

1ST GRADE SOCIAL EMOTIONAL MENTAL

Length: 30 minutes

Materials needed:

- 1st Grade Social Emotional Mental Worksheet
- 1st Grade Social Emotional Mental Storybook
- Coping Toolbox Packet
- Coloring Pencils/Markers
- Scissors



Learning Objectives

- understand basic emotions
- identify people they can go to to talk about their emotions
- learning how to manage negative emotions

Storybook

Discussion questions:

- What something you do daily that makes you happy?
- How do you fix your negative emotions currently?
- Who is someone you can go to to help you control your negative emotions?

Sequence of activities

- Storybook (5-7 minutes)
- Worksheet (6-10 minutes)
- Video (6 minutes)
- Kinesthetic Activity (10 minutes)

Worksheet

- Have students finish all of the art sections.
- If finished early, explain some examples of healthy ways to help others with their emotions

Video

- Space is required because of interactive parts

Lesson Follow Up

- Health Schedule: students chronicle one emotion per day
- after a week, have a quick discussion where every student shares their emotion. Encourage more participation in the schedules.
- Primary times for exercise snacks: homework breaks, classroom breaks, recess

Kinesthetic Activity

- provide coloring materials and scissors
- each tool can be wrote on or decorated with coping strategies
- students tape tools that have been cut out to the toolbox on the last page