

Lesson 1: The Value in Mistakes

Grade 7 | Unit 1

GUIDING QUESTION:

How can making mistakes add value to your life?

Lesson Objectives

Students will complete the following exercises to answer the lesson's guiding question.

- ✓ **Learn:** The Value in Mistakes Video Lesson
- ✓ **Discuss:** Share about a time when you made a mistake and what you learned from the experience.
- ✓ **Reflect:** The Value in Mistakes Activity

Student Objectives

After completing Unit 1, students should be able to:

- ✓ Begin to analyze factors that create stress and factors that motivate success
- ✓ Apply strategies to adapt to challenging situations
- ✓ Begin to identify personal values, strengths, and weaknesses

Competency and Standard

CASEL Competency

- Self-Awareness - The ability to understand one's emotions, thoughts, and values and how they influence behavior across contexts.

Learning Standard and Benchmarks

- Identify and manage one's emotions and behavior.
- Analyze factors that create stress or motivate successful performance
- Apply strategies to manage stress and to motivate successful performance

Key Terms

Mistake

Growth Mindset

Persistence

Self-Compassion

Community Engagement

Unit Theme: Self-Care

Self-care is any way we stop to take time for ourselves. When we care for ourselves and fill our own cups, we're more available to help others and make a positive contribution to our community.

- ✓ Have your students take some time to brainstorm 5-10 ways they can practice self-care.
- ✓ Challenge your students to go home and practice a form of self-care at least once a week for the duration of this unit.