

Olympics Music



Building Empathy and Understanding in Grades K-5

Social Awareness & SEL

*Bow and Arrow can help us
open our hearts and show
respect for all.*



BRAIN POWER
WELLNESS

EMOTIONAL WELLNESS

Secondary • Energy Master



Bow & Arrow (Heart)



BRAIN POWER
WELLNESS

EMOTIONAL WELLNESS

Elementary • Energy Master



Bow & Arrow (Heart)

Stand up with your knees slightly bent and imagine you are holding a giant bow in your left hand, and an arrow in your right hand. Imagine that the bow and arrow are very large and very hard to pull back, so you have to use all of your muscles. With your feet shoulder-width apart choose a target, pull back the imaginary string with your right hand and feel your arms and chest opening. When you breathe out, let go of the string to "shoot your arrow". Do each side three times.

BRAIN FACT:

This exercise is good for releasing tightness in your chest and opening energy circulation in your heart.

[Brain Power](#) Click Here

PS 340 STUDENTS VOICES MATTER!



[Click Here](#)

The results from our school Participatory Budgeting surveys are in! Here are some of the ideas that students at our school had to make it a better place!

What is Social Awareness?

The Core Concept

Social awareness is the ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. It involves understanding social norms for behavior and recognizing family, school, and community resources.

Why It Matters

Developing social awareness helps students build stronger relationships, solve conflicts peacefully, and create an inclusive classroom environment where everyone feels safe and respected.

Grades K-2: Building Foundations

Focusing on basic emotions, kindness, and sharing.

K-2 Focus Areas

- ✓ **Recognizing Emotions:** Teaching children to identify feelings (happy, sad, mad, scared) in themselves and others by looking at facial expressions and body language.
- ✓ **Caring Actions:** Encouraging simple acts of kindness like sharing toys, taking turns, and helping a friend who has fallen.
- ✓ **Listening Skills:** Learning to stop, look, and listen when someone else is speaking to show respect.



Real-World Scenarios (K-2)



The Playground Fall

Scenario: A classmate falls while running.

Response: Stop playing, ask "Are you okay?", and help them up or get a teacher.



The Lonely Friend

Scenario: Someone is sitting alone on the bench.

Response: Walk over, say hello, and ask, "Do you want to play with us?"



The Broken Toy

Scenario: You accidentally break a friend's tower.

Response: Say "I'm sorry," and help them build it again.



Grades 3-5: Expanding Perspectives

Developing empathy, cultural awareness, and community values.



3-5 Focus Areas

Perspective Taking: "Walking in someone else's shoes."

Understanding that different people can experience the same situation in different ways.

Cultural Awareness: Recognizing and respecting differences in background, traditions, and beliefs.

Understanding that diversity strengthens the community.

Intent vs. Impact: Learning that even if we didn't mean to hurt someone's feelings, our actions or words can still have a negative impact.



Real-World Scenarios (3-5)



Group Project

Scenario: The group disagrees on a theme.

Response: Listen to everyone's idea without interrupting, then combine the best parts.



The New Student

Scenario: A new student from a different country joins.

Response: Introduce yourself, ask about their interests, and explain school routines.



Misunderstanding

Scenario: A friend looks upset after a joke.

Response: Notice the cue, stop joking, and ask, "Did that hurt your feelings? I'm sorry."

[https://docs.google.com/document/
d/1fvD9ZYV6IH-HKaPDGXLsxifzOf
gVgPVZXj14qf7FsEQ/edit?tab=t.0](https://docs.google.com/document/d/1fvD9ZYV6IH-HKaPDGXLsxifzOfgVgPVZXj14qf7FsEQ/edit?tab=t.0)

Gratitude Grams

PS 340 Respect for All Week

Have an attitude of gratitude!

Send a gratitude gram to someone to let you know how much you love and appreciate them!

To:

From:

I am grateful for you
because...

To:

From:

I am grateful for you
because...

Respect
For All
Week
2026



Linked slide : ↗

Respect For All Week

“Respect is a choice- Make it Count”



CELEBRATE

BLACK HISTORY MONTH

[Click Here](#)



Summary & Discussion

Social Awareness is a muscle that grows with practice.

By using scenarios, modeling, and consistent reflection, we help students move from
"Me" to "We".

Questions? Comments?