

UNIT 7 ACADEMIC WELL-BEING

LEARNING OBJECTIVES

The purpose of this unit is for students to establish beliefs and habits that promote lifelong learning. Students will engage in active learning by participating, practice creative problem-solving, reflect on responsibility, and set goals that they would like to accomplish.



STRATEGIES

- Be curious and ask questions.
- Learn and share cool facts.
- Identify a problem that needs fixing.
- Think of new ways to try something.
- Keep your promises
- Tell the truth.
- Avoid making excuses.
- Say sorry when you make a mistake or mess up.
- Dream about what you want to do and don't give up.

LEARNING SUMMARY

- Students voted on and discussed things that they enjoy learning about.
- Students explored informational texts about topics that interest them.
- Students explained how modern inventions creatively solve problems.
- Students completed a STEM project to build a bridge across a river.
- Students played a game of Bingo to notice responsible actions at school.
- Students analyzed an orchestra performance and identified responsibility.
- Students wrote or drew pictures about a goal that they want to work on.
- Students watched a video about and discussed never giving up.

LESSON CONTENT

Learning is most enjoyable when we get to participate in the process. Asking questions, sharing opinions, studying new books, and building things with our hands all help us actively learn. A rewarding way to learn is to solve a problem that we see. We can use creativity to brainstorm ideas, explore various solutions, and test out our designs. Our first attempts may not work, but with each attempt, we can improve.

Goal setting is one strategy that we can use to improve ourselves. When we dream big and imagine our future selves, we can identify areas for growth. It is best to break down goals into little steps. For example, if you wanted to set a goal to swing across the entire length of monkey bars, you should probably start by climbing up the ladder.

People can trust us to solve problems and learn for ourselves when we show that we are responsible. Being responsible means that people can depend on us and that we keep promises that we make. A responsible person doesn't blame others or make excuses. Our learning is most enjoyable when we take responsibility for it.

EXTENDING THE LEARNING

- Create a space in your home (e.g., bulletin board or paper on the fridge) where your child can share some of the topics that they are learning about. They can include drawings, fun facts, or life lessons. Celebrate and discuss what they post.
- Have a family discussion where everyone shares the responsibilities that they have at home. Make adjustments as needed and point out that everyone is working as a team to make home a happy, helpful place.

CONVERSATION STARTERS

- What is your favorite and least favorite thing to learn about? Why?
- What is a problem that you like to help solve at home?
- What are some of the responsibilities that you have at home?
- What is one thing that you are excited to learn in the future?