

# Lesson 1



## Lesson message:

Hello Students! Today we are going to explore **self-awareness**. How do you understand your emotions, beliefs, and values? Do you know how they may lead you to make good choices in your life? When you have **self-awareness**, you can understand how your emotions, beliefs, and values can help you make good choices. 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 uppercase letters at the beginning of each sentence and lowercase letters throughout the message.

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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 and I hope this is exciting for you too!



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. Another way to describe these words we do not know is to 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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SAY

These are all awesome words to explore! Today, we are going to zoom in on the word **self-awareness**. The word self-awareness refers to how you understand your feelings, thoughts, and values. Being able to understand how you feel is a skill that takes practice.

## Share time



SAY

We are going to discuss how we show self-awareness in our own lives.



DO

Share one time you have shown self-awareness in your own life as a model for students. For example, share a time when you had self-awareness during a situation that is appropriate for a third grader like being disappointed that it was raining so you couldn't play outside and had to calm down.



SAY

Think of an example when you had self-awareness. Be ready to share with a partner. Turn to the person next to you and share your thinking.



DO

Give students time to share with a partner.

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Can anyone relate their experience back to our vocabulary word, self-awareness? When is a time you understood your thoughts or feelings?



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



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

SEL focus card

