

# Lesson 4



SAY

## Lesson message:

Hello Students! Today we are going to continue exploring self-awareness. Let's remember that self-awareness helps us understand our emotions, **beliefs**, and values. Our emotions, **beliefs**, and values influence our behavior in different situations. How have you shown self-awareness? If not, what can you do better next time? 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



DO

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.



SAY

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



DO

Read aloud the daily message text to students. As you read aloud, think aloud pointing to words and describing meaning. Show students parts of speech (nouns, pronouns, verbs, adjectives, and adverbs).

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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. Remember, 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 **beliefs**. The word beliefs refers to the things we think are true and right. Being able to understand your beliefs helps you to understand your behavior in different situations.

## Share time



SAY

We are going to continue to discuss how we show self-awareness in our own lives. Think of an example when you had self-awareness. Can anyone relate their self-awareness back to our vocabulary word, beliefs? How can your beliefs help you make decisions? What about when you are still learning about something and you are almost there? For example, when I was on the swim team, I had to keep practicing because I was still learning. I had a belief that swim team would help me stay healthy. Because I had this belief, I did not give up!



DO

Listen as students share to assess student understanding of SEL: Self-Awareness focus and ability to follow discussion rules and speak in complete sentences with appropriate amount of detail. At the end of the time period, thank the students for sharing and remind them to practice their self-awareness.

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

SEL focus card

