

# SEL UNIT 3: MANAGING EMOTIONS



**SEEDS OF SUCCESS UNIT 3**

## MANAGING EMOTIONS

SOCIAL STORY  
PARENT NOTE  
POSTERS  
SCENARIOS  
TAKE-HOME BOOK  
CLASS BOOK  
LESSON PLANS  
TEACHER TALK

**CAREGIVER CONNECTIONS**

**WHAT IS...?**

**VOCABULARY**

- ✓ Too close
- ✓ Move away
- ✓ Bubble
- ✓ Personal space
- ✓ Step back
- ✓ Uncomfortable
- ✓ Request

**CONVERSATIONS**

**SUGGESTED BOOKS**

**MANAGING EMOTIONS: AN ANTI-BULLYING SETTING: WHOLE GROUP**

**MATERIALS**

- ✓ Yoga Poster
- ✓ Class Book Template

**PREP**

- ✓ Print one class book template page for each child
- ✓ Print the sleeping pose poster
- ✓ Print "Who's Feeling..?" Poster #2

**OBJECT**

- ✓ PKP SE 11 Avoid personal space
- ✓ PKP SE 12 Follow
- ✓ PKP SE 13 Orient
- ✓ PKP SE 14 Control
- ✓ PKP SE 15 Uses of calm and logic

**LESSON**

1. Introduce "Who's Feeling..?" Poster #2 to your students and invite them to discuss.
2. Introduce the sleeping pose yoga poster to your class. Demonstrate if you are able to do so.
3. Explain to your class that this yoga pose can help...

**WORRY | WAITING | PATIENCE | PERSONAL SPACE**

✓ Age-appropriate

✓ CASEL aligned

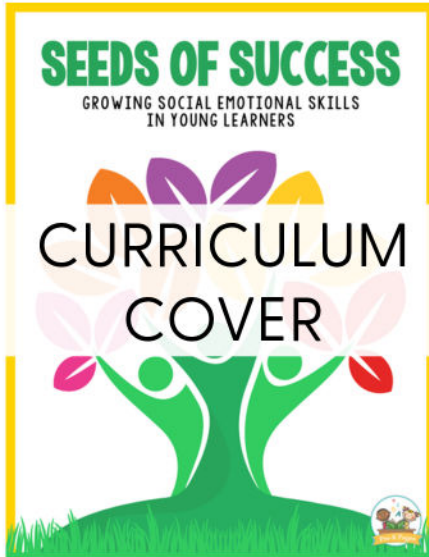
✓ Easy to use and follow

✓ Saves planning & prep time



# SEL CURRICULUM

# SEL UNIT 3: MANAGING EMOTIONS



**SOCIAL & EMOTIONAL LEARNING TARGETS**

<b>PKP SE 1.1</b> Awareness of one's body in space & respects personal boundaries.	<b>PKP SE 1.2</b> Expresses pride in age-appropriate abilities and skills.	<b>PKP SE 1.3</b> Demonstrates appropriate caution when necessary.	<b>PKP SE 1.4</b> Plans and sustains independent play.
<b>PKP SE 1.5</b> Tries different strategies to problem solve before seeking adult assistance.	<b>PKP SE 1.6</b> Follows classroom rules & routines with occasional reminders from teacher.	<b>PKP SE 1.7</b> Transitions independently from one activity to the next.	<b>PKP SE 1.8</b> Cleans up & puts materials away when asked.
<b>PKP SE 1.7</b> Expresses feelings when asked.	<b>PKP SE 1.8</b> Identifies and names characters in books.	<b>PKP SE 1.9</b> Attempts to calm & cope.	<b>PKP SE 1.10</b> Establishes non-verbal routines correctly.
<b>PKP SE 1.9</b> Follows classroom rules, procedures, & routines.	<b>PKP SE 1.10</b> Accepts and completes classroom responsibilities.	<b>PKP SE 1.11</b> Respects other's work.	<b>PKP SE 1.12</b> Can negotiate & compromise with peers with minimal support.
<b>PKP SE 1.10</b> Demonstrates empathy and caring for others.	<b>PKP SE 1.11</b> Engages with a variety of playmates and may have preferred friends.	<b>PKP SE 1.12</b> Demonstrates an understanding that others have different perspectives and feelings from their own.	<b>PKP SE 1.13</b> Knows 4 Pages

**AGE-APPROPRIATE OBJECTIVES**

**UNIT 3: MANAGING EMOTIONS**

**WHEN I'M ANXIOUS**

Students will learn how to manage their own emotions when they're feeling anxious.

