

SEL UNIT 2: IDENTIFYING EMOTIONS

SEEDS OF SUCCESS UNIT 1

IDENTIFYING EMOTIONS

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

CAREGIVER CONNECTIONS

Dear Green-libs,
This month we are learning how to identify our emotions and those of others. In the classroom we'll be reading books, having discussions, and learning techniques to help us manage our emotions when we're feeling mad, sad, or frustrated.

On Friday of each week, your child will bring home a social story booklet that we have read in class. Please read this booklet with your child and ask them to tell you about a time when they felt like the main character in the story. Invite your child to draw a picture on the last page of the booklet.

Thank you in advance for your support.

WHAT IS...?
The ability for young children to learn how to cope with and manage their own emotions is important because they will need to do this on their own throughout their lives.

VOCABULARY

- ✓ Frustrated
- ✓ Sad
- ✓ Mad
- ✓ Disappointed
- ✓ Unhappy
- ✓ Angry

CONVERSATIONS

If possible, your child will bring home a conversation guide to read and talk back to the teacher about what you and your child can do to help your child's feelings.

SUGGESTED BOOKS

- ✓ *Classroom Mates* by Sara Dewdney
- ✓ *How a Thunderstorm Feels* by Lisa Wheeler
- ✓ *How to Be a Good Friend* by Lisa Wheeler

IDENTIFYING MY EMOTIONS: SETTING: WHOLE GROUP

MATERIALS

- ✓ Social Story
- ✓ Song poster
- ✓ Posters #1-2

PREP

- Print song poster
- Print posters #1-2
- Print and assemble full-size social story

OBJECTIVE

- PWP SE 1B: Can label one self
- PWP SE 1B: Identifies in books
- PWP SE 1B: Shows across calm and cope

SUGGESTED

- ✓ *The Rabbit Listened* by Chris Randall
- ✓ *Pocket Full of Sad* by The Cat Who Cooks
- ✓ *Kuland*

LESSON

1. Show the sad posters to your students and ask them to mimic the same as their own face as the children on the posters.
2. Name and define the emotions for students, include the additional words in the posters.
3. Show an appropriate example of when you (the teacher) have felt sad.
4. Ask students if they have ever been sad and listen to a few responses.
5. Display the posters.

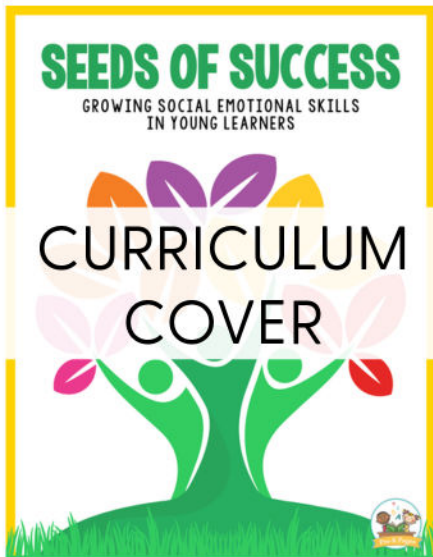
MAD | SAD | FRUSTRATED | CALM DOWN AREA

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



SEL CURRICULUM

SEL UNIT 2: IDENTIFYING EMOTIONS



SOCIAL & EMOTIONAL LEARNING TARGETS

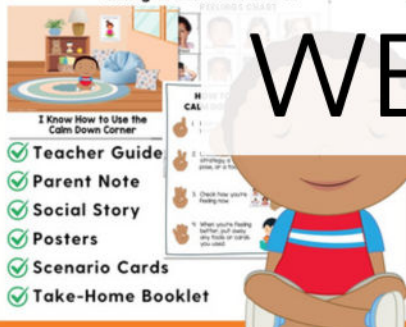
PKP SE 11 Awareness of one's body in space & respects personal boundaries.	PKP SE 12 Expresses pride in age-appropriate abilities and skills.	PKP SE 13 Demonstrates appropriate caution when necessary.	PKP SE 14 Plans and sustains independent play.
PKP SE 15 Tries different strategies to problem solve before seeking adult assistance.	PKP SE 16 Follows classroom rules & routines with occasional reminders from teacher.	PKP SE 17 Transitions independently from one activity to the next.	PKP SE 18 Cleans up & puts materials away when asked.
PKP SE 17 Expresses feelings when asked.	PKP SE 18 Identifies and names characters in books.	PKP SE 19 Attempts to calm & cope.	PKP SE 20 Establishes non-violent routines correctly.
PKP SE 17 Follows classroom rules, procedures, & routines.	PKP SE 18 Accepts and completes classroom responsibilities.	PKP SE 19 Respects other's work.	PKP SE 20 Can negotiate & compromise with peers with minimal support.
PKP SE 19 Demonstrates empathy and caring for others.	PKP SE 20 Engages with a variety of playmates and may have preferred friends.	PKP SE 21 Demonstrates an understanding that others have different perspectives and feelings from their own.	PKP SE 22 You & Peers

