



Self-Awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior and the capacity to accurately assess one's strengths and limitations. Exhibits growth mind-set with a well-grounded sense of confidence and optimism.

I KNOW MYSELF.

FREE EDUCATOR ACCESS

SEL EDUCATOR LESSON RESOURCES

HARMONY FREE Educator Account Required	Pre-K-2	3-4 Grades	5-6 Grades
Unit 1: Diversity and Inclusion Unit 2: Empathy and Critical Thinking Unit 3: Communication	1.2 Discovering Commonalities 2.1 Recognizing Feelings 2.7 Understanding that People Can Change 3.2 Responding to Others 3.3 Being Assertive	3 rd Grade 2.1 Thought Connections 4 th Grade 2.1 Pop That Thought Bubble	2.1 Thought Bubbles 2.5 Critical Thinking in Practice
NEARPOD DSD Educator Log-in Required	Pre-K-2 Grades	3-6 Grades	
SEL in Action	<ul style="list-style-type: none"> • What Are My Values? • How Am I Feeling? 	<ul style="list-style-type: none"> • Self-Compassion • Understanding My Values 	
SEL Moments	Pre-K-6 Grades <ul style="list-style-type: none"> • What Are My Strengths? • How Is My Body Feeling? • Emotion Thermometer • Positive Affirmations • I Can Grow 		
Growth Mindset	<ul style="list-style-type: none"> • Introduction to Growth Mindset • Thinking Flexibly • Asking Questions • Persistence • Metacognition • Taking Responsible Risks 		

PURE EDGE, INC. Success Through Focus FREE Educator Account Required	Pre-K-6 Grades
Mindful Movement, Breathing, and Rest Strategies	<ul style="list-style-type: none">• Arrival: Engaging in a Mindful Minute offers learners a chance to check in with themselves at the start of the day. The start of the day is also a great time to incorporate Breathe exercises such as Anchor Breathing or Rest exercises like Mindful Listening.• Refocus Between Lessons: Bring a little movement and breathing as a break to re- energize learners. Good options are Chair Cat/Cow, Chair Twist, and Stork.• Before Testing: Breathing exercises help relieve testing related stress and put learners in a state of focus. Breathing Ball, Take Five and Ocean Breath, are simple and effective choices.• Lining Up: Use Mountain and Tree postures to help learners stay calm during transition to and from the classroom.• Recess: Chair Sunrise Twist is a good way to help learners calm down if they have a lot of energy after they have played outside. Once they have settled down, try Even In-Even Out to build focus.• Create a Calming Space: Sit in Seated Mountain and have a Mind Jar and Breathing Ball available for learners to access in a quiet area. Have posture cards printed (available on ww.pureedgeinc.org) for learners to practice postures on their own.• Departure: Attitude of Gratitude, are great ways to end the school day.• Additional videos: Breathe Belly-Heart, Breathe Easy In Extend Out, Move Brain Balance, Move Mirror Movement, Rest Taking in the Good, Guided Rest (9 minute activity).