

SA K-1 L3 THESE ARE A FEW OF MY CHALLENGING THINGS

Grade: K-1

Competency Area: Self-Awareness

Lesson Title: These Are a Few of my Challenging Things (Lesson #3)

T-SEL Standard: 1.H.1. Students believe in their capacity to learn and that they are capable, important community members. Students practice having an optimistic outlook.

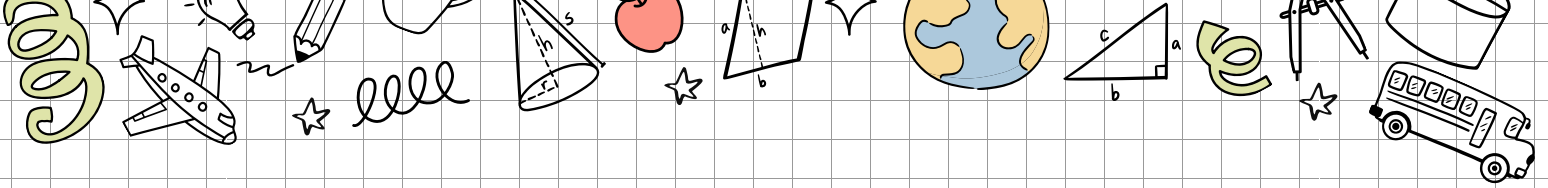
Duration: 20 minutes

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

Lesson Directions:

- 1. Introduction:** Begin the lesson by asking students to close their eyes and think of something that is hard for them to do and that they are trying to get better at. Allow time for students to think. Next, invite several students to share aloud what they were thinking about. After students have shared aloud, reinforce that everyone has things they are trying to get better at and that is okay.
- 2. Drawing Activity: "These are a Few of my Challenging Things"**
 - Provide each student with a copy of the These are a Few of my Challenging Things worksheet and have them place it into the back of their backpack.
 - Explain to students that they are going to draw two pictures. One picture will be of something that is hard for them at school that they want to get better at, and another picture will be of something that is hard for them outside of school that they are trying to get better at.
 - Encourage students to reflect on an activity or skill they are working on improving. Examples of student responses may be:
 - In school it might be a specific academic skill such as reading or counting, or a behavior goal like listening to their teacher.
 - Outside of school it could be a sport they play, musical instrument, or doing their chores at home.
 - Allow time for students to complete their drawings.





SA K-1 L3 THESE ARE A FEW OF MY CHALLENGING THINGS (CONT.)

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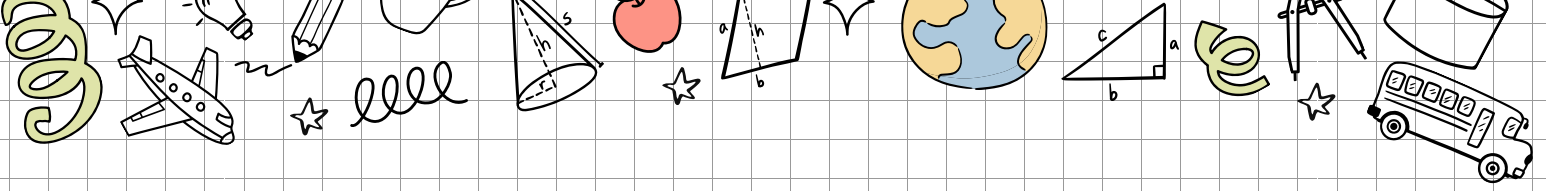
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3. Sharing:

- Designate one side of the room as the “At School” area and the opposite side as the “Outside of School” area. Clearly mark or point out each side to students.
- Ask students to look at the two challenges or skills they drew earlier and have them choose one they’d like to focus on for sharing today (the challenge could be at school or outside of school).
- Next, prompt students to move to the appropriate side of the room using safe walking feet.
- Once there, they will share their drawings with a partner.





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School



Home