- ✓ Parent Note
- ✓ Social Story
- ✓ Scenario Cards
- ✓ Emotion Posters
- ✓ Teacher Talk Cards
- ✓ Take-Home Booklet
- ✓ Class Book Template
- ✓ 1 Week of Lesson Plans

**UNIT 3: MANAGING EMOTIONS**

**CONTROLLING IMPULSES**

Students will learn techniques to help them control their impulses.

- ✓ Parent Note
- ✓ Class Book
- ✓ Social Story
- ✓ Lesson Plans
- ✓ Scenario Cards
- ✓ Emotion Posters
- ✓ Teacher Prompts
- ✓ Take-Home Book

**UNIT 3: MANAGING EMOTIONS**

**DELAYING GRATIFICATION**

Students will learn techniques for developing and practicing self-control.

- ✓ Parent Note
- ✓ Social Story
- ✓ Scenario Cards
- ✓ Emotion Posters
- ✓ Teacher Talk Cards
- ✓ Take-Home Booklet
- ✓ Class Book Template
- ✓ 1 Week of Lesson Plans

**UNIT 3: MANAGING EMOTIONS**

**PERSONAL SPACE**

Students will learn techniques to respect the personal space of others.

- ✓ Parent Note
- ✓ Social Story
- ✓ Scenario Cards
- ✓ Emotion Posters
- ✓ Teacher Talk Cards
- ✓ Take-Home Booklet
- ✓ Class Book Template
- ✓ 1 Week of Lesson Plans

## WEEKLY DIVIDER PAGES



# SEL CURRICULUM

# SEL UNIT 3: MANAGING EMOTIONS

- ✓ List of recommended materials and supplies for each lesson.
- ✓ Standards-aligned lesson objectives.
- ✓ Detailed, step-by-step teacher instructions.
- ✓ Done-for-you lessons for each day of the week.

## MANAGING EMOTIONS: ANXIETY

DAY 4

SETTING: WHOLE GROUP

### MATERIALS

- ✓ Yoga Poster
- ✓ Class Book Template



### OBJECTIVES

- PKP SE 11 Aware of own body in space and personal boundaries
- PKP SE 16 Follows Classroom Rules
- PKP SE 111 Waits for a turn
- PKP SE 1B: Can label own feelings when asked.
- PKP SE 115 Uses acceptable strategies to calm and cope.

### PREP

- Print one class book template page for each child.
- Print the sleeping pose poster
- Print "Who is feeling...?" Poster #3



### SUGGESTED BOOKS

- ✓ *Ruby Finds a Worry*, Tom Percival
- ✓ *Listening to My Body*, by Gabi Garcia
- ✓ *Find Your Calm*, by Gabi Garcia

### LESSON

1. Introduce "Who is feeling...?" Poster #3 to your students and invite them to answer the question.
2. Introduce the sleeping pose yoga pose poster to your class. Demonstrate the pose for your students if you are able to do so.
3. Explain to your class that this yoga pose can help them feel better when they're feeling anxious, worried, or nervous.
4. Invite your students to practice the sleeping yoga pose in your whole group area. You may need to adjust the boundaries of your group area to accommodate this large movement; or invite a few children at a time to demonstrate.
5. Sing the song, *Feeling Anxious* with your class.
6. Read the included social story, *When I'm Feeling Anxious* to your class.
7. Invite students to draw a picture of what they can do when they are feeling anxious using the templates provided to create a class book.

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# SEL CURRICULUM

# SEL UNIT 3: MANAGING EMOTIONS

## WHY TEACHERS LOVE THIS CURRICULUM..

“







**This is great for  
preschool classrooms.**

**It's EASY to use and  
the prep for teachers  
is minimal.**

**CHEYENNE M.**

”

-  Age-appropriate
-  CASEL aligned
-  Easy to use and follow
-  Saves planning & prep time