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AGE-APPROPRIATE OBJECTIVES



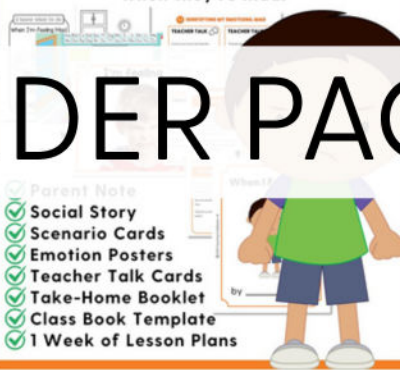
Students will learn about identifying their own emotions and how to manage them using a calming area.



Students will learn about identifying their own emotions and how to manage them when they're sad.



Students will learn about identifying their own emotions and how to manage them when they're mad.



Students will learn about identifying their own emotions and how to manage them when they're frustrated.



WEEKLY DIVIDER PAGES



SEL CURRICULUM

SEL UNIT 2: IDENTIFYING 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.



IDENTIFYING MY EMOTIONS: SAD DAY 1

SETTING: WHOLE GROUP

MATERIALS

- ✓ Social Story
- ✓ Song poster
- ✓ Posters #1-2



OBJECTIVES

- PKP SE 113: Can label own feelings when asked.
- PKP SE 114: Identifies feelings of characters in books.
- PKP SE 115: Uses acceptable strategies to calm and cope.

PREP

- Print song poster
- Print posters #1-2.
- Print and assemble full-size social story



SUGGESTED BOOKS

- ✓ The Rabbit Listened, by Cori Doerrfeld
- ✓ Pocket Full of Sads, by Brad Davidson
- ✓ The Cat Who Couldn't Be Bothered, by Jack Kurland

LESSON

1. Show the sad posters to your students and ask them to mimic the same the emotion on their own face as the children on the posters.
2. Name and define this emotion for students, include the additional words that can be used.
3. Share an appropriate example of when you (the teacher) have felt sad.
4. Ask students if they have ever been sad and listen to a few responses.
5. Display the poster nearby in your large group area for future reference.
6. Introduce the song to your students.
7. Read the included social story, *When I'm Feeling Sad* to your class.
8. Ask your students to identify the emotions of the main characters in the story and how they managed these emotions.

ENGLISH LANGUAGE LEARNERS

Be mindful of the different cultures represented in your classroom. Some cultures do not show emotions on their faces and may consider it rude to do so. Having good parent communication and interactions in place will go a long way in getting to know your students and their cultures.



