



This sample lesson plan will give you an authentic experience of our program structure and components using the NaliniKIDS book, *Identity*.

*Identity* invites students to uncover what “identity” means on an individual level, in order to illuminate personal bias and examine how that informs their connection with the world around them.

## Lesson Objective

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You will be able to learn about NaliniKIDS through an engaging and experiential lesson plan.

## Materials + Tech Needed

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**Book:** *Identity*

**Curriculum Materials:** *Identity* Book Guide, social studies lesson plan for *Identity*, *Identity* Family Homework

**Tech:** Computer, internet connection

## Pre-Lesson Prep

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- Visit: [nalinikids.org/identity](https://www.nalinikids.org/identity) to engage with a digital version of this material
- Watch: Step inside a NaliniKIDS elementary school (located at the webpage above)

## Words to Know

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**NaliniKIDS physical workouts** - A component of the NaliniKIDS program consist of ONE WORD workout videos. In each NaliniKIDS workout video, the host of the video shares the definition of a word and an exercise that brings that word to life physically. The video shows students how to complete the ONE WORD exercise in proper form. Each exercise lasts around 3 minutes, and can be done inside the classroom without props.

**NaliniKIDS emotional workouts** - A component to the NaliniKIDS program consist of student-centered NaliniKIDS workbooks and class discussions to help students connect to themselves and the world around them. *Identity*, is an example of one of these workbooks.

## 01. Warm-Up

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Take a moment to reflect on the following question:

What do you believe makes a social-emotional learning program successful?

## 02. Physical Workout

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When students are physically connected, they are comfortable, confident, and energized to listen and engage in learning.

1. Try the **SUCCESS** workout (standing calf raises) by visiting [nalinikids.org/identity](https://nalinikids.org/identity)
2. Try the **SOLUTION** workout (neck stretch) at [nalinikids.org/identity](https://nalinikids.org/identity)

## 03. Emotional Workout

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When students are emotionally connected, they are self aware, empathetic, and make responsible decisions. Familiarize yourself with the NaliniKIDS unit that covers the theme of **identity** (all of the materials referenced below are in your Curriculum Sample packet and at [nalinikids.org/identity](https://nalinikids.org/identity)).

1. **Read *Identity*.** Put yourself in a student's shoes and try filling out a few of the pages of the book for yourself! We suggest pages 4–7.
2. **View the Teacher Prep presentation for *Identity*** at [nalinikids.org/identity](https://nalinikids.org/identity). In this step, you'll learn how a teacher prepares to teach this unit. Each NaliniKIDS unit includes a Teacher Prep session to support teachers in their own personal and professional learning.
3. **Study the Book Guide.** The Book Guide serves as the lesson plan for the emotional workout. Teachers will use it throughout the unit to facilitate class discussion.
4. **Read the social studies lesson plan.** This lesson plan is an example of one of the done-for-you academic lesson plans that accompany each unit. Subjects covered include: art, ELA, health, and STEM subjects.
5. **Review Family Homework.** Available in English and Spanish, Family Homework presents an opportunity for the whole family to connect to both the physical and emotional lessons taught in the NaliniKIDS program.

## 04. Self-Reflection

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1. How does physical movement help students connect to their emotions?
2. How do student-centered materials help students add their own voice to emotional lessons?
3. Why is it important for teachers to experience their own social-emotional learning?
4. Could a program focused on physical and emotional connection help the adults and students in your district?

## 05. Wrap-Up

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Take a moment to reflect on the following question:

How might NaliniKIDS be a part of your vision for social-emotional learning in your district?