



Social Awareness

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

I CARE ABOUT OTHERS.

FREE EDUCATOR ACCESS

SEL EDUCATOR LESSON RESOURCES

| NEARPOD DSD Educator Log-in Required | 7 th Grade CCA | Health I and Health II | 7-12 Grades |
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| SEL in Action SEL Moments SEL in Digital Life | Unity Among Diversity Am I Empathetic? | Appreciating Diversity Respect for Others Perspective Taking Gratitude | Perspective Taking Understanding Strength in Diversity Developing Empathy Gratitude and Being Real Empathy & Gaming Compassion & Lip Service |
| NEARPOD Lesson Series for 7-12 Grades | | | |
| Growth Mindset Practices In this series of Social & Emotional Learning lessons, students will explore developing a growth mindset using Habits of Mind. | Asking Questions Persistence Thinking Flexibility Metacognition Taking Responsible Risks | | |
| Lifelong Learning Strategies In this series of Social & Emotional Learning lessons, students will learn skills they need to be successful in and beyond school. | Critical Thinking Skills Setting Challenging Goals Balancing Obligations Time Management Skills Organizing with Multiple Sources Communicating My Needs | | |

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| <p>PURE EDGE, INC. FREE Educator Account Required</p> | <p>Success Through Focus Brain Breaks for 7-12 Grades</p> |
| <p>Mindful Movement, Breathing, and Rest Strategies</p> | <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 Classes: Use mindful breathing exercises to help settle students as they transition. Good options to start with are Breathing Ball, Even-In, Even-Out or Belly-Heart Breath. • Break During Class: Use movement and breathing as a <i>Brain Break</i> to re-energize learners during longer lessons. Chair Cat/Cow, Chair Twist, Mountain Chair, Tree or Stork work well. • Before Testing: Breathing exercises help relieve testing related stress. Take Five and Ocean Breath, are simple and effective choices. • Afternoon Slump: Re-energize learners with movement exercises. Try movement options of Brain Balance, Seated Mountain, Mirror, Sunrise Twist, and Recharge or breathing Easy In, Extend Out. • Departure: Taking in the Good, and Attitude of Gratitude, are great ways to end the school day. • Additional videos: Guided Rest (9-minute activity). |