SEL CURRICULUM

SEL UNIT 2: IDENTIFYING 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

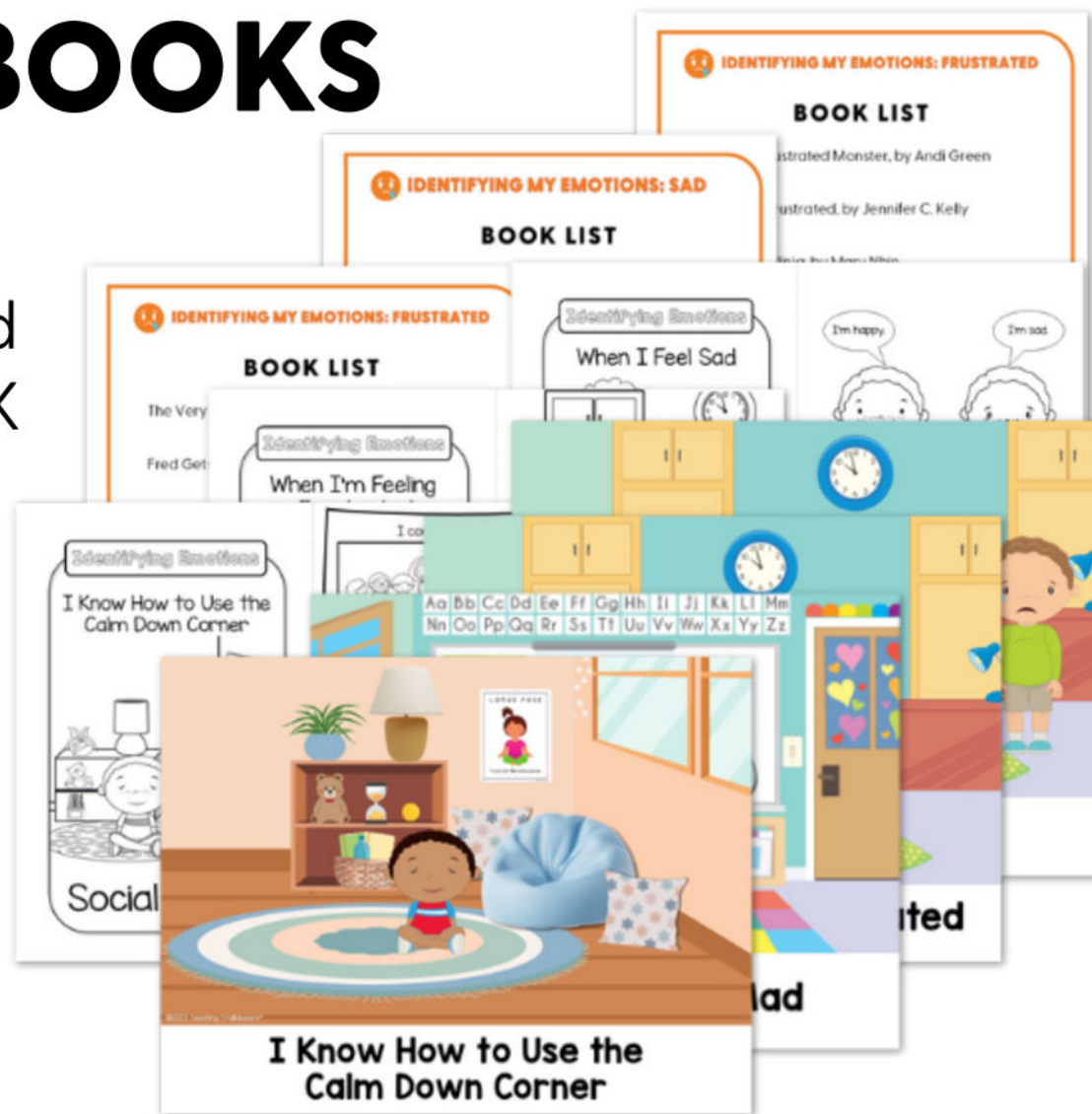


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SEL UNIT 2: IDENTIFYING EMOTIONS

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



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SEL UNIT 2: IDENTIFYING 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



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SEL UNIT 2: IDENTIFYING EMOTIONS

RESOURCES

- ✓ Songs set to familiar tunes to deepen understanding and expand vocabulary
- ✓ Supplemental resources to help students practice the concepts taught



SEL CURRICULUM

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

SEEDS OF SUCCESS UNIT 1

SELF-AWARENESS FEELINGS & EMOTIONS

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

CAREGIVER CONNECTIONS

SELF-AWARENESS: I HAVE FEELINGS & EMOTIONS

SELF-CONFIDENCE | STRENGTHS | GROWTH MINDSET

SEEDS OF SUCCESS UNIT 3

MANAGING EMOTIONS

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

CAREGIVER CONNECTIONS

MANAGING EMOTIONS: AN

WORRY | WAITING | PATIENCE | PERSONAL SPACE

MORE UNITS COMING SOON!