



Unit 1: Self-Awareness

Grade 4 | About This Unit

Self-Awareness allows individuals to assess their own strengths, challenges, and interests while building confidence and utilizing a growth mindset.

After completing these lessons, students should be able to:

- ✓ Describe their personal identities
- ✓ Describe the personal traits they possess that make them successful members of their classroom and school community
- ✓ Describe their growth areas, prioritize the personal traits and interests that they want to develop and explore opportunities to develop them
- ✓ Recognize qualities of positive role models in their lives

Tips for Parents and/or Guardians

1. Explain or explore the benefits of being responsible. Does this lead to more freedom in school or at home, being a leader, or others looking up to you?
2. Talk about high pressure situations (e.g., taking a test, participating in a competitive activity) and different ways to deal with them.



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