

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 emotions, thoughts, and behaviors effectively in different situations to help achieve our goals and **aspirations**. How has self-management helped you achieve your **aspirations**? Let's try to find more examples as 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 to students. As you read aloud, think aloud pointing to words and describing meaning. Show students plural nouns and clarify the meaning of unknown words and phrases.

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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. 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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SAY

These are all awesome words to explore! Today, we are going to zoom in on the word **aspirations**. The word aspirations refers to the hope you have to achieve something. Self-management helps you to try hard to achieve things you hope can happen.

Share time



SAY

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, aspirations? How can your self-management influence your choices as a learner? For example, when I was learning on the swim team, I had aspirations of being the fastest at backstroke. That was an aspiration that I hoped I could do, but I had to choose to keep practicing since I was still learning how to do it. I did not give up!



DO

Give students time to share with a partner. Listen as students share to assess student understanding of SEL: Self-Management focus and ability to comment and ask questions and use complete sentences with appropriate details. At the end of the time period, thank the students for sharing and remind them to practice their 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

