

## Unit 5: Social Emotional Learning

**Unit #:** APSDO-00116666  
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**Grade(s):** 9  
**Subject(s):** School Counseling  
**Course(s):** GR. 9 - SCHOOL COUNSELING

### Unit Focus

In this unit, students will gain an understanding of the practices around mindfulness and social emotional learning (SEL), learn skills they can implement in their daily lives, and identify stress and emotional regulation strategies.

### Stage 1: Desired Results

Established Goals	Transfer		
<p><b>Standards</b></p> <ul style="list-style-type: none"> <li>• Avon School Counseling Standards (CT 2020)               <ul style="list-style-type: none"> <li>◦ <i>School Counselling</i> <ul style="list-style-type: none"> <li>▪ SOCIAL/EMOTIONAL DEVELOPMENT                   <ul style="list-style-type: none"> <li>▪ Demonstrate the ability to make decisions, think divergently, and take steps to achieve desired outcomes. Able to overcome challenges and obstacles and develop positive coping strategies and build resilience. (SE3)</li> <li>▪ Demonstrate an understanding of the relationship between practicing self-care, healthy sense of self, and personal well-being. (SE4)</li> </ul> </li> </ul> </li> </ul> </li> </ul>	<p><i>What kinds of long-term, independent accomplishments are desired? Students will be able to independently use their learning to...</i></p> <p>T1 (T2) Advocate based on personal needs (academic, behavioral, emotional, and physical) to determine a thoughtful course of action.</p>		
	Meaning		
	Understanding(s)	Essential Question(s)	
	<p><i>What specifically do you want students to understand? What inferences should they make? Students will understand that...</i></p> <p>U1 (U3) Reflection is necessary to develop self-knowledge.</p> <p>U2 (U7) Mindfulness is a process of bringing your mind to the present by paying attention to your moment to moment experiences.</p> <p>U3 (U8) Practicing mindfulness techniques may positively impact how you manage emotions, stress, and anxiety.</p>		<p><i>What thought-provoking questions will foster inquiry, meaning making, and transfer? Students will keep considering...</i></p> <p>Q1 (Q16) What causes me stress? What mindfulness techniques can I practice to reduce this feeling?</p> <p>Q2 (Q17) How can being mindful shape my experiences?</p>
	Acquisition		
	Knowledge	Skill(s)	

	<i>What facts and basic concepts should students know and be able to recall? Students will know...</i>	<i>What discrete skills and processes should students be able to use? Students will be skilled at...</i>
	<p><b>K1</b> How to effectively communicate their emotional state</p> <p><b>K2</b> Skills to balance and manage life events, personal issues, and school success</p> <p><b>K3</b> The benefits of social emotional learning</p>	<p><b>S1</b> Understanding and identifying emotions</p> <p><b>S2</b> Evaluating their stress level and utilizing healthy coping skills</p> <p><b>S3</b> Utilizing strategies and techniques to self regulate emotions</p> <p><b>S4</b> Implementing self care and SEL strategies in their daily lives</p>