



I AM VALUABLE

I am a valuable contribution to this class, my school, my family, my community – My World!!

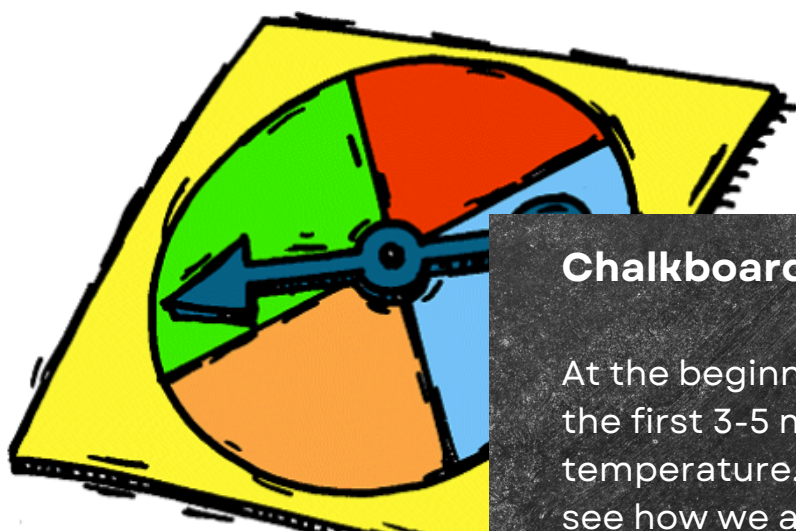


Goals

Introduce and Create a “Check-In” Spin Wheel and remind Students that all emotions are helpful, even the big and overwhelming ones. By handling our emotions we can be more valuable to those around us.

Tools

- *The assignments collected in our PAS folders
- *Materials to make Check-In Spinners (see video)



Chalkboard

At the beginning of each class, we will take the first 3-5 minutes to check our classroom temperature. We do this by taking time to see how we are feeling. Today we are going to make a self-check temperature spinner wheel.

Guided Instruction:

Let's look back at what we have learned about ourselves. Each lesson helped us see that we are valuable and have an important job. Our job is to plant a seed everywhere we go. When we plant a seed, we contribute to our community. Our community is our home, family, friends, school, and wherever we are. We have a choice to plant a seed that will bring a productive harvest or a seed that will bring an unproductive harvest.

In Unit One, we learned about ourselves. You learned 8 amazing things about yourself. We focused on getting to know ourselves because it's very important. Why? Because if you don't know who you are, you could make a big mistake by letting someone else tell you about who you are!! Why is it a mistake? Because You must know Yourself or someone else may try to tell you about who you are...AND THEY MAY BE WRONG!!

Today we are going to make a Check In Spin Wheel that we will use before each class. We will show where our feelings are so that we can talk about them.

Watch Spin Wheel Video

Pass out spin wheels to be made. As you introduce the wheel talk about the fact that all emotions are helpful, even the big and overwhelming ones and that making an emotions wheel can help us to identify how we are feeling at any given time.

Talk through each of the emotions on the wheel. Identify;

- What is this emotion? How does our body feel when we feel angry/sad/happy? How does our face look?
- Can you share an example of a time that you felt angry/sad/happy?
- Can you draw a picture of that memory in this part of the wheel?

Repeat for each section of the wheel.



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