



Unit 1: Self-Awareness

Grade 5 | 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:

- ✓ Give examples of how to use a growth mindset
- ✓ Define accountability
- ✓ Describe why positive self-talk can be a helpful tool
- ✓ Use “I-feel” statements to express various emotions

Tips for Parents and/or Guardians

1. Talk about the health of our self-esteem being just as important as the health of our bodies. Brainstorm ways to boost it up every now and again.
2. Practice mindfulness together as a family. Be present in the moment whether it's a meal or any time together by putting phones away and tuning into the discussion or what's happening.



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