

SEL Lesson Plan: *Just You and Me and the Birds We See*

Grade Level: K–3 (Adaptable for 4–5)

Time: 30–40 minutes

Lesson Focus:

Finding joy in simple moments, strengthening relationships, and practicing mindfulness.

CASEL Core Competencies Addressed:

- Self-Awareness – Students identify emotions connected to shared experiences.
 - Self-Management – Students practice calming strategies through guided mindfulness.
 - Social Awareness – Students recognize the importance of caring relationships.
 - Relationship Skills – Students reflect on connection and shared experiences.
 - Responsible Decision-Making—Students consider how small positive choices impact others.
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Learning Objectives:

- Students will describe feelings connected to time spent with others.
 - Students will identify one strategy for calming their body and mind.
 - Students will reflect on moments that make their hearts feel full.
 - Students will practice gratitude and connection.
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Lesson Steps:

- Opening Discussion (5 minutes): Ask students when they feel happiest and who they enjoy spending quiet time with.
- Interactive Read-Aloud (10–15 minutes): Pause during key moments to ask reflection questions about care, calmness, bravery, and love.
- Guided Reflection (5 minutes): Discuss the hidden hearts and what fills students’ hearts.
- Activity (10–15 minutes): Students draw or write about a moment that makes their heart feel full.

Prompt: “Just you and me and _____.”

- Closing Circle (5 minutes): Students complete the sentence, “Today my heart feels _____.”
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Extension for Grades 3–5:

- Write about a moment when you felt peaceful or strong.
- Discuss why quiet time can help our emotions.
- Connect nature observation to mindfulness and emotional regulation.

