**Reflecting**looking inwards, helps to build two components to emotional intelligence: self-awareness and self-regulation. Self-awareness gives the ability to understand emotions, strengths, weaknesses, drives, values and goals, and recognize their impact on others.

Lesson Plan- [*SEL Lesson Week 21 Reflecting.docx*](https://hallco.instructure.com/courses/46018/files/3435143/download?wrap=1)

*Gratitude* Curriculum Website- [*Link*](https://ggsc.berkeley.edu/images/uploads/GGSC_Gratitude_Curriculum_MS_HS.pdf)

PowerPoint Slide Show for Openers- [GGSC\_Gratitude\_Activity\_Lesson\_1 Slide Show.pptx](https://hallco.instructure.com/courses/46018/files/3439446/download?wrap=1)

**Monday Lesson-** Identifying Strengths for Self Reflection

[Link](https://www.youtube.com/watch?v=U3nT2KDAGOc)

**Tuesday-** What is Gratitude?

[Link](https://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude)- The Nature of Gratitude, TED talk

**Wednesday-** When should you feel Gratitude?

[Gift of the Magi story SEL.pdf](https://hallco.instructure.com/courses/46018/files/3439456/download?wrap=1)

[Gratitude Journal.pdf](https://hallco.instructure.com/courses/46018/files/3439465/download?wrap=1)

[Link](https://www.youtube.com/watch?v=o2VFgHGKzx4)

**Thursday-** Expressing Gratitude

[Go out and Fill Buckets.pdf](https://hallco.instructure.com/courses/46018/files/3439470/download?wrap=1)

**Friday-** Benefit of Learning to Think Gratefully?

High School

[Link](https://www.youtube.com/watch?v=45DaGAj6EyA)

Middle School

[Link](https://www.youtube.com/watch?v=MFGMQF1mvJk)

[Gratitude Challenge.pdf](https://hallco.instructure.com/courses/46018/files/3439480/download?wrap=1)

[Good Week Reflection.pdf](https://hallco.instructure.com/courses/46018/files/3439479/download?wrap=1)