

Classroom Guidance Lessons Kindergarten

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 - Kindergarten students will start off the year reading and discussing Whole Body Listening Larry at School. The students will then practice Whole Body Listening during games and bring home a Whole Body Listening worksheet.

Lesson 2 - The students will begin discussing basic feelings and facial expressions. While reading The Way I Feel, students will have a chance to practice making facial expressions and sharing about basic feeling words (happy, sad, mad). Students will then draw a happy face and create a picture of a happy time.

Lesson 3 - As we continue to review feelings, students will listen to Glad Monster, Sad Monster and discuss what makes them feel happy, sad or mad. Each student will then draw a sad face and create a picture of a time when she or he felt sad.

Lesson 4 As we end the first guidance unit we will read My Many Colored Days and play guessing games to encourage students to describe facial expressions. Each student will then draw a mad face and create a picture of a time when she or he felt mad. The students will then bring home a packet with the work they have completed during the four lessons.

Books

Whole Body Listening Larry at School by Elizabeth Sautter & Kristen Wilson

The Way I Feel
by Janan Cain

My Many Colored Days
by Dr. Seuss

Glad Monster, Sad Monster
by Ed Emberley

Unit Vocabulary

Whole Body Listening - Listening with your eyes, ears, hands, feet, brain, body, mouth and heart

Happy Face - Eyebrows are curved up, mouth is curved up and smiling

Sad Face - Mouth is curved down and frowning, there might be tears coming from my eyes, there might be crying sounds coming from my mouth

Mad Face - Eyebrows are pointing down, cheeks might be red, mouth is curved down and frowning, eyes might be big and dark.

Casey Leary
School Counselor
Boyden Elementary School
508-660-7216 x 5434
Twitter - @WalpoleESC