

my

PROUD



my Proud

MONSTER

What happens to your body when you are proud?

- Shoulders are back
- Good eye contact.
- Chin is up.
- Standing up straight
- Head is up
- Huge wide Smile
- Arms are open.
- Chest is out

HEART and MIND Teaching

MY PROUD MONSTER



Session Objective:

- *Students will identify how their body feels and looks when proud.
- *Students will recognize different actions that make them proud.

Materials:

- *Pencils
- *Crayons
- *My Proud Monster handouts

Guiding Questions:

- *How do we look when we are proud?
- *What are some things that make us feel proud?

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS 1)

SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Responsible decision-making: identifying problems

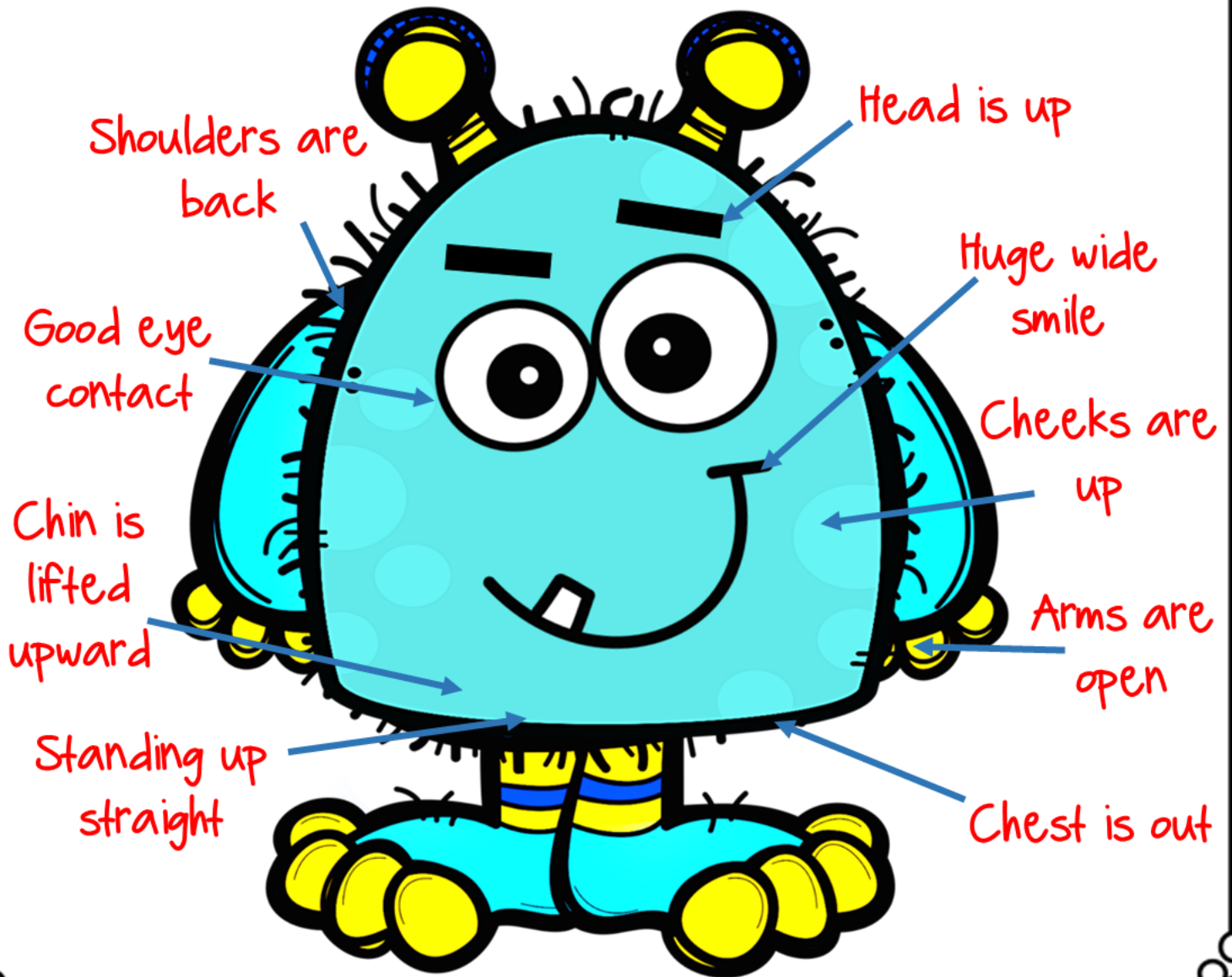
Session Details (about 30 minutes)