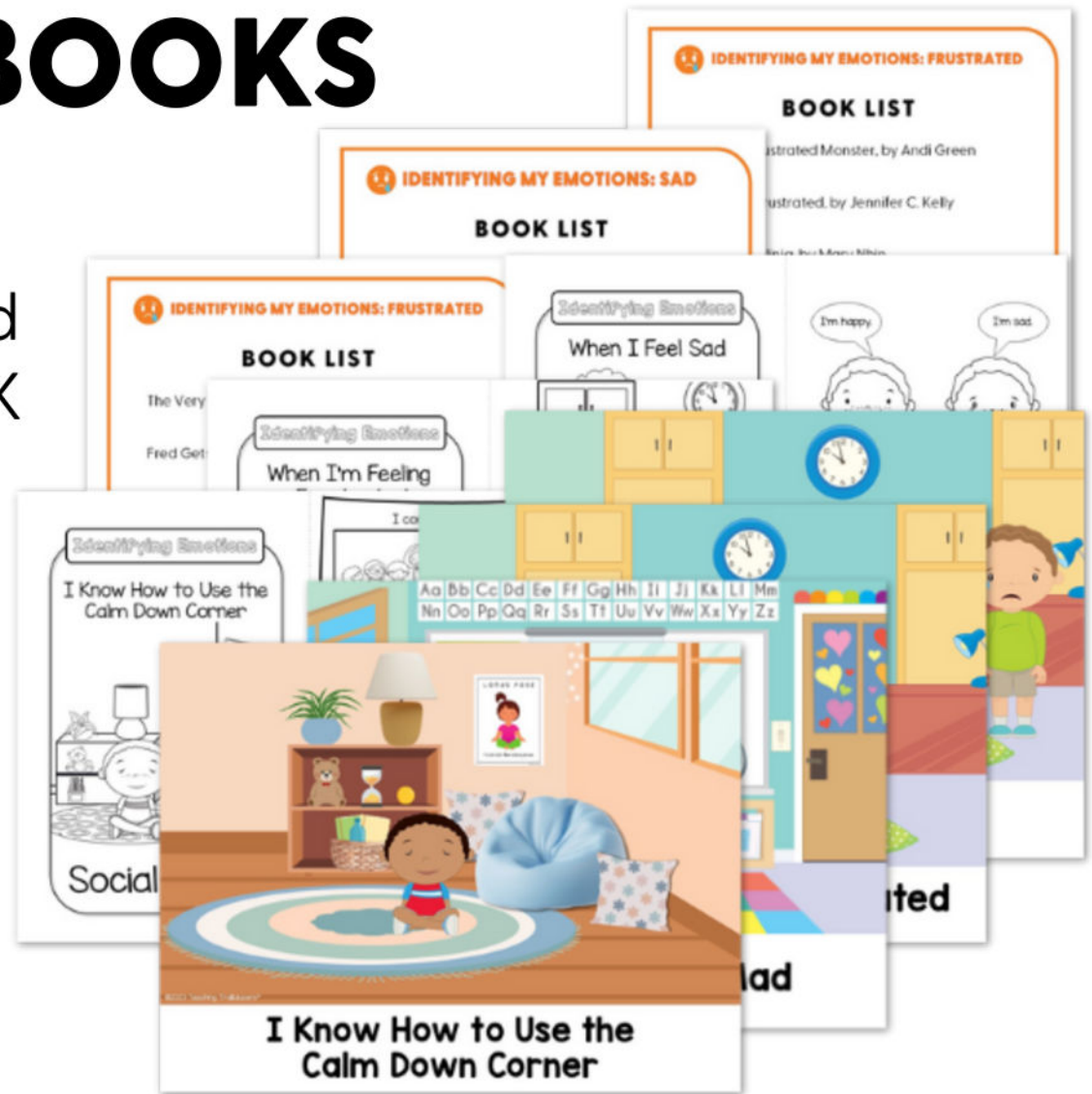


# SEL CURRICULUM

# SEL UNIT 3: MANAGING EMOTIONS

## BOOKS

- ✓ Teacher approved book lists for Pre-K
- ✓ Age-appropriate social stories
- ✓ Mini take-home social stories



# SEL CURRICULUM

# THIS RESOURCE HELPS KIDS...

“



Parents are also seeing benefits at home as children with siblings are naming their feelings and working out issues independently.

— JENN C. ”

- ✔ Develop persistence
- ✔ Identify their strengths
- ✔ Improve self-confidence
- ✔ Problem solve independently



# SEL CURRICULUM

# SEL UNIT 3: MANAGING EMOTIONS

## POSTERS



Posters with real photos



Diverse children



# SEL CURRICULUM

# WHO SHOULD USE THIS RESOURCE?

“



**This program is an SEL game changer, the results have amazed me. My kids love the social stories and are engaged in the lessons.**

**— LINDA C.** ”

- ✔ Pre-K Teachers
- ✔ Preschool Teachers
- ✔ Transitional Kinder (TK)
- ✔ Kindergarten Teachers



