

SEL UNIT 1: SELF-AWARENESS



SELF-AWARENESS FEELINGS & EMOTIONS

SOCIAL STORY

PARENT NOTE

POSTERS

SCENARIOS

TAKE-HOME BOOK

CLASS BOOK

LESSON PLANS

TEACHER TALK



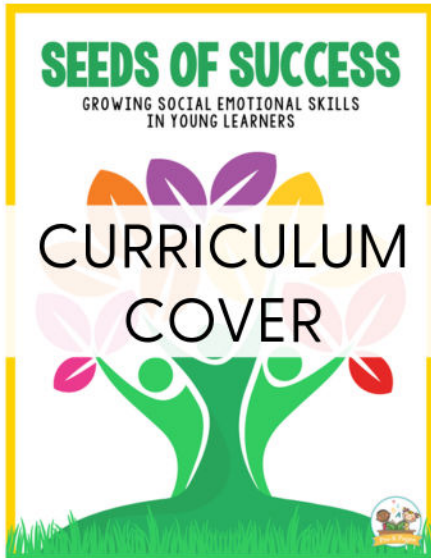
SELF-CONFIDENCE | STRENGTHS | GROWTH MINDSET

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



SEL CURRICULUM

SEL UNIT 1: SELF-AWARENESS



SOCIAL & EMOTIONAL LEARNING TARGETS

PKP SE 1.1 Awareness of one's body in space & respects personal boundaries.	PKP SE 1.2 Expresses pride in age appropriate abilities and skills.	PKP SE 1.3 Demonstrates appropriate caution when necessary.	PKP SE 1.4 Forms and sustains independent play.
PKP SE 1.5 Tries different strategies to problem solve before seeking adult assistance.	PKP SE 1.6 Follows classroom rules & routines with occasional reminders from teacher.	PKP SE 1.7 Transitions independently from one activity to the next.	PKP SE 1.8 Cleans up & puts materials away when asked.
PKP SE 1.9 Identifies and expresses feelings when asked.	PKP SE 1.10 Identifies and expresses characters in books.	PKP SE 1.11 Arranges to calm & cope.	PKP SE 1.12 Recognizes and connects routines correctly.
PKP SE 1.13 Follows classroom rules, procedures, & routines.	PKP SE 1.14 Accepts and completes classroom responsibilities.	PKP SE 1.15 Respects other's work.	PKP SE 1.16 Can negotiate & compromise with peers with minimal support.
PKP SE 1.17 Demonstrates empathy and caring for others.	PKP SE 1.18 Engages with a variety of playmates and may have preferred friends.	PKP SE 1.19 Demonstrates an understanding that others have different perspectives and feelings from their own.	PKP SE 1.20 You & Peers

©2022 Pre-K-4 Pages, LLC

AGE-APPROPRIATE OBJECTIVES

UNIT 1: SELF-AWARENESS
I HAVE A GROWTH MINDSET

UNIT 1: SELF-AWARENESS
I HAVE MY OWN STRENGTHS

UNIT 1: SELF-AWARENESS
I HAVE SELF-CONFIDENCE

UNIT 1: SELF-AWARENESS
I HAVE FEELINGS & EMOTIONS

Students will learn about growth mindsets and how to develop their own.

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

Students will learn about strengths and how to identify their own strengths.

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

Students will learn about self-confidence and how to develop their own confidence.

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

Students will learn how to identify their own feelings and emotions to communicate effectively with 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 1: SELF-AWARENESS



- 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.

SELF-AWARENESS: I HAVE FEELINGS & EMOTIONS DAY 1

SETTING: WHOLE GROUP

- ### MATERIALS
- ✓ Social Story
 - ✓ Song poster
 - ✓ Posters #1, #2, #3
- 

- ### OBJECTIVES
- ✓ PKP SE 13: Can label own feelings when asked.
 - ✓ PKP SE 14: Identifies feelings of characters in books.

- ### PREP
- ✓ Print posters #1, #2, and #3
 - ✓ Print and assemble full-size social story
 - ✓ Print song poster

- ### SUGGESTED BOOKS
- ✓ Lots of Feelings, by Shelley Rotner
 - ✓ You Have Feelings All the Time, by Deborah Kris
 - ✓ The Boy with Big, Big Feelings, by Britney Winn Lee

LESSON

Introduce the included social story, *I Have Feelings* (or similar) to your class. As you read the book aloud, pause briefly on each page and invite students to share how they think each child or character is feeling.

Introduce and sing the song, *I Have Emotions* with your class.

Show poster #1 to your class in whole group and say, "Look at the child in this picture. What does this child's face make you think about? How do you think she is feeling?" Invite children to respond.

