What's Included

- ✓ Instructional PowerPoints to introduce the skill
- ✓ Detailed teacher directions
- ✓ 2 original reading passages
- ✓ Interactive notebook activity
- ✓ Comic strip activity
- ✓ Partner scenario practice & role-play cards
- ✓ Writing prompts
- ✓ Reader's theater
- ✓ Self-assessment



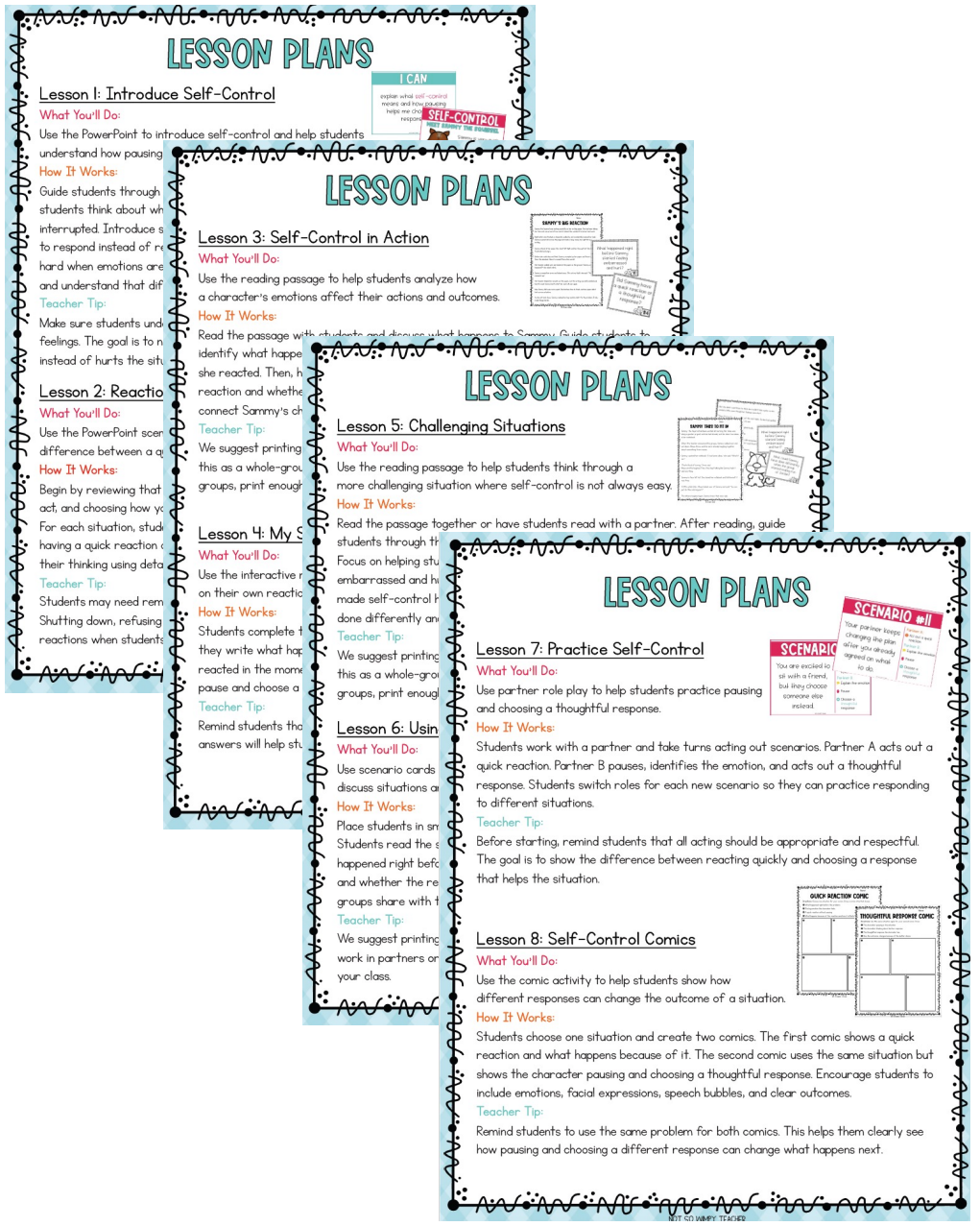
10 Days of Activities

Each unit starts with a short mini lesson to introduce, skill, model examples, and guide student discussion.

