COURSE INTRODUCTION:

Social/Emotional Development

The units in Social/Emotional Development are designed to assist students in developing the knowledge and skills to be productive and respectful citizens in a global society. The units focus on self-understanding, diversity, respect, and personal social and safety skills. The three major areas covered in Social/Emotional Development are:

Understanding self as an individual and as a member of diverse local and global communities.

Major Points: The content of this area is designed to help students in grades K-12 know and understand themselves and their roles as contributing members of society. Emphasis is placed on personal characteristics and the roles and responsibilities of each individual. Students will gain knowledge that leads to the recognition and understanding of the interrelationship of thoughts, feelings and actions in students’ daily lives. Learning includes knowledge that contributes to an understanding of the importance of each person in his or her extended (global) as well as immediate community (e.g. family, classroom, school, city or town) and each person’s role and interrelatedness with all other people of the world.

Interacting with others in ways that respect individual and group differences.

Major Points: This area focuses on helping students in grades K-12 know, understand and respect others in order to develop and maintain quality relationships. The learning includes developing an understanding of the similarities and differences of others and ways these similarities and differences contribute to working together in our diverse world. Students will learn about their roles in advocating for respect for all human beings.

Applying personal safety skills and coping strategies.

Major Points: Physical and psychological safety and healthy personal coping skills are emphasized in the content this area. The learning is based on the premise that young people are vulnerable. They are vulnerable to the pressure of peers to engage in unhealthy behaviors. They are vulnerable to harassment, sexual abuse or physical abuse. In addition, they are vulnerable to expected and unexpected life events (e.g. a new sibling or the death of a parent). In each situation, external influences interact with individual factors as the young person makes decisions and choices about how to respond. The emphasis is on developing within each student the ability to advocate for self. The knowledge and skills include the ability to recognize the warning signs of external and internal threats to the personal safety of self and others. Students will learn a variety of methods for seeking help when an external threat to health or safety exists, when an internal conflict threatens his or her well-being (e.g. suicidal thoughts) or when a life situation requires a new way of coping. Learning includes how to respond to personal concerns as well as the needs of peers.
**UNIT DESCRIPTION: Color Your World**

The old adage “sticks and stones may break my bones, but words will never hurt me” can be so untrue. Many students are wounded daily by words and eventually those words can become part of their self-concept. This lesson explores the way in which words can shape self-perception.

A group of students and the counselor will research a community project to which the students can contribute in some way. Following the lesson, the students will process how the various groups contributed to the success of the project.

**SUGGESTED UNIT TIMELINE:** 2 Lessons

**CLASS PERIOD (min.):** Varies

**ESSENTIAL QUESTIONS:**
1. What is a positive self-concept?

**ESSENTIAL MEASURABLE LEARNING OBJECTIVES**

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<tr>
<th>GLEs/CLEs</th>
<th>CCSS LEARNING GOALS (Anchor Standards/Clusters)</th>
<th>CROSSWALK TO STANDARDS</th>
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<tbody>
<tr>
<td>SE.1.A.08</td>
<td>Identify thoughts and feelings and how they relate to self-concept.</td>
<td>SE.1.B.08 Recognize the different roles and responsibilities people play in the family, school, and community and how those roles and responsibilities are interrelated.</td>
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2. The student will participate in a service learning project and discuss the process, including successes and challenges.

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<tr>
<th>Obj. #</th>
<th>INSTRUCTIONAL STRATEGIES (research-based): (Teacher Methods)</th>
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|        | _X_ Direct  
|        | _X_ Indirect  
|        | _X_ Experiential  
|        | Independent study  
|        | _X_ Interactive Instruction  |

| See Lessons:  
| Lesson 1 Color Your Destiny  
| Lesson 2 Color Your Community  |

Obj. # | INSTRUCTIONAL ACTIVITIES: (What Students Do) |
|--------|------------------------------------------------|
|        | See Lessons:  
|        | Lesson 1 Color Your Destiny  
|        | Lesson 2 Color Your Community  |
### UNIT RESOURCES: (include internet addresses for linking)