



Unit 1: Self-Awareness

Grade 1 | 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:

- ✓ Label their own emotions
- ✓ Realize the passing or changing nature of feelings
- ✓ Recognize that emotions can affect their behavior and vice versa
- ✓ Label the physical effects of emotions in their body

Tips for Parents and/or Guardians

1. Help your child understand that feelings dissipate with time by asking, "How do you think you'll feel about this problem tomorrow or next week?"
2. Talk about the signs of their emotions by asking, "How do different body parts feel when you're angry? Does your stomach hurt? Do you feel hot?"



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