



## Introduction