

4TH GRADE

Be the Best Version of YOU

Healthy Mindset

Unit 1.1 Neuroscience
SEL Lesson 2



Class Connect

How can making healthy choices every day help us feel better at school and at home?



Review

routine

👏 rou·tine 👏

synonyms-
pattern, usual

antonyms-
irregular, different, unusual

support system

👏 sup·port · sys·tem 👏

synonyms-

group, helpers, encouragers

antonyms-

unhelpful, discouragers



Why is today's lesson important?

Healthy Mindset



Regulation

"I can recognize and manage my emotions."



Adaptability

"I can manage transitions and adjust to changing situations and responsibilities."



Perseverance

"I can demonstrate endurance and capacity to complete tasks."



Collaboration

"I can work well with others in a team."

definition

- being in good health
- making choices to help our brain and body

wellness



synonyms-
health, wellbeing

antonyms-
sickness, weak, unhealthy

examples

- exercising regularly
- talking about feelings
- eating fruits and vegetables



question

- What are two things you do to help your personal **wellness**?

non-examples

- staying up late to play video games
- bottling up feelings
- eating lots of sugar

definition

- wellness of our emotions and brain
- how we think, feel, act, learn, talk, play, and work.

mental health

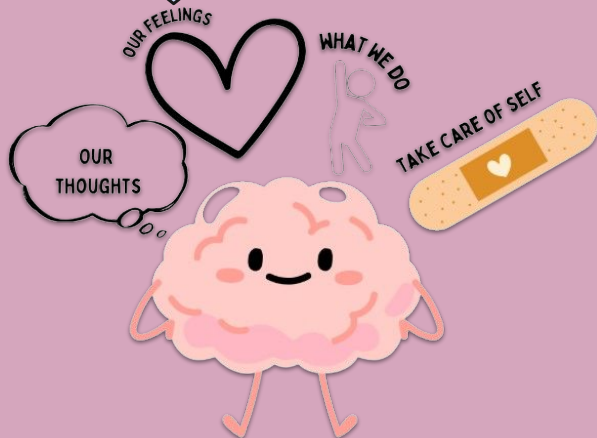
👏men·tal·health👏

synonym- well-being

antonym- other people's thoughts/opinions

examples

- your thoughts and feelings
- seeing the glass half full or half empty



question

- When I am having a tough time, I can take care of my **mental health** by:
- _____

non-examples

- having no cavities
- how tall you are

Let's brainstorm!

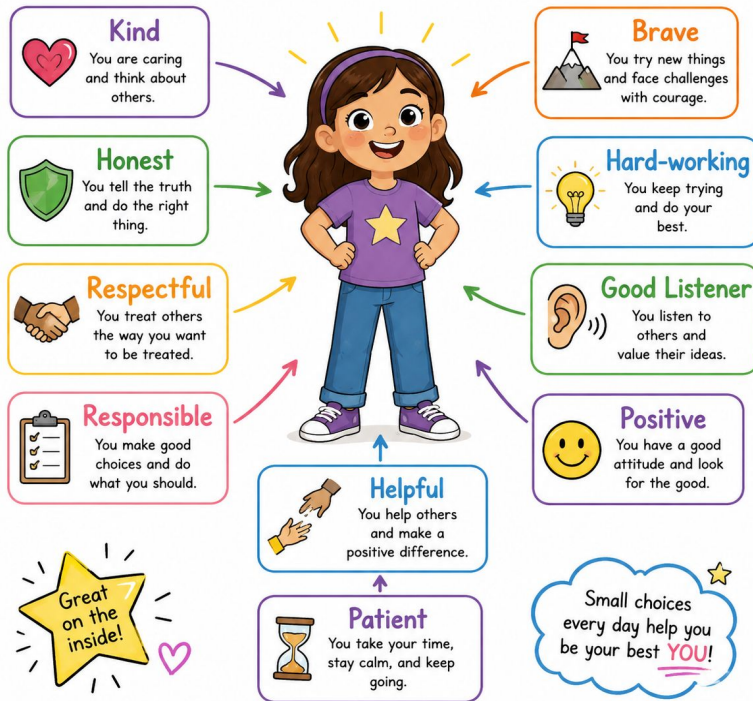
What Makes a Great You?





What Makes a Great "You"?

Great qualities help us become the best version of ourselves! ♥



Movement

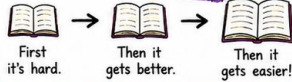


★ = EVERYONE GROWS! = ★

Practice. Learn. Improve. Repeat. ♥

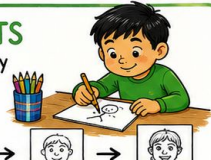
READING

gets easier
with practice.



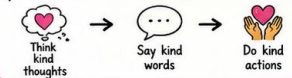
ARTISTS

improve by
drawing often.



BEING KIND

gets easier
the more we
practice it.



Be patient
with yourself. ♥



ATHLETES

improve by
training.



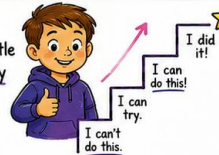
MISTAKES

are proof
that you are
trying!



YOU

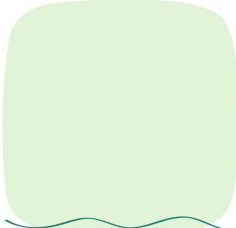
grow a little
more every
day!



You don't have to be perfect to grow.
Just keep trying and you'll get better! ♥

Every day is a
new chance to
grow! ★

Activity

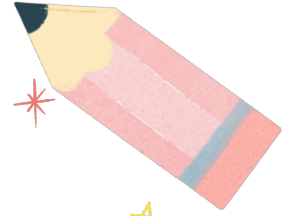
WHAT MAKES YOU GREAT?	
SOMETHING I AM GOOD AT?	SOMETHING I WANT TO IMPROVE?
	
A WAY I CAN HELP OTHERS	A GOAL FOR THIS YEAR
	



Peace Out



Guardian[★] Extension



Teacher Extension



Name _____ Date _____

 **TAKING CARE OF THE BRAIN**

Draw different ways of keeping the brain healthy. Describe each drawing.



An illustration of a young child with dark skin and curly hair, wearing a yellow shirt and blue pants, sitting on a yellow mat and drawing. The mat has some scribbles on it. The child is positioned in the bottom right corner of the worksheet.



THANKS



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