

# Deane-Porter School ~ Grade 1, Character Ed. ~ UNITS OF STUDY

Unit #:1 Title: Self-Awareness Timeframe: September - June

**Big Idea:** How do we recognize and label a variety of emotions? How can we identify and describe how different situations make us feel?

*(I = Introduced; D= developing; M= Mastering)*

Standard	WALT	We can	I-D-M
<b>2.1.2.SSH.1:</b> Discuss how individuals make their own choices about how to express themselves.	Recognize the impact of one's feelings and thoughts as well as recognize the impact of one's feelings and thoughts on one's own behavior.	We can understand that every individual has unique skills and qualities, which can include the activities they enjoy such as how they may dress, their mannerisms, and things they like to do.	D
<b>2.1.2.CHSS.5:</b> Identify situations that might result in individuals feeling sad, angry, frustrated, or scared.  <b>2.1.2.E.1</b> Identify basic social and emotional needs of all people  <b>2.2.2.A.1</b> Express needs, wants, and feelings in health- and	Recognize one's personal traits, strengths and limitations.	We can identify and connect facial cues and body language to emotions.  We can identify situations where individuals face a variety of situations that may result in different types of feelings.  We can talk about our feelings to others.	D
<b>2.1.2.EH.1:</b> Explain the meaning of character and how it is reflected in the thoughts, feelings and actions of	Recognize the importance of self-confidence in handling daily tasks and challenges.	We can list the many factors that influence how we think about ourselves and others.	D

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