

Comic 1: Mookie's Big Decision

Name: _____

SEL Lesson: Self Awareness

SELF-AWARENESS: recognizing one's feelings and thoughts and their influence on behaviors; assessing one's strengths and limitations, growth mindset, self-efficacy, optimism.

Warm Up Activity: Step 1: Think about a time when you were faced with a challenge.

Summarize the challenge in two sentences.

Example: I got home from school and wanted to watch cartoons on television. My mom said I had to do my homework first.

What emotions did you feel?

Ex: I felt sad that I couldn't watch cartoons and mad at my mom for not letting me.

What actions did you take in response?

EX: I started crying and threw my backpack on the ground.

What do you think about your emotions and actions to this challenge?

EX: I think it was okay to feel sad about not getting to watch cartoons. But, maybe I should not have thrown a fit as my actions.



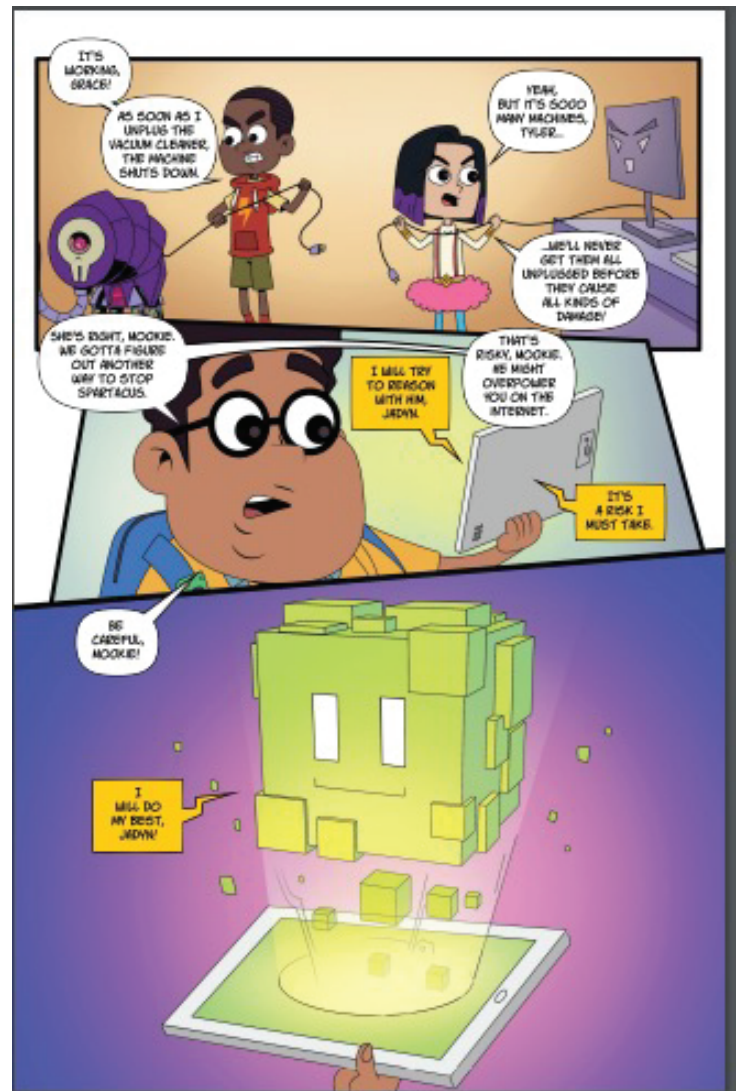
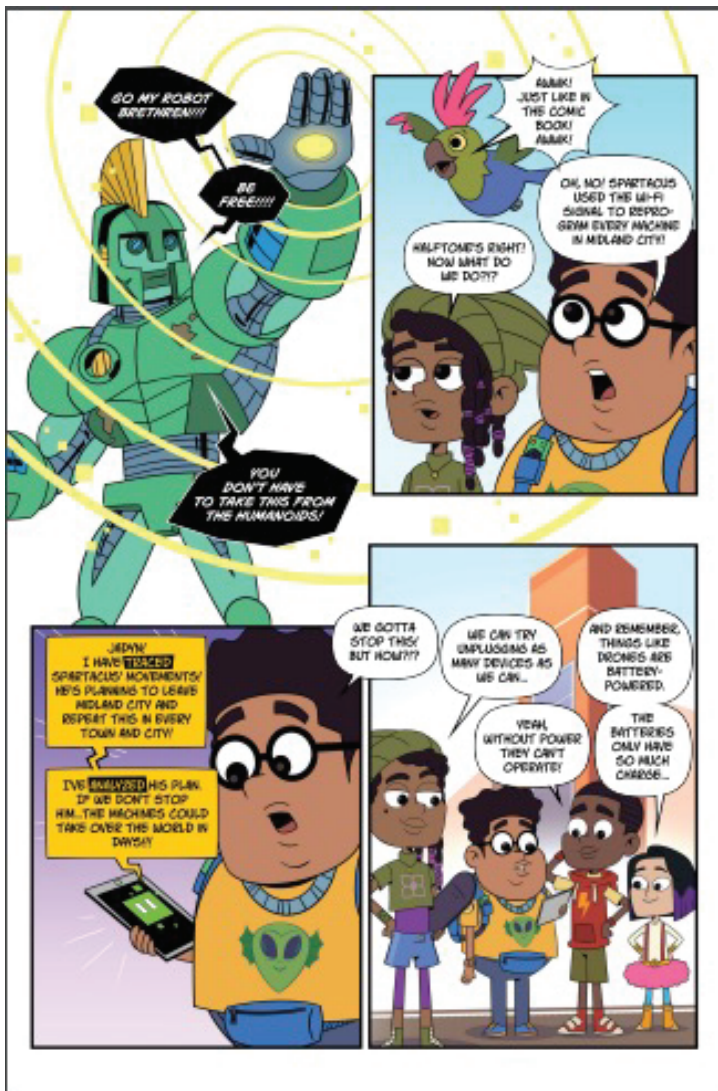
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Trace and Analyze a Character's Response to a Challenge



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Directions: Choose one character from the pages above. Complete the following chart for the character.

Summarize the challenge in two sentences.

Example: I got home from school and wanted to watch cartoons on television. My mom said I had to do my homework first.

What emotions did your character feel?

Ex: I felt sad that I couldn't watch cartoons and mad at my mom for not letting me.

What actions did your character take in response?

EX: I started crying and threw my backpack on the ground.

What do you think about the character's emotions and actions to this challenge?

EX: I think it was okay to feel sad about not getting to watch cartoons. But, maybe I should not have thrown a fit as my actions.

