



# Unit 1: Self-Awareness

## Grade 2 | 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 their feelings
- ✓ Describe their emotions and the situations that cause them (triggers)
- ✓ Recognize intensity levels of their emotions
- ✓ Recognize how emotions can change
- ✓ Recognize how thoughts are linked with emotions and emotions are linked to behavior

### Tips for Parents and/or Guardians

1. Encourage your child to talk about the different emotions they experience throughout the day.
2. Model talking about your own feelings and how they've changed over the course of the day.



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