*My Proud Monster activity: "Everyone expresses their emotions differently, some people when feeling proud have their chest out, some have their shoulders back, some get a huge wide smile on their face, some have their head up. It's important to identify how we look when we feel proud so we know how to express it when we are feeling pride in ourselves." Pass out the proud monster handout. Show them the example of the one that is completed. "This is your proud monster, describe how you look or act when proud then share with the group. You will notice some of us express our pride in the same way." Pass out the color my monster handouts. "Now that we know how we look when proud, let's find out what makes us proud and what does not, color in the monster based on the color code and then we will discuss who has similar things that make them proud." Once everyone has completed their pages, go through each one and discuss why they put not proud, a little proud, or very proud. Next, give them the last two pages to complete about people and places that make them proud. "It's important to also determine what others do to bring out our pride and locations that we can feel pride in."

My Proud



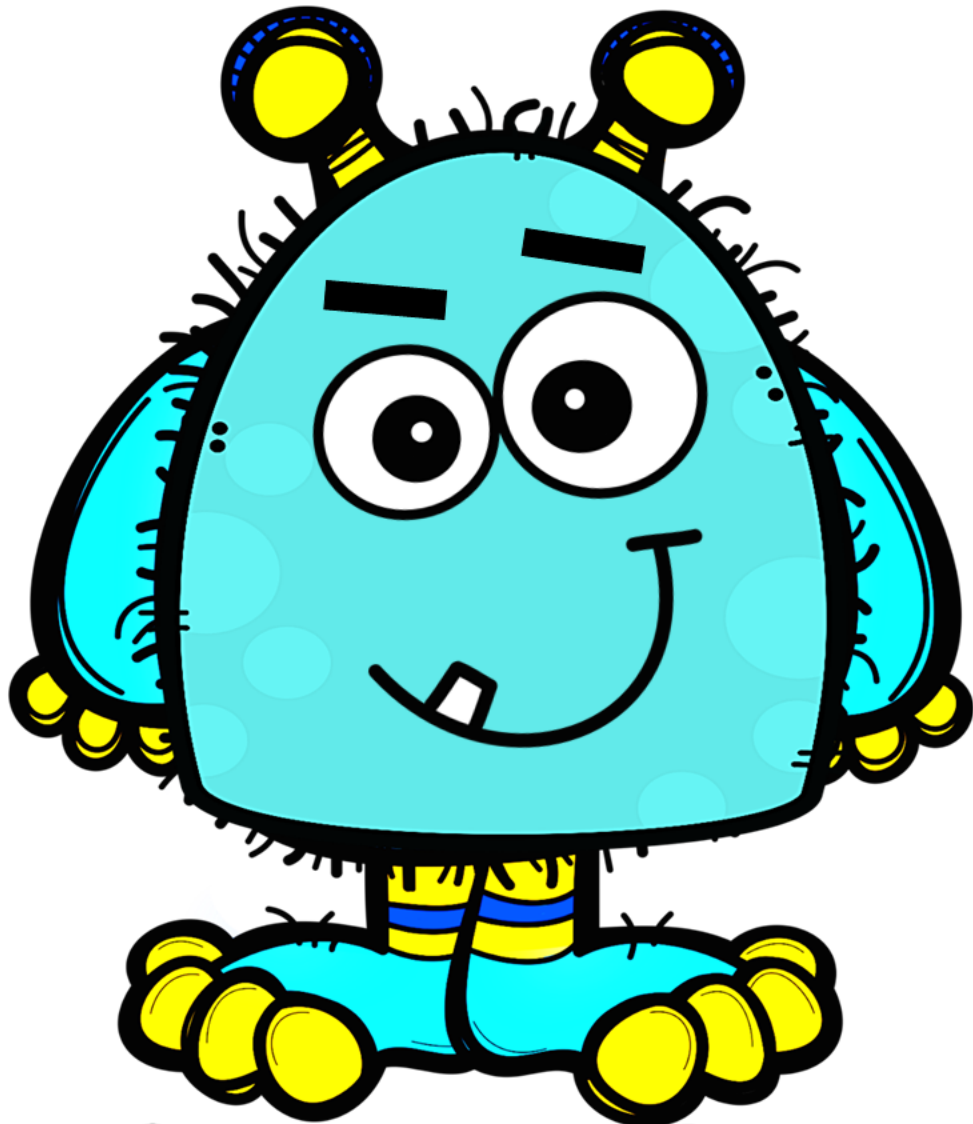
What happens to your body when you are proud?



