



Unit 1: Self-Awareness

Preschool | About This Unit

Self-Awareness is a measure of how accurately learners can recognize their feelings and thoughts and learn to understand how those influence their behavior.

After completing these lessons, students should be able to:

- ✓ Recognize and label basic emotions (e.g., happy, sad, angry, fear, surprise)
- ✓ Express a range of emotions through gestures, actions, drawing, or language with support
- ✓ Begin to understand the connection between feelings and behavior (e.g., If... then...)

Tips for Parents and/or Guardians

1. Model how to identify the feelings of characters in books, songs, and television shows/movies.
2. Label your own feelings and reasons you feel that way to help your child understand the consequences of actions, for example saying, “I feel so happy when you help me with this,” or, “I get very nervous when you run so fast.”



Source: CASEL Teaching Activities to Support the Core Competencies of SEL—August 2017