

Character and Life Skills: Diligence

SEL Focus: Self-Awareness

Lesson Title: Confidence, Optimism, and Diligence

Grade Level: 3-5



Project and Purpose

Students complete a chart that illustrates their own confidence, optimism, and diligence and demonstrate understanding of the interconnectedness of all three concepts.

Essential Question

How do confidence and optimism help build diligence?

Materials

- Board or chart paper
- **Confidence, Optimism, and Diligence Matrix** worksheet
- Writing tools
- Art supplies (scissors, magazines, glue, markers, crayons, etc.)

Introduction

1. Review the core competency definition of self-awareness. If you have done the deconstruction lesson, remind them of the hard work they did to break down all the skills that are a part of self-awareness.

Self-awareness: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

2. Emphasize how today's lesson will focus on confidence and optimism and how these skills are an important part of diligence.

Direct Instruction (I do)

1. Show the Confidence, **Confidence, Optimism, and Diligence Matrix** worksheet and do a think aloud of how you might fill in each blank. For example, you might tell students that you are very confident in your ability to listen to others, you know you are a good listener; in the optimism section you might discuss how you are optimistic about the school year and how you see a bright future for all of your students. Continue for each square.
2. Show how each person will fill in the pie piece of the circle that is connected to the confidence statement with a picture, a symbol, words, or a color that represents your confidence. You might use pictures cut from a magazine or a photograph of yourself.
3. Show all art materials available for creating their pie-piece illustrations.

Character and Life Skills: Integrity
SEL Focus: Responsible Decision Making
Activity: Confidence, Optimism, and Diligence Worksheet
Grade Level: 3-5

Name _____

I'm confident in my abilities to

By the end of the school year, I'm confident that I will be able to

I'm optimistic about

in my life.

I will work diligently to make this happen by