My Proud



What happens to your body when you are proud?



Color your Proud Monster



Not
Proud

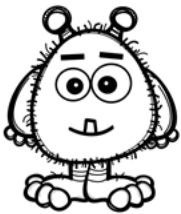


A little
Proud



VERY
Proud

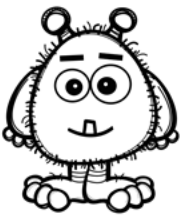
Color the monsters using the color code above, based on how you would feel to each given situation.



Someone gives
you a compliment.



You get a good
grade on a test.



You get an award.



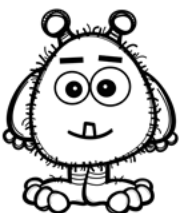
Your team wins
the big game.



You make a new
friend.



You stick up for a
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Your teacher tells
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You help a
stranger.

Color your Proud Monster



Not Proud

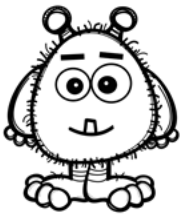


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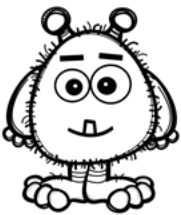
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You finish a big project you have due.



You complete a goal you set.



You help a friend in need.



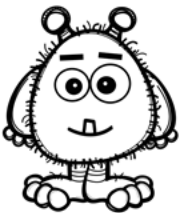
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You admit to making a mistake.



You overcome a fear.



You teach someone how to do something.



You beat your classmate at a race.

Color your Proud Monster



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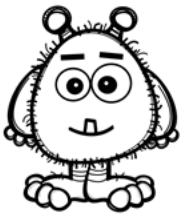


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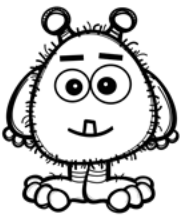
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Your parent tells you "great job"



You get a high score in a video game.



You get all your chores done.



You improve at something that is hard for you.



You introduce yourself to someone you don't know.



You make a joke and everyone laughs.



You say no when someone asks you to do something dangerous.



You get to be on the morning announcements.



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The people in our life sometimes bring out our Proud Monster, list what these people do that make you proud.

I get proud when my:

Mother

Father

Brother

Sister

Grandparent

Teacher

Coach

Friend



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Proud Monster

Some places cause our Proud Monster to show itself, describe what happens in these areas in your life.

