



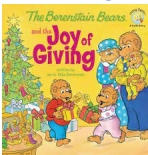


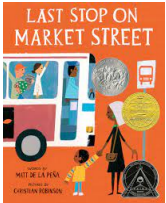
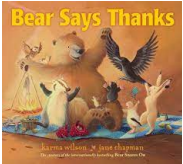
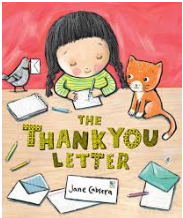



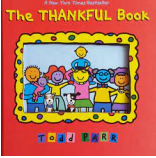

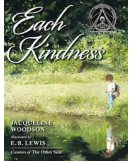
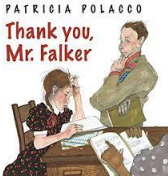
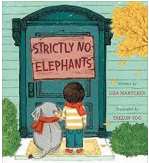
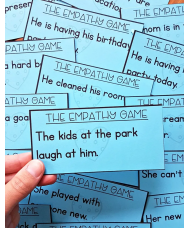
November/December SEL Lessons - First Grade


*Feel free to change any wording or ideas!

Social Awareness

Lesson Topic	Lesson Objective	Related Literature	Common Language	Practice / Activities	Other Ideas
1. Giving Back	Students will understand the meaning of being kind and giving back to others.	<p>The Berenstain Bears Think of Those in Need</p>  <p>Come With Me</p>  <p>Kindness Rocks</p>  <p>Helping Hands</p>  <p>The Berenstain Bears/Joy of Giving</p> 	<p>Helping</p> <p>Giving</p> <p>Generosity</p> <p>Thankful</p>	<p>Brainstorm ways we can help our Powhatan community this holiday season (canned goods drives, donating old clothes and toys, blanket drive, etc)</p> <p>Make a list of ways we can give back and add to it over the next few weeks as students share ways they've helped others.</p> <p>Make handmade cards for someone in the building, home, or community to spread kindness.</p> <p>Be sure to discuss the feelings associated with helping others.</p>	<p>"Sprinkle Kindness" Chart- make rectangle pieces for students to write ways they showed kindness/helped others and add it to the "Class Donut"</p>  <p>Begin a holiday-themed "Acts of Kindness" calendar.</p> <p>Gratitude Activities on TpT</p>

<p>2. Gratitude</p>	<p>Students will learn how to be thankful for the things they have in their lives, and how to express it.</p>	<p>The Thank You Book - Mo Willems</p>  <p>Last Stop on Market Street</p>  <p>Bear Says Thanks</p>  <p>Those Shoes</p>  <p>The Thank You Letter</p>  <p>The Thankful Book</p>	<p>Gratitude</p> <p>Thankful</p> <p>Feelings</p>	<p>“I am thankful for...” Writing prompt.</p> <p>Writing a thank you note to someone you are grateful for.</p> <p>Create a class ABC Gratitude chart. Collectively, how many letters can you come up with for it?</p>	<p>Make thankful bracelets (example on TpT)</p> <p>Make a Thankful Tree in or outside your classroom to display a variety of things to be thankful for. Invite other classes or staff to participate.</p> <p>Make individual or a class thankful pumpkin using strips of orange paper.</p> 
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3. Showing Concern	Students will understand how to have empathy and care for others. They will understand how to communicate and respond to others.	<p>Even Superheroes Have Bad Days</p>  <p>Each Kindness</p>  <p>Thank you, Mr. Faulker</p>  <p>Strictly. No Elephants</p>  <p>The Invisible Boy</p>	<p>Empathy</p> <p>Concern</p> <p>Listening</p>	<p>Play the “Empathy Game”: give students examples of various situations. Have them name the feeling that the person might be feeling. (The kids at the park laughed at him.)</p>  <p>Wrinkled Heart Activity: Using a large paper heart, take turns saying unkind things and acts that could hurt someone’s feelings, while each time making a fold on the heart. After, unfold the heart and recognize the wrinkles that</p>	<p>Make a welcome book for new students in the classroom in the future.</p> <p>Create a class contract about what a Good Classroom looks, feels, and sounds like.</p> <p>Active Empathy Listeners Role-Play then discuss!</p> <p>Create a feelings collage using magazines and print-outs. In groups or partners, encourage students to use the picture to discuss the feelings they see in the expressions.</p>

		 Rain Boy 		<p>can't be taken away. Discuss with your students what happens when they say or do certain things, and how it affects other people.</p>	
4. Strengths of Others	<p>Students can reflect on similarities and differences that we previously have talked about, but focus on the strengths of others.</p>	All the World  The Giving Tree  Swimmy  Officer Buckle and Gloria 	<p>Strength Strong</p>		