Ask, "What do you notice about her eyes? What about her mouth?" Invite more responses.

Say, "I notice that the ends of her mouth are up; she is smiling. Her eyes are open, and her eyebrows are not down. These show that this girl is happy."

Repeat this process with posters #2 and #3, if time allows.

Display the posters nearby in your large group area for future reference.



SEL CURRICULUM

SEL UNIT 1: SELF-AWARENESS

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 1: SELF-AWARENESS

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 1: SELF-AWARENESS

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

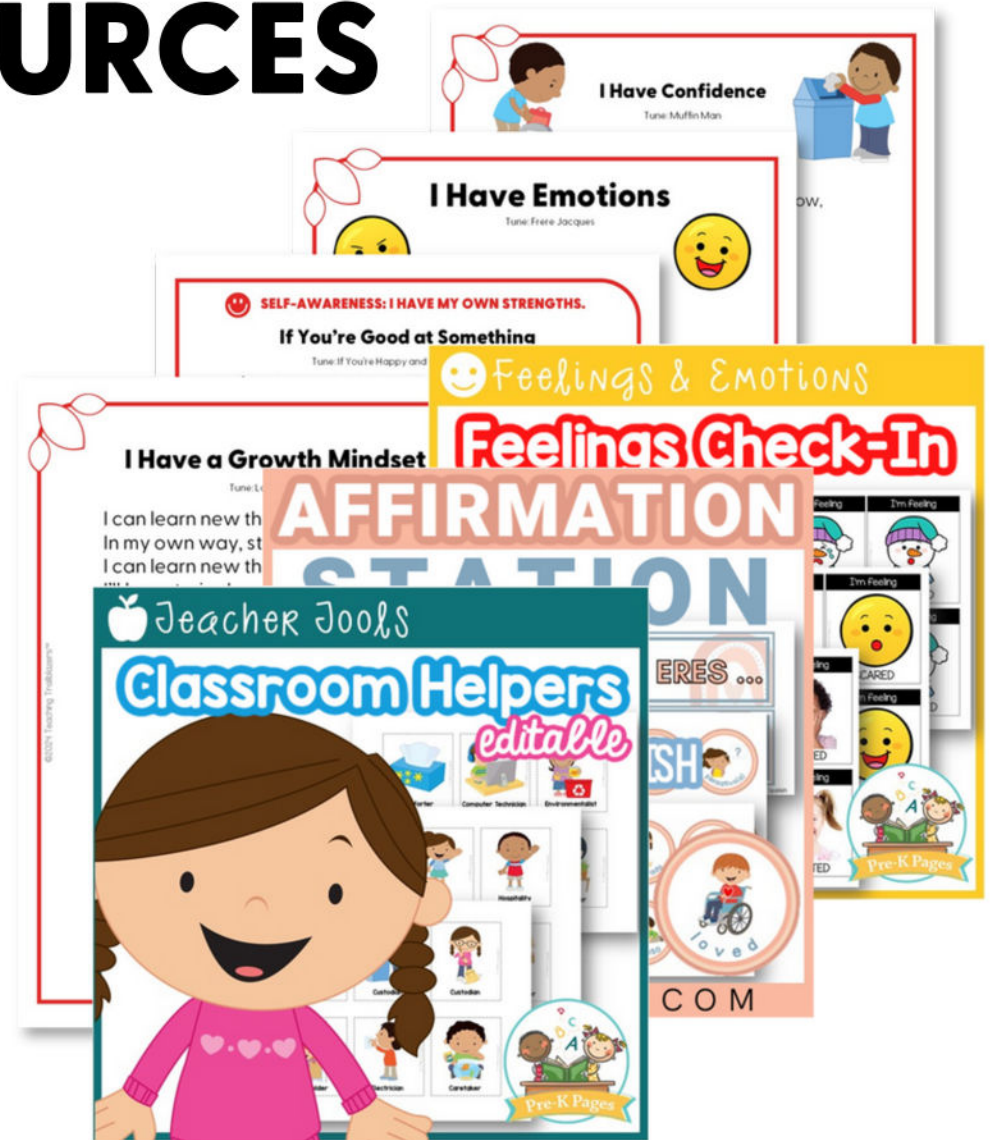


SEL CURRICULUM

SEL UNIT 1: SELF-AWARENESS

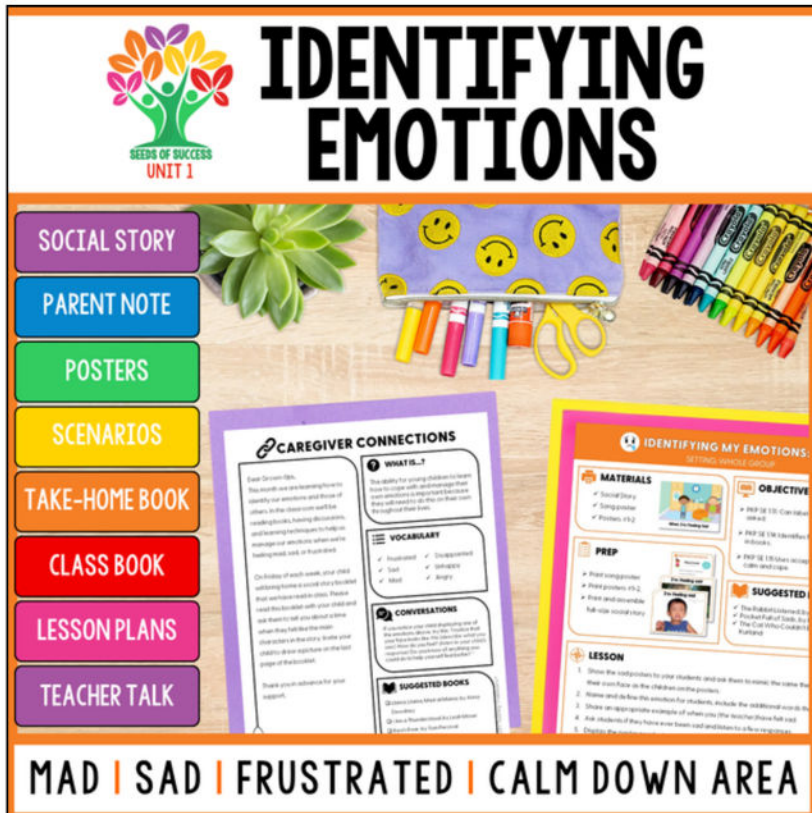
RESOURCES

- ✓ 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

IDENTIFYING EMOTIONS

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

CAREGIVER CONNECTIONS

IDENTIFYING MY EMOTIONS: SETTING WHOLE GROUP

WHAT IS IT?
This ability for young children is critical to their ability to regulate their emotions and manage their behavior. It is a skill that is developed through play and social interaction.

VOCABULARY
• Happy
• Sad
• Frustrated
• Calm

CONVERSATIONS
Ask your students to describe a time when they felt a certain emotion. Have them draw a picture of how they felt and share it with a partner.

SUGGESTED BOOKS
• The Feelings Book by Todd Parr
• The Color Monster by Anna D'Amico

MATERIALS
• Social Story
• Scenarios
• Posters (12)

PREP
• Prep your students with the Social Story and Scenarios.
• Prep your students with the Posters.

OBJECTIVE
• Prep 12 150 students to identify emotions.
• Prep 12 150 students to use the Social Story and Scenarios.

SUGGESTED
• The Feelings Book by Todd Parr
