



Unit 1: Self-Awareness

Grade 3 | 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:

- ✓ Correctly label their own emotions
- ✓ Recognize that emotions are temporary and can and will change
- ✓ Recognize that emotions can affect their behavior
- ✓ Recognize that behavior can affect emotions (including that it is possible to improve how one feels)
- ✓ Recognize that emotions have physical effects

Tips for Parents and/or Guardians

1. Parents, you can 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. Help your child learn the signs of their emotions by asking them, "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