Students then apply their learning by making real-life connections through reading passages, notebook activities, or class discussions.

Extras include parent letter, bulletin board, board game, student shout-outs, posters & reward tags.

Included self-assessment.



Real-Life Scenarios

I CAN

identify the difference between a quic… thou…

QUICK THINK

You were really excited to share an answer, but someone else was called on instead.

What do you feel in that moment?

SCENARIOS

We are going to look at situations with Sammy. Sometimes she reacts … es she … inks.

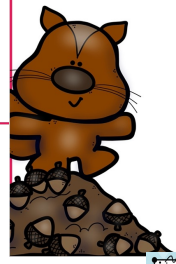
SELF-CONTROL

Self-control means:

- Noticing what you feel
- Pausing before you act
- Choosing how you respond

NOT SO WIMPY TEACHER

SCENARIO #2



Sammy is building a tall tower. She has been working on it for a while and feels proud. Another student accidentally bumps the table, and it falls over. Sammy yells, "You ruined it!" and knocks over the rest of the blocks.

NOT SO WIMPY TEACHER

REVIEW

Describe the difference between a quick reaction and a thoughtful response.

NOT SO WIMPY TEACHER

SCENARIO THREE

Sammy had been waiting all week for her turn to use the class tablets. When it was finally her group's tur… internet stopped working and the teacher said t… would have to try again another day. Sammy gr… loudly, pushed her chair back, and said, "This do…

What happened right before Sammy felt a big emotion?

How did Sammy react to the situation?

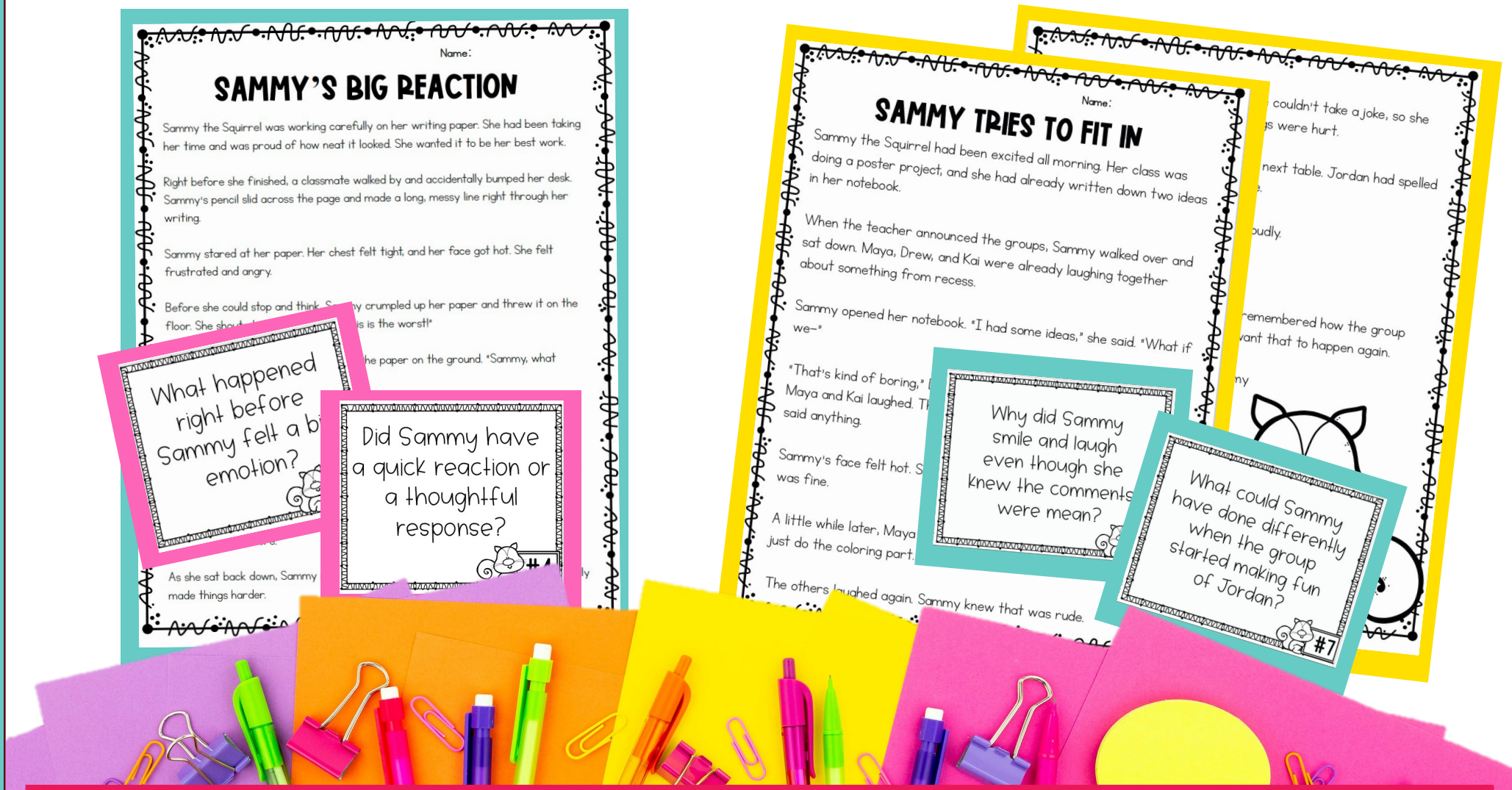
What could Sammy do differently next time to show self-control?

