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# **Self-Awareness Handout 5a: SEL Lesson Planning Tool**

## Directions

Referring to Handout 5b, choose a self-awareness sub-competency and read the column for your students’ age group. Choose one sample indicator/learning objective for planning a lesson. Then, choose one of the sample teaching strategies listed and think about how you would adapt the strategy to meet your students’ needs. Design a lesson to explicitly teach the learning objective using the following lesson planning template below. You can modify this template as you see fit to meet your context; its purpose is to prompt thinking on how to support student self-awareness.

## Instructional Design

**Lesson Title:**

**Lesson Duration**:

### **Description of Lesson Activities**

(Include notes/considerations for differentiating instruction, behavior management, and assessment.)

### **SEL Competency, Sub-Competency, and Indicator**

(Which SEL indicator do you plan to focus on as the learning objective for this lesson?)

**Teacher-Led Elements**

(What specific parts of the lesson will focus on and support the development or application of the SEL indicator?)

### **Student-Led Elements**

(How will students actively learn or apply the SEL indicator in a culturally responsive manner?)

### **SEL-Academic Connection**

(How will the SEL indicator you selected ultimately support engagement in academic activities?)

### **Assessment**

(How will you formatively assess the SEL indicator? What are the specific components of the formative assessment?)

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