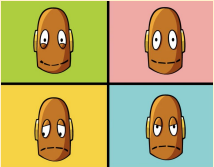
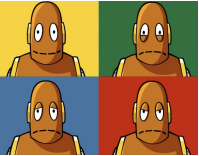
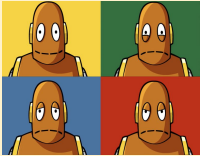











Pacing Guide: **Managing Difficult Emotions**

Grade Level: **First Grade** | Duration: **1 week**

BrainPOP Jr. Topics: (1) **Emotions** (2) **Anger** (3) **Mindfulness**

	DAY 1 - 30 Min	DAY 2 - 30 min	DAY 3 - 30 min	DAY 4 - 30 min	Day 5 - 40 min
<p>Build Background</p> <p>Watch the movie, pausing to reflect or answer Annie's Notebook questions.</p>	 <p>Watch Movie:</p> <p>Emotions</p>	 <p>Watch Movie:</p> <p>Anger</p>	 <p>Re-watch Movie:</p> <p>Anger</p>	 <p>Watch Movie:</p> <p>Mindfulness</p>	 <p>Re-watch Movie:</p> <p>Mindfulness</p>
<p>Think & Do</p> <p>Engage with a grade-level resource.</p>	 <p>Word Play</p> <p>Vocabulary Development:</p> <p>Emotions</p>	 <p>Talk About It</p> <p>Apply Knowledge:</p> <p>Anger</p>	 <p>Draw About It</p> <p>Apply Knowledge:</p> <p>Anger</p>	 <p>Word Play</p> <p>Vocabulary Development:</p> <p>Mindfulness</p>	 <p>Activity</p> <p>Apply Knowledge:</p> <p>Mindfulness</p>

Assess

Take a quiz and review score.



Test Yourself:

[Emotions](#)



Test Yourself:

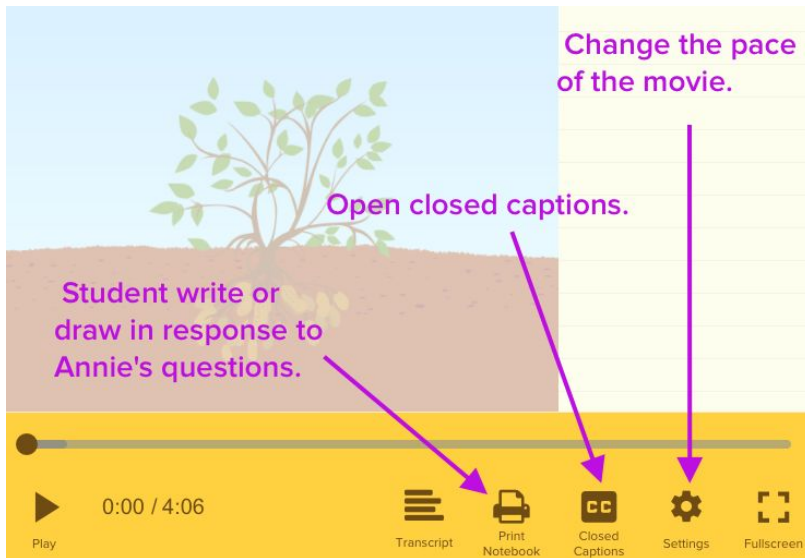
[Anger](#)



Test Yourself:

[Mindfulness](#)

Movie-Viewing Tips



CCSS

Standard	Activity
<p>CCSS.ELA-LITERACY.RI.1.1 Ask and answer questions about key details in a text.</p>	<p>Build Background</p> <p>Watch and discuss movies: Emotions</p>

	Anger Mindfulness
CCSS.ELA-LITERACY.L.1.4 Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on <i>grade 1 reading and content</i> , choosing flexibly from an array of strategies.	Think & Do Word Play: Emotions Word Play: Mindfulness
CCSS.ELA-LITERACY.RI.1.3 Describe the connection between two individuals, events, ideas, or pieces of information in a text.	Think & Do Talk About It: Anger
CCSS.ELA-LITERACY.SL.1.2 Ask and answer questions about key details in a text read aloud or information presented orally or through other media.	
CCSS.ELA-LITERACY.RI.1.7 Use the illustrations and details in a text to describe its key ideas.	Think & Do Draw About It: Anger
CCSS.ELA-LITERACY.RI.1.2 Identify the main topic and retell key details of a text.	Assess Quiz: Emotions Quiz: Anger Quiz: Mindfulness
CCSS.ELA-LITERACY.RI.1.3 Describe the connection between two individuals, events, ideas, or pieces of information in a text.	

This pacing guide also supports student development of the five [CASEL Competencies](#), which include self-management, responsible decision-making, self-awareness, relationship skills and social awareness.