I get proud when this happens:

In my classroom

In the hallway

In the cafeteria

At Recess

On the school bus

In my neighborhood

On the playground

At home

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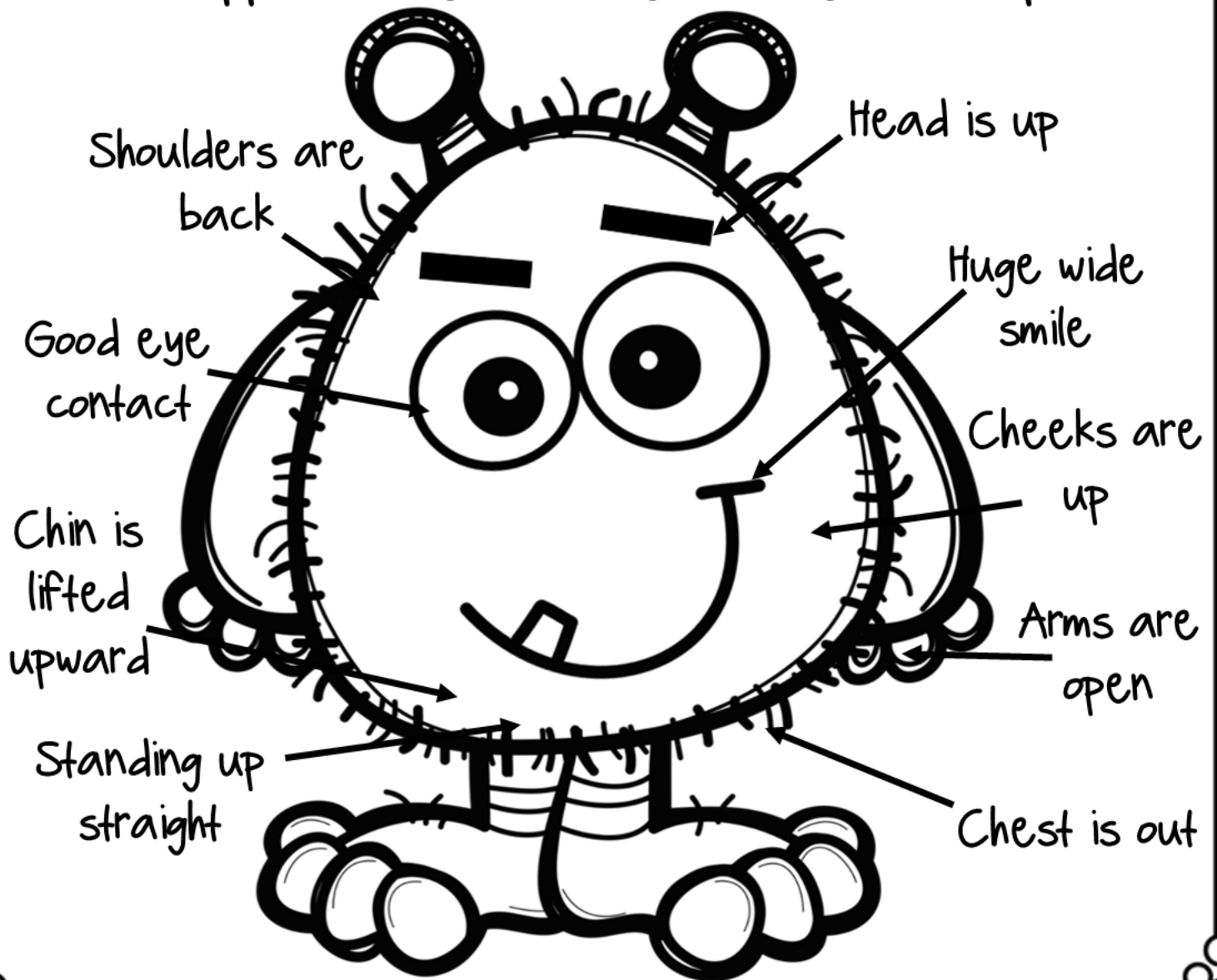
