



## SAMPLE LESSON PLANS

### Grade 2– Social Emotional Skills

#### Unit 1

##### **SOLs**

- 2.1.I Explain emotions associated with disappointment, loss, and grief.
- 2.2.L Explain healthy ways to express the emotions associated with disappointment, loss, and grief.
- 2.2.M Discuss how to express needs and wants appropriately.
- 2.2.R Describe how self-image influences personal success.
- 2.3.H Identify adults who can help with disappointment, loss, and grief.

#### **Title: Social Emotional Skills**

The following activity ideas and lesson and information resource links address these SOLs and support the social and emotional development of students. The Health Smart Virginia website provides a bank of more detailed lesson plans to meet the Grade 2 Social Emotional SOLs in the *Related Resources* listing under this document on the website. To directly access these on their source sites, click the web links below.

*The contribution teachers make to the social and emotional development of students is affected by how teachers themselves role model pro-social and emotional regulation skills; supportive interaction with students by educators, health, and counseling staff; and the larger community, school and classroom climates - perhaps even more than implementation of any specific focused lesson.*

*Lastly, these SOLs should be addressed in concert with the other SOLs, - e.g., healthy relationships and violence prevention, ATOD, and health promotion - that address components of social and emotional development of students – i.e., their ability to experience, express and manage their emotions; to communicate, collaborate, resolve conflicts; and to otherwise develop and maintain positive, supportive relationships with others.*

#### **Student Activity Ideas**

1. Implement the KidsHealth.org lessons on feeling sad- *Lets Talk About It, Feeling Better* - at <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf> (modify for Grade 2) and

the lessons on self esteem - *Garden of Greatness, Chain of Confidence* at [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\\_esteem.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf)

2. Incorporate kindness into every class. For example:
  - *Fuzzy Feeling Chair* (Gr. K-5) [http://www.educationworld.com/a\\_tsl/archives/03-1/lesson026.shtml](http://www.educationworld.com/a_tsl/archives/03-1/lesson026.shtml) : Position a special “chair” (beanbag, stool, chair that is used for this activity only) in the classroom. Each day, ask a different student to sit in the chair and have the other students take turns saying nice and positive things about that student. The student in the chair can only say “Thank You” and nothing else. At the end of the activity, ask the student sitting in the chair how it felt to have others saying nice things about her/him. Over time, students will become comfortable with being complimented, and complimenting others, trusting and expressing their feelings.)
  - *Nice Compliments Icebreaker* – The teacher has students stand in a circle. The teacher provides the first student with a ball while giving the student a compliment. That student then hands, rolls or throws the ball to the next student and says something nice about that student and so on and so forth (<http://www.partygamespond.com/say-something-nice> ). This activity can also be done by tossing bean bags, or as cooperative activity where students unroll a ball of string, passing the string and nice comments from one student to another to co- create a large “spider’s web” (<http://lessons.atozteacherstuff.com/92/group-cooperation>).
3. Engage students in role-plays about helping a friend who is sad about a sick friend or family member.
4. Create and read two scenarios where a child experiences disappointment; in one scenario the where the child handles it inappropriately and in the other scenario the child overcomes disappointment in a positive manner. Have students discuss the pros and cons of each ending. Have students further illustrate or act out constructive ways of dealing with disappointment.
5. Have students identify constructive ways of dealing with disappointment.
6. Encourage students to talk to trusted adults about disappointments, loss and grief. Talk to them about helpful school and community resource people.
7. *When Grief Enters the Classroom* is a resource at [http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\\_guide.pdf](http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf) that provides good background and strategies for educators on addressing grief across various developmental ages.

## Lesson Plan, Information, and Activity Resources

- Arthur Interactive Media Buddy Project - An ARTHUR Social, Emotional, and Character Development Curriculum K-5 <https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNFho>
- Daniels Neighborhood – Scared of Thunder <https://www.pbslearningmedia.org/resource/2335e27f-5ac0-4973-a0b9-c5ccd94677b2/daniel-and-o-are-scared-of-the-thunder/#.WRpJHmVNFho>
- BAM! Life <http://www.cdc.gov/bam/life/index.html>
- Daniels Neighborhood - When You Feel So Mad that You Want to Roar – Strategy Song and Activity (Anger) <https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNFho>
- Elementary School Counseling - Activity Ideas and Worksheets - Identifying and

