

Unit Title: SEL - Self Management

Grade Level: 6-8

Subject Area: Social Skills

Duration/Length/Number of class periods: 5

Description:

Students will explore how their mindset/attitude impacts their success. Students will practice mindfulness strategies.

Established Goals (National, State, Local):

Minnesota Department of Education: Social Emotional Learning Standard - Self Management Competencies

http://education.state.mn.us/mdeprod/idcplg?IdcService=GET_FILE&dDocName=MDE073494&RevisionSelectionMethod=latestReleased&Rendition=primary

Demonstrate the skills to manage and express one's emotions, thoughts, impulses and stress in constructive ways.

What Enduring Understandings are desired?

Stress is inevitable.

Knowing how to manage stress will promote perseverance.

Mindfulness is a tool that can be used to build self management.

What Essential Questions will be considered?

How can I motivate myself when I feel unmotivated?

How can I solve problems assertively?

How can I agree to disagree?

Students will know / be able to:

I can apply strategies to manage my stress.

I can identify the role my attitude plays in being successful.

Description	Formative	Summative	Introductory Activity	Learning Activity	Student Technology Used	Teacher Technology Used	ISTE Standards
Define and discuss self-management and stress How to address stress	X		X	X			
Video Wellcast - stress			X			X	
Introduce Flipgrid, homework post #1 Stress	X						1a, 7b
Play Kahoot (pretest) Stress Management				X	X	X	
Skim through articles (Support yourself and 6 tips for self compassion)				X	X		
Define and discuss mindfulness	X			X			
Mindfulness video			X		X	X	
Flip grid #2 Calming tools	X			X	X		1a,7b
Define and discuss perseverance	X			X			
Review Mrs. Krueger's Google Slides of different strategies					X	X	
Assessment: Create a google slide presentation of my own personal strategies that will calm be when I'm stressed		X			X		3d

Materials, tools and resources: Chromebook, articles, Kahoot game, Wellcast and mindfulness videos, Flipgrid, Google slides
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