Identity
Who am I?

SEL Competency
Self-Awareness
Transformative SEL Lessons (PreK-2)

Explicitly teach social-emotional learning skills while honoring diverse identities, creating a sense of belonging, and promoting student agency toward personal growth and social impact. Teaching these lessons and creating a classroom environment.

Lesson Format

This 25-35 minute lesson is designed for flexibility. It can be taught in one day or over the course of a week.

- Warm Welcome
- Feelings Check-in
- SEL Skill Spotlight
- Active Engagement
- Closing Connection
This Pre-K through 2nd grade Transformative SEL Lesson offers a sample of social-emotional learning instruction. Please review the following recommendations for using the materials to create classroom routines that support relationship building and well-being. Additionally, the differentiation strategies allow for teachers to modify lessons for grade level or student needs.

**Recommendations: SEL Daily Rituals and Routines**
Social and emotional learning instruction must take place within a caring classroom culture. While this lesson can be done in one day or over the course of the week, consider beginning each day with a Warm Welcome and Check-In. Creating an opening routine that builds social-emotional competency and a strong classroom culture are the foundations of all other learning.

**Differentiation**
When reviewing this lesson, consider the age and grade of the students you teach. Feel free to modify activities to provide greater access to the content. Look for modification and extension ideas within the lesson to support differentiation for age, ability and learning style.
Who am I?

In this lesson students will define and explore the concept of identity. Through play and art, students will think and share the various characteristics that make them who they are.
Positive ME!

Good Morning!

Let’s greet a partner, and say one adjective, that begins with the first letter of your name, to describe yourself positively.

Partner 1: “Hello, I am (adjective).” Partner 2: “Hello, (adjective). Good to see you.”

Ex: “I am Brave. Hello, Smart!”

Differentiation: Click her for a positive personality adjective to share and discuss with students.
Feelings Check-In

Choose the emoji that describes how you feel?
Identity

In our “Warm Welcome” we greeted each other by saying a positive characteristic about ourselves. Today we will learn about our identity. All the characteristics and qualities that make us who we are create our identity. We may have things in common with others, but no one is exactly the same.
Roll It!

1- I am...
2- I can...
3- I like...
4- I want...
5- I dislike...
6- I am learning to...
Share It!

Share your identity picture with a partner. Explain each of the six pictures.

Tell your partner one thing you like about their identity.
Create It!

We learned a lot about ourselves in the dice roll game we played.

Now let’s, each create a picture that shows the 6 statements from the game. When we are finished, we will all have a picture list of our identities.

**Statements:**

1- I am...
2- I can...
3- I Like
4- I want…
5- I dislike…
6- I am learning to...

**Differentiation:** Extend by asking students to write about who they are.
In this lesson, we learned about identity.

How did it feel to draw about and share your identity?

What similarities and differences did you have with your partner?

While we have things in common with others, no one is the same. We are all different and special.