Expressing Feelings- <http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html>

- Fit4TheClassroom – Mood Music Lesson <http://stage.fit4theclassroom.com/mood>
- Joyful Mind – Mindfulness in the Classroom Activities - <http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions>
- KidsHealth.org Teacher’s Guides for PreK-2:
  - Self Esteem [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self\\_esteem.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf)
  - Empathy <https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf>
  - Feelings <https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf>
  - Feeling Sad <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
  - Stress <http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf>
- Learn to Be Healthy- <http://www.learntobehealthy.org/health-education/mental-health.aspx>
- Learning to Give - I Feel Angry or Sad When- <http://www.learningtogive.org/lessons/unit156/lesson5.html>
- Learning to Give – Define Wants and Needs - <https://www.learningtogive.org/units/investing-others-k-2/define-wants-and-needs>
- Lesson – Responding to Teasing and Put Downs [http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20\(Grade%203\).pdf](http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20(Grade%203).pdf)
- Mindful Schools – Lesson- Introduction to Mindful Bodies and Listening- <http://www.mindfulschools.org/resources/explore-mindful-resources/>
- Mindful Schools – <http://www.mindfulschools.org/resources/explore-mindful-resources>
- Mindful Teachers Site - <http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html>
- No Time For Flash Cards – Circle Time lessons About Emotions- <http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html>  
<http://pbskids.org/daniel/videos/>
- Open Up Magazine, Minnesota Association for Children’s Mental Health – *Getting to Know You, Empathy –How are You Feeling, It’s All in Your Viewpoint* - <http://www.macmh.org/open-up-magazine/classroom-activities/>
- PBS- Overview of Mindfulness- <http://www.pbs.org/thebuddha/teachers-guide/>
- PE Central lessons
  - Emotions in Motion <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho>
  - Lesson on Feelings <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11039#.WR3WfWVNFho>
  - The Feelings Hop <http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=1636#.WR3W02VNFho>
  - Yoga Unit – Feelings and Reactions <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFwVNFho>
- Reach Out - Asking students if they are okay <http://au.professionals.reachout.com/r-u-ok>
- Rossier USC - Creating Safe Spaces – Social Emotional Lessons- <https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/>
- Scholastic – Learning About Emotions (Gr. K) <https://www.scholastic.com/teachers/lesson-plans/teaching-content/activity-plan-4-5-learning-about-emotions/>

- Scholastic - Mind Up Curriculum – brain centered management and teaching strategies  
<http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success
- <https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- Sesame Street - Quiet or Loud Video – when to be quiet, when to be loud – helps prepare students to ask for help <https://www.pbslearningmedia.org/resource/sesame-quiet-or-loud/quiet-or-loud-song-sesame-street/#.WRpIGGVNFho>
- Teachnology -Mental Health and Stress Reduction - <http://www.teach-nology.com>
- Teacher Vision - Feelings Are Okay - <http://www.teachervision.fen.com/mental-health/printable/44813.html>
- Tennessee Department of Mental Health - BASIC – Better Attitudes and Skills in Children – A Collection of Social Emotional Lesson Plans & Activities (K-3<sup>rd</sup> grade) - <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- Together Counts – Smart From the Start - Every Body is Special - [http://www.togethercounts.com/sites/togethercounts.com/files/thematic-unit/pdfs/Every\\_Body\\_Is\\_Special\\_Me\\_and\\_My\\_Choices.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/thematic-unit/pdfs/Every_Body_Is_Special_Me_and_My_Choices.pdf)
- Together Counts - Energy Balance 1.2. Full Esteem Ahead - [http://www.togethercounts.com/sites/togethercounts.com/files/module/documents/3-5\\_0.0.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/module/documents/3-5_0.0.pdf)
- Wall Street Journal - Overview of Mindfulness - <https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647>
- We Are Teachers: Resources for Social and Emotional Learning  
<http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>
- When Grief Enters the Classroom  
[http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief\\_guide.pdf](http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf)
- Y Project Cornerstone – Teasing and Putdowns Lesson  
[http://www.projectcornerstone.org/html/pdfs/PC\\_ABCsamplelessonplan.pdf](http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf)