

Unit #1 Title: A Newer, BETTER, Older Me	Grade Level: 1
Number of Lessons in Unit: 2	
Time Required for each lesson: 20-30 minutes	
Best time of year to implement this Unit: March	
Lesson Titles:	
Lesson 1: I'm Just a Bag of Feelings	
Materials/Special Preparations Required	
A fancy bag (may be paper or material—just decorated)	
10 Note cards with names and/or pictures of different feelings (go beyond the 4 basic feelings of happy, sad, mad, and scared)	
Feelings Thermometer Worksheet (attached)	
Stickers	
Lesson 2: Character Clovers	
Materials/Special Preparations Required	
Pattern of a four-leaf clover – have enough copies cut from green construction paper for each student.	
Crayons and or markers	
Chart paper or chalkboard	
Missouri Comprehensive Guidance Standard:	
PS.1: Understanding Self as an Individual and as a Member of Diverse Local and Global Communities	
Grade Level Expectation(s):	
PS.1.A.01.a.i: Identify a variety of feelings.	
PS.1.B.01.a.i: Identify personal roles in the school.	
PS.1.C.01.a.i: Recognizing personal character traits	
American School Counselor Association National Standard (ASCA):	
Personal/Social Development	
A: Students will acquire the knowledge, attitude, and interpersonal skills to help them understand and respect self and others.	

Show Me Standards: Performance Goals (check one or more that apply)

	Goal 1: Gather, analyze and apply information and ideas
X	Goal 2: Communicate effectively within and beyond the classroom 1. Plan and make written, oral, and visual presentations for a variety of purposes and audiences 3. Exchange information, questions, and ideas while recognizing the perspectives of others
	Goal 3: Recognize and solve problems

X	Goal 4: Make decisions and act as responsible members of society 1. Explain reasoning and identify information used to support decisions
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This lesson supports the development of skills in the following academic content areas.

Academic Content Area(s)	Specific Skill(s)
X	Communication Arts
	6. Participating in formal and informal presentations and discussions of issues and ideas
	Mathematics
X	Social Studies
	6. Relationships of the individual and groups to institutions and cultural traditions
	Science
	Health/Physical Education
	Fine Arts

Unit Assessment (acceptable evidence):

Students will identify the feelings that accompany the personal roles and characteristics that they have in school.

Brief Summary of Unit:
 In lesson one, students identify a variety of feelings and complete a situational feelings thermometer worksheet.
 In lesson two, students identify personal school roles and accompanying character traits. Students then create character clovers.

Unit Goals:
 Identification of a variety of feelings.
 Identification of personal roles in school.
 Recognition of personal character traits.

Student Prior Knowledge: What prior knowledge do students need (e.g. the steps to solving a problem) to be successful in this unit?
 Basic understanding of feelings, roles, and character traits.