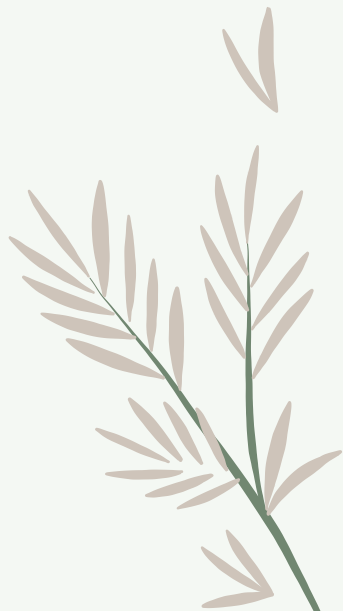
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Play Instructions (0:26)

 Social Emotional Learning

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# Module #2

# Growth Mindset



## Lesson 1: What is a Growth Mindset?

Watch the video to learn what a Growth Mindset is?

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Dr. Nadek's Laboratory

DEVELOPING GROWTH MINDSET!

Students will edit this template

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DEVELOPING GROWTH MINDSET!

Miss Patterson

Student Instructions

**Lesson 1: What is Growth Mindset?**

1. Press [Add response](#).
2. Follow the directions on each slide.
3. Respond.
4. Press [✓](#)

[Play Instructions](#)

Social Emotional Learning

Compatible with: Chromebooks, computers, iPads, iPhones, Android tablets, Android phones, Kindle Fire

## Lesson 2: Growth Mindset verses

## Fixed Mindset

Watch this video to learn about a Growth Mindset verses a Fixed Mindset.

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GROWTH MINDSET

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GROWTH MINDSET

Miss Patterson

Student Instructions

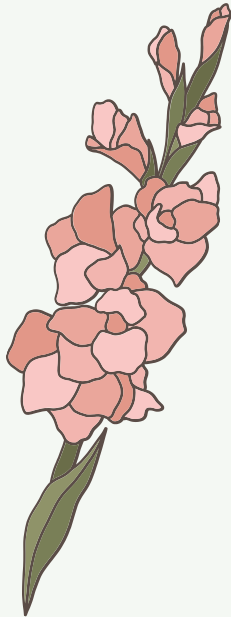
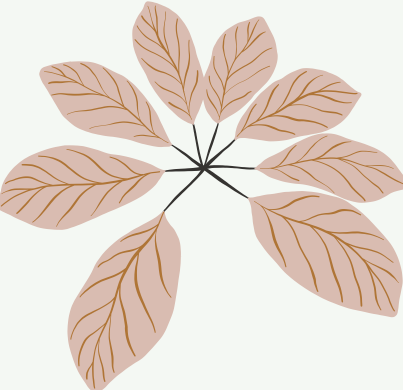
**Lesson 2: Growth Mindset vs. Fixed Mindset**

1. Press [Add response](#).
2. Follow along through each page.
3. Press [✓](#) when finished.

[Play Instructions \(0:17\)](#)

Social Emotional Learning

Compatible with: Chromebooks, computers, iPads, iPhones, Android tablets, Android phones, Kindle Fire









# Module # 3

## Feelings and Emotions

Lesson 1: What are Feelings and Emotions?

Lesson 2: How to Manage Strong Feelings

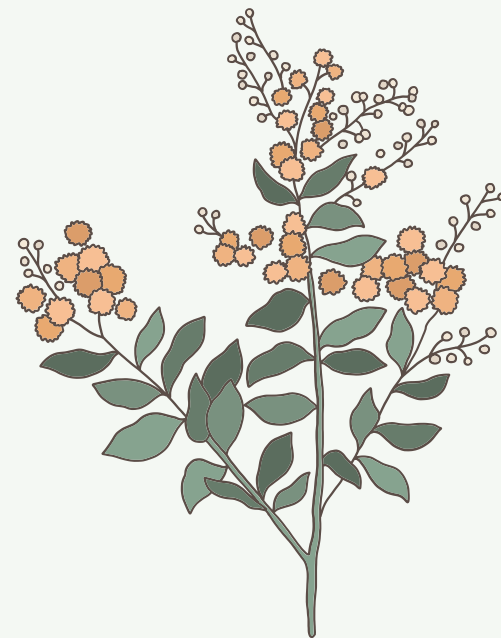




# Feelings and Emotions

Lesson 3: Mixed-Feelings

Lesson 4: 'Bucket Filling'





# Module # 4

## Gratitude

Lesson 1: What is Gratitude?

Lesson 2: How to Practice  
Gratitude

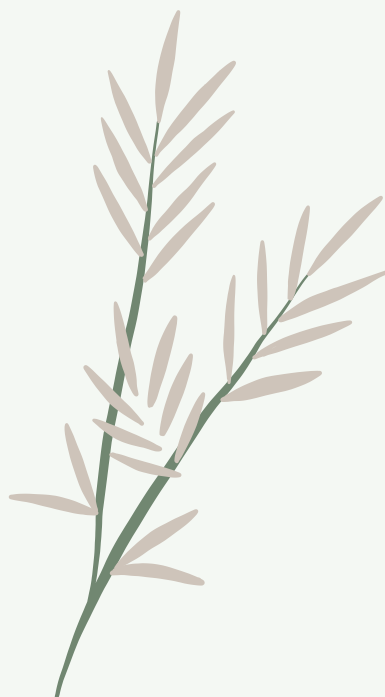




# Gratitude

Lesson 3: Being Thankful for Everything Around us.

Lesson 4: Thankful Hearts





# Module #5

## Self-Love

Lesson 1: What is Self-Love?

Lesson 2: What do I love about  
Myself?

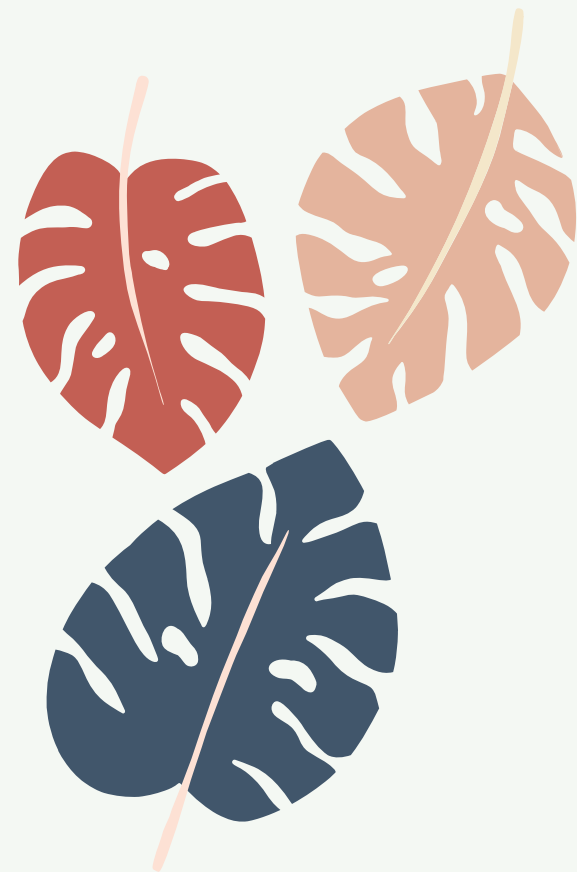




# Self-Love

Lesson 3: I Am Enough

Lesson 4: I Believe in Me



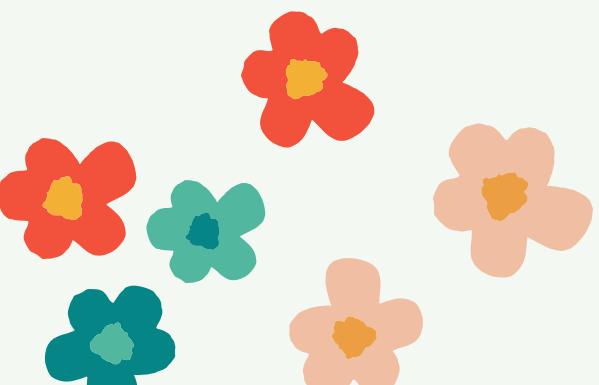


# Module # 6

## Friendship

Lesson 1: What is Friendship?

Lesson 2: How to be a Good Friend

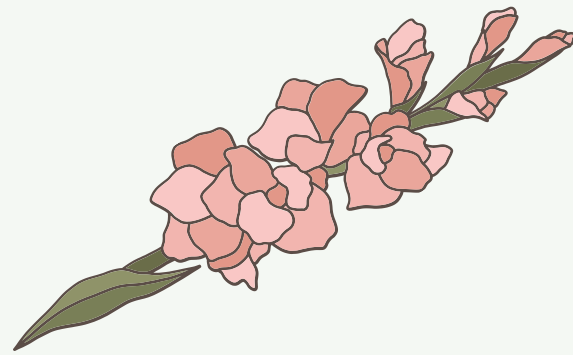




# Friendship

Lesson 3: Solving Conflicts

Lesson 4: Kindness and Empathy







# Assessment

Formative Assessment Within Lessons and Activities

- Check-ins
- Padlet
- Discussions
- Peer talks
- Writing Responses
- Drawing
- Anecdotal Records





# Book Recommendations









# Children's Books for Teaching Social-Emotional Learning



## Mindfulness

1. What does it mean to be Present by Rana DiOrio
  2. Belly Breathe by Leslie Kimmelman
  3. Good Morning, Sunshine! A Story of Mindfulness by Trina Markussan
  4. I Can Do Hard Things: Mindful Affirmations for Kids by Gabi Garcia
  5. I Am Peace: A Book of Mindfulness by Susan Verde
  6. Now by Antoinette Portis
  7. Stay Cool at School by Lori Lite
  8. Meditate with Me: A Step-by-Step Mindfulness Journey by Mariam Gates
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## Growth Mindset

1. I can't do that, YET: Growth Mindset by Esther Cordova
  2. Your Fantastic Elastic Brain: Stretch it, Shape it by JoAnn Deak
  3. Bubble Gum Brain: Ready, Get Mindset...Grow!! by Julia Cook
  4. It's Okay to Make Mistakes by Todd Parr
  5. The Girl Who Never Made Mistakes by Mark Pett
  6. I Believe I can by Grace Byers
  7. Giraffes Can't Dance by Giles Andreae
  8. Rosie Revere Engineer by Andrea Beaty
- 







# Children's Books for Teaching Social-Emotional Learning



## Feelings and Emotions

1. I'm Happy-Sad Today by Lory Britain
  2. Ruby Finds a Worry by Tom Percival
  3. I am Love: A Book of Compassion by Susan Verde
  4. The Way I Feel by Janan Cain
  5. The Feelings Book by Todd Parr
  6. Visiting Feelings by Lauren Rubenstein
  7. Have You Filled a Bucket Today: A Guide to Daily Happiness for Kids by Carol McCloud
  8. When Sophie Gets Angry-Really, Really Angry... by Molly Bang
- 

## Self-Love

1. I Like Myself by Karen Beaumont
  2. Only One You by Linda Kranz
  3. I am Human: A Book of Empathy by Susan Verde
  4. It's Okay to be Different by Todd Parr
  5. What I Like about Me! by Allia Zobel Nolan
  6. I am Enough by Grace Byers
  7. What Do You Love About You? by Karen Lechelt
  8. I'm Gonna Like Me: Letting off a Little Self-Esteem by Jamie Lee Curtis and Laura Cornell
- 







# Children's Books for Teaching Social-Emotional Learning



## Friendship

1. Do Unto Otters: A Book About Manners  
by Laurie Keller
  2. My Friend is Sad by Mo Willems
  3. What Does it Mean to be Kind? by Rano  
DiOrio
  4. How to be a Friend: A Guide to Making  
Friends and Keeping Them by Laurle  
Krasny Brown
  5. Try a Little Kindness by Henry Cole
  6. Stick and Stone by Beth Ferry
  7. Enemy Pie by Derek Munson
  8. The Little Bully by Beth Bracken
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## Gratitude

1. The Thankful Book by Todd Parr
  2. The Thank You Book by Mo Willems
  3. Thankful by Eileen Spinelli
  4. Thanks A Million by Nikki Grimes
  5. Otis Gives Thanks by Loren Long
  6. An Awesome Book of Thanks by Dallas  
Clayton
  7. Gratitude Soup by Olivia Rosewood
  8. Splat Says Thank You! by Rob Scotton
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# Additional Resources

1. Daily Check-ins on Jamboard
2. Common Sense Education SEL
3. Wide Open Schools
4. Wakelet Collection
5. Cosmic Kids Yoga
6. Gonoodle- Empower Tools and Flow
7. Social and Emotional Learning Activities  
for Families and Educators

