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.

Guided Exploration (We do)

- **1.** Ask students for ideas for filling in the other statements and pie pieces on your chart.
- 2. Have students turn and talk with a partner about ideas for their own charts.

Independent Practice (You do)

- 1. Distribute the charts and have each student complete the information in each of the boxes and pie pieces on his/her own matrix chart.
- 2. When they finish their charts, students should title their work and share with at least one partner.

Conclusion

Summarize the activity and ask students if they have ever thought about how confidence, optimism and diligence are interconnected. Ask them to think about the opposite: what would happen to our ability to be diligent if we had little or no confidence or we were pessimistic? Would it make diligence easier or more difficult? Why?

Notes



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

Name