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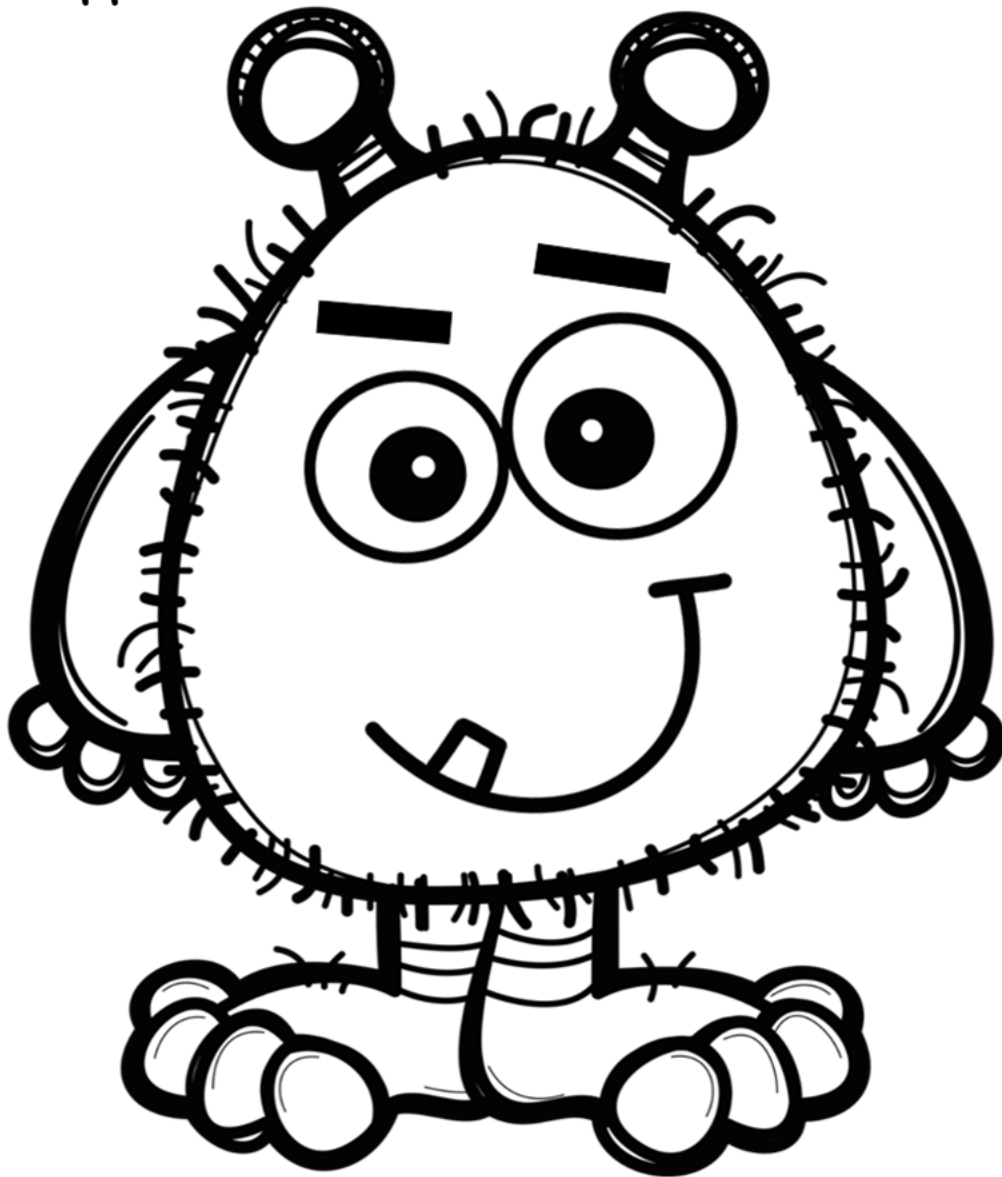
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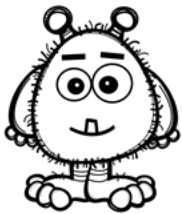


