



1st Grade: Foundations

Caring for Ourselves and Others

Chapter 1: Wayfinder Mindsets

In this chapter, we will get to know each other and practice our community agreements.

1.1. Intro + Agreements

In this module, we will play some games to begin to get to know each other and practice agreements that support a kind and caring classroom.

1.1.1. Intro: Our Adventure Begins

CORE SKILL

How can we practice caring for ourselves and each other?

Collaboration

1.1.2. Community Agreements

CORE SKILL

What are our class agreements?

Collaboration

Chapter 2: Wayfinder Skills

In this chapter, we will learn a set of skills to help us listen to and cooperate with others.

1.2. Care + Action

Our feelings are big, important, and can be very useful if we understand them. In this module, we will learn to be aware of our feelings while practicing teamwork.

1.2.1. Noticing

CORE SKILL

Why do we need to pay attention before we act?

Collaboration

1.2.2. Emotion Balloons

CORE SKILL

Can we notice our emotions and respond to them with care?

Adaptability

1.2.3. Working Together

CORE SKILL

How can we work together?

Collaboration

1.2.4. Helping Myself

CORE SKILL

How can we ask for help when we need it?

Agency

1.3. Listening + Awareness

Listening is so much more than hearing the words of others. It's about tuning into our surroundings. In this module, we will practice listening to others, ourselves, and our surroundings.

1.3.1. Listening

CORE SKILL

Why is listening important?

Collaboration

1.3.2. Listen Up!

CORE SKILL

How can we make sure we understand each other?

Self-Awareness

1.3.3. Listening to Nature

CORE SKILL

How can we appreciate the sounds of nature?

Agency

1.3.4. Listening to Ourselves

CORE SKILL

What can we learn from listening to ourselves?

Self-Awareness

1.4. Empathy + Practice

There is so much to learn! In this module, we will practice supporting others, saying thank you, and learning from mistakes.

1.4.1. Feeling Thankful, Feeling Good!

CORE SKILL

How can we appreciate the good things in our lives?

Collaboration

1.4.2. Helping Others

CORE SKILL

How can we help each other?

Empathy

1.4.3. Mistakes Help Our Brains Grow! CORE SKILL
How do mistakes help us learn? Self-Awareness

1.4.4. Saying Sorry CORE SKILL
Why do we say sorry? Agency

1.5. Storytelling + Community

Every person, classroom, and community has an important story to tell. In this module, we will reflect on ourselves and our communities and share meaningful stories.

1.5.1. I Am Awesome CORE SKILL
What makes us awesome? Purpose

1.5.2. My Family's Story CORE SKILL
What makes our families special? Self-Awareness

1.5.3. Our Joyful Classroom CORE SKILL
Why is it important to cooperate? Collaboration

1.5.4. Community Treasures CORE SKILL
What do we value in our school community? Self-Awareness

Chapter 3: Wayfinder Reflections

In this chapter, we'll reflect on the past year and celebrate our time together!

1.6. Closing Reflections

In this module, we will reflect on what we've learned the past year and celebrate and appreciate one another.

1.6.1. Personal Reflection: Caring Canopy CORE SKILL
How can we share what we've learned about caring with our classmates? Self-Awareness

1.6.2. Community Closing: Strong Like a Forest! CORE SKILL
How can we celebrate all we have learned together? Collaboration