SCENARIO FIVE

Sammy was practicing reading out loud in class. She got …uck on a word, and a few students laughed quietly. …mmy felt embarrassed and slammed her book shut …fore the teacher could help her. The room became …iet, and Sammy stared down at her desk for the rest … reading time. After that, she didn't want to participate

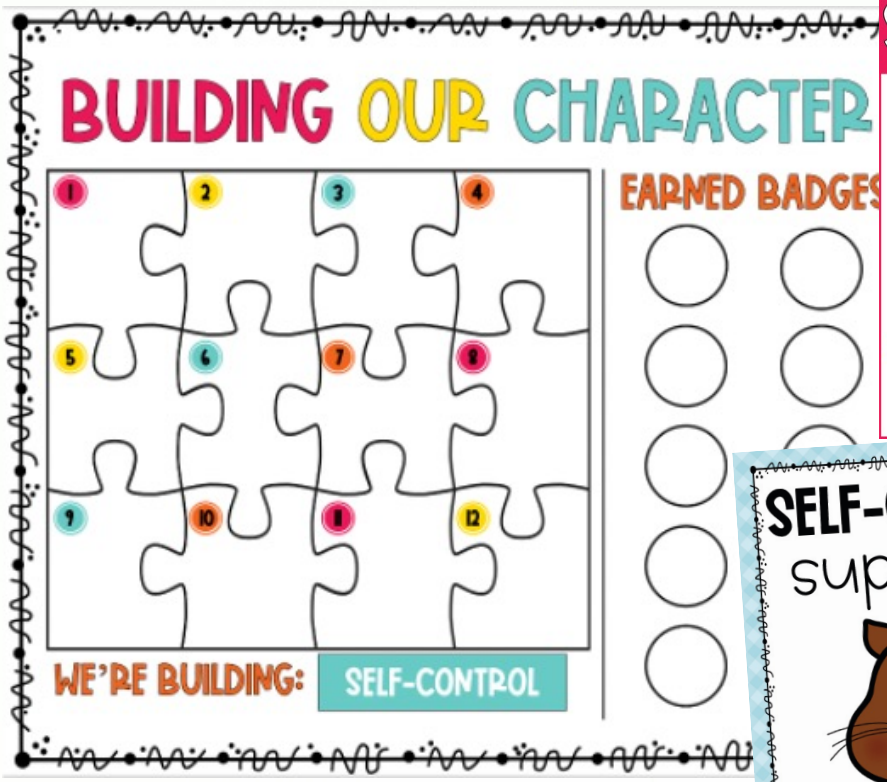
Lessons are perfect for morning meetings, during transitions, or revisiting when real situations arise. Flexible sample schedules included to easily fit your classroom needs.

Reading Passages & Reflection



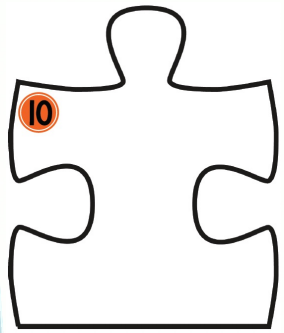
Two original reading passages with reflection questions teach students how choices show self-control and lead to consequences.

Bulletin Board & Badges











Students buy in to the social-emotional learning with a collaborative bulletin board where they earn badges for each skill.