

Classroom Guidance Lessons

1st Grade

Unit 1: Self-Awareness & Self-Management

Unit Overview

Through the study of feelings, students will gain a better understanding of the connection between thoughts, feelings, and behavior of both self and others. Students will also learn strategies to manage strong feelings.

CASEL Standards (CASEL.org)

Self-awareness: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

Self-management: The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

Lesson 1 - Students will review guidance lesson rules and expectations. We will then discuss the connection between thoughts and feelings and read the story On Monday When It Rained. Students will then draw or write about a thought that could create a happy feeling.

Lesson 2 - As we continue to explore the connection between thoughts and feelings, the students will listen to The Grouches and identify thoughts that might make the character mad. The students will then practice a calming strategy called "The Six Sides of Breathing".

Lesson 3 - The students will read and discuss The Very Frustrated Monster and then identify a thought that could cause someone to feel frustrated.

Lesson 4 - As we complete the Self-Awareness & Self-Management Unit, students will practice the Thought-Feeling Connections while reading The Lonely Little Monster. Students will again practice "The Six Sides of Breathing" and will then bring home their packets.

Books

On Monday When It Rained
by Cheryl Kachenmeister

The Very Frustrated Monster
by Andi Green

The Lonely Little Monster
by Andi Green

The Grouches
by Debbie Wagenbach

Unit Vocabulary

Strategy - A strategy is used when we want or need to calm our bodies and brains

Thoughts - quiet words or pictures in your head

Thought-Feeling Connection:
First we have a thought and then we have a feeling. Thoughts impact our feelings.

Frustrated: A feeling we experience when we cannot complete or change something.

Casey Leary

School Counselor

Boyden Elementary School

508-660-7216 x 5434

Twitter - @WalpoleESC