

Lesson 5



Lesson message:

Hello Students! Today we are going to continue to explore self-management. Let's remember that self-management helps us manage our own feelings, thoughts, and behaviors. Self-management is a **skill** that takes practice. How do you practice a **skill**? Let's try to find more examples in the way we learn and work with one another today. We can all do it! We are going to have a great day!

Daily message



Before beginning, write the Daily Message on chart paper or the board. Invite students to join the circle and sing the welcome song while gathering.



Welcome, welcome, welcome to you. We are beginning. We are so happy to see you!



Read aloud the daily message text. As you read aloud, think aloud pointing to words and describing meaning. Show students capitalized first words in each sentence and name the end punctuation.

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Academic vocabulary



SAY

I am going to read our Daily Message again. When I am reading the Daily Message aloud, I want you to think of any words you hear that you do not know.



DO

Read the Daily Message straight through, this time demonstrating automaticity, appropriate intonation, and expression.



SAY

Think about the words that you noticed that you did not already know. This is how I like to learn new words.



DO

Ask students to share the words they noticed with a partner and what they might mean. Listen in to their discussions to see if they chose the same word you planned to highlight today.



SAY

Let's explore the unknown words together. We call them vocabulary words. What vocabulary words do you notice?



DO

Allow students to share the vocabulary words that are new to them.

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These are all awesome words to explore! Today, we are going to zoom in on the word **skill**. The word skill refers to something you learn how to do. Self-management is a skill we can keep practicing to help achieve our goals.

Share time



We are going to continue to discuss how we show self-management in our own lives. Think of an example when you had self-management. Can anyone relate their self-management back to our vocabulary word, skill? How can your self-management influence your choices as a learner? For example, when I was on the swim team, I kept practicing different swimming skills like backstroke and diving. I used my self-management to keep practicing swimming skills.



Give students time to share with a partner. Listen as students share to assess student understanding of SEL: Self-Management focus and ability to have discussions with diverse partners about various topics. At the end of the time period, thank students for sharing and remind them to practice self-management.

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Thank you for sharing your wonderful thoughts today. We did it! Remember to practice your self-management!

SEL focus card

