

College Park Elementary School
Be a Friend and not a foe
Social Emotional Learning Week #1 Lesson

Mindset Standards # 2. Self-confidence in ability to succeed

Behavior Standards # 4. Demonstrate empathy to yourself and others

Reflection in Me Video Click to watch the video

- Look in the mirror and list three things you like/love about yourself.
- Write down 3 specific nice things you can say to yourself. Once complete, go to a mirror and read each statement to yourself while looking in the mirror. (Remember to consider qualities you can't see too).

School Counselors:
Helping Students be
BRILLIANT!