A little
Proud
(Yellow)



VERY
Proud
(Blue)

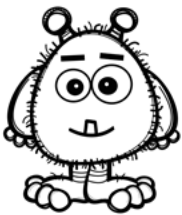
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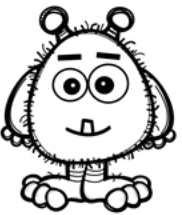
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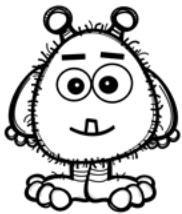


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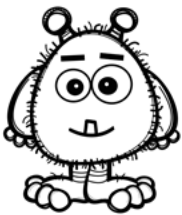
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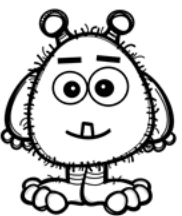
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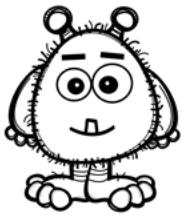


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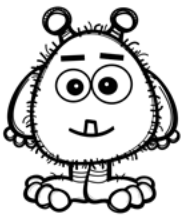
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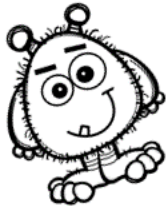
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GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [My Proud Monster](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

ABOUT THE AUTHOR



I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

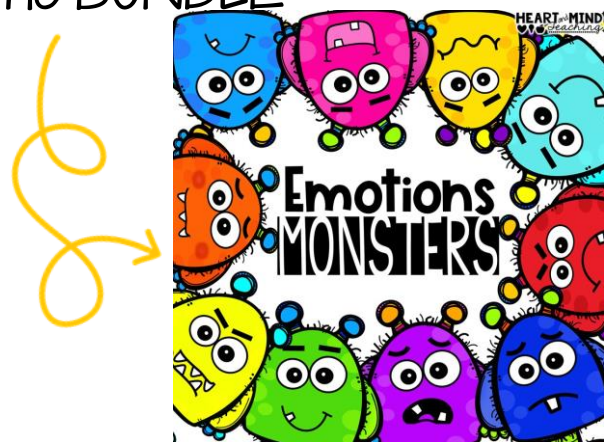
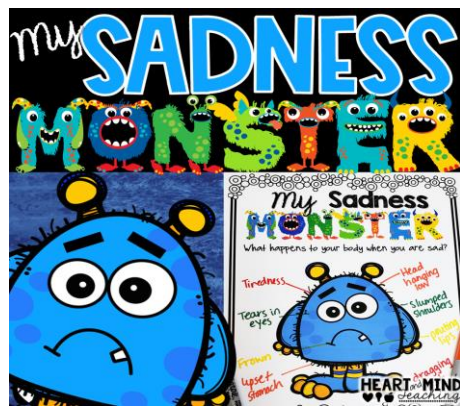
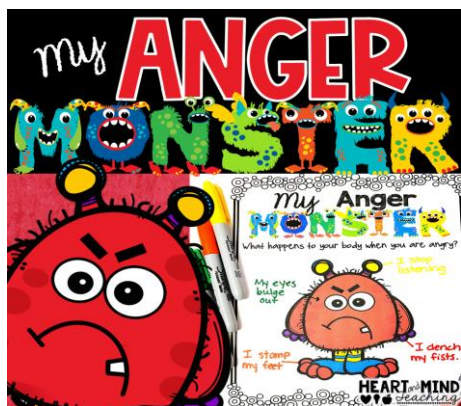
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Access my [freebie library](#) by subscribing to my newsletter, [click here](#)

RECOMMENDED RESOURCES

Check out more Monster Emotions in the BUNDLE



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