• The Color Monster by Anna D'Amico

LESSON
1. Show the video for your students and ask them to identify the emotion they see.
2. Ask your students to describe a time when they felt a certain emotion.
3. Show an appropriate example of when you, the teacher, felt a certain emotion.
4. Ask students if they have ever been sad and frustrated. Ask them to describe how they felt.

MAD | SAD | FRUSTRATED | CALM DOWN AREA



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 SETTING WHOLE GROUP

WHAT IS IT?
This ability for young children is critical to their ability to regulate their emotions and manage their behavior. It is a skill that is developed through play and social interaction.

VOCABULARY
• Worry
• Waiting
• Patience
• Personal Space

CONVERSATIONS
Ask your students to describe a time when they felt a certain emotion. Have them draw a picture of how they felt and share it with a partner.

SUGGESTED BOOKS
• The Feelings Book by Todd Parr
• The Color Monster by Anna D'Amico

MATERIALS
• Social Story
• Scenarios
• Posters (12)

PREP
• Prep your students with the Social Story and Scenarios.
• Prep your students with the Posters.

OBJECTIVE
• Prep 12 150 students to identify emotions.
• Prep 12 150 students to use the Social Story and Scenarios.

SUGGEST
• The Feelings Book by Todd Parr
• The Color Monster by Anna D'Amico

LESSON
1. Introduce 'Who's Feeling?' Poster if the other students understand their's. Introduce the managing emotions poster to your class. Discuss the importance of each of the skills to be used.
2. Explain to your class that the 'Who's Feeling?' Poster is a tool that can be used to help students identify their emotions and manage them.

WORRY | WAITING | PATIENCE | PERSONAL SPACE

MORE UNITS COMING SOON!