



SA 2-3 L5 HAPPINESS LIST

Grade: 2-3

Competency Area: Self-Awareness

Lesson Title: Happiness List (Lesson #5)

T-SEL Standard: 1.A.2. Students understand how some aspects of their personal and social identity can change over time and be shaped by themselves, others, and their experiences.

Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

Lesson Directions:

1. **Introduction:** Gather the students together. Call one student to the front of the room. Explain that you are going to interview the student to learn more about them. Ask the student the following questions:

- What is your favorite part of school?
- What is your favorite thing to do at home?
- What is something you are interested in learning more about?

If you could try one new activity what would it be?

Multiple student interviews can be conducted if time permits

After the interview, instruct students to turn and talk with a partner to share what they just learned about the student who was interviewed.

Explain to students that today they are going to think more about themselves and who they are as people.

2. **Drawing Activity: "What Makes me Happy List"**

- Explain to students that they are going to answer a series of questions to think about what makes them happy.
 - Provide each student with a copy of the "What Makes Me Happy" list and have them put it in the back of their backpack.
 - Instruct students to read each question and fill in the blank. Another option is the teacher can read the questions aloud one by one and have students fill in the blanks together.
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SA 2-3 L5 HAPPINESS LIST (CONT.)

3. **Sharing:** Gather the students back together in a large circle. Asking one question at a time, have each student in the circle share their response. If the group is too large to do this sharing as a whole group, you may want to divide the students into two smaller groups.