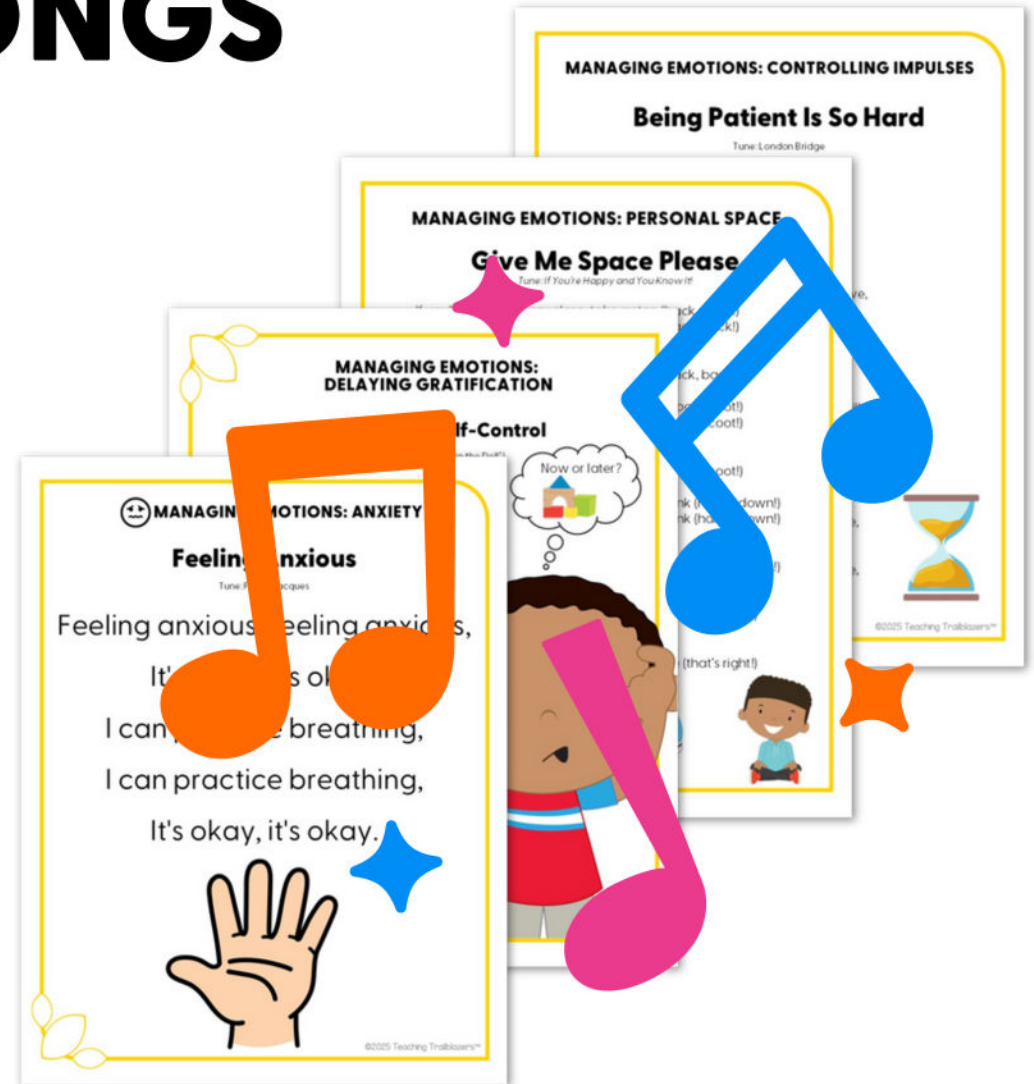
# SEL CURRICULUM

# SEL UNIT 3: MANAGING EMOTIONS

## SONGS



Songs set to familiar tunes to deepen understanding and expand vocabulary



# SEL CURRICULUM

# LIKE THIS? YOU'LL LOVE THESE OTHER SOCIAL-EMOTIONAL UNITS




## SELF-AWARENESS FEELINGS & EMOTIONS

- SOCIAL STORY
- PARENT NOTE
- POSTERS
- SCENARIOS
- TAKE-HOME BOOK
- CLASS BOOK
- LESSON PLANS
- TEACHER TALK




**SELF-CONFIDENCE | STRENGTHS | GROWTH MINDSET**



## IDENTIFYING EMOTIONS

- SOCIAL STORY
- PARENT NOTE
- POSTERS
- SCENARIOS
- TAKE-HOME BOOK
- CLASS BOOK
- LESSON PLANS
- TEACHER TALK



**MAD | SAD | FRUSTRATED | CALM DOWN AREA**

# MORE UNITS COMING SOON!