



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

NEARPOD DSD Educator Log-in Required	7th Grade CCA	Health I and Health II	7-12 Grades
SEL in Action SEL Moments SEL in Digital Life	Building Our Self-Esteem Accept Our Emotions	Identifying Strengths Glows and Grows	Who Am I? My Values My Emotional Cup Developing Self-Compassion Emotional Intelligence Humility & Selfies
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		

PURE EDGE, INC.

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Success Through Focus Brain Breaks for 7-12 Grades

Mindful Movement, Breathing, and Rest Strategies

- 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 *Brain Break* 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).

