

Lesson 1: Believing in Yourself

Grade 4 | Unit 1

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GUIDING QUESTION:

What does it mean to believe in yourself?

Lesson Objectives

Students will complete the following exercises to answer the lesson's guiding question:

- ✓ **Warm up:** Setting Intentions Exercise
- ✓ **Learn:** Believing in Yourself Video Lesson
- ✓ **Discuss:** Share about a time when you almost gave up but didn't.
- ✓ **Review:** List one way we can use a growth mindset to help us to believe in ourselves.
- ✓ **Reflect:** Write about a time when you learned from your mistakes.

Student Objectives

After completing Unit 1 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

Competency and Standard

CASEL Competency

- Self-awareness - the ability to understand one's emotions, thoughts, and values and how they influence behavior across contexts

Learning Standard and Benchmarks

- Demonstrate skills related to achieving personal and academic goals
 - Describe the steps in setting and working toward goal achievement
 - Monitor progress on achieving a short-term personal goal

Key terms

Intentions

Growth mindset

Teaching Strategies

1. Share examples from your own life and model what it looks like to have and apply a growth mindset.
2. Extension opportunities for learning and teaching:
 - **Unit Overview PDF:** great resource to send home to parents and guardians.
 - **School-wide Bulletin Board:** each grade in the building can complete this to promote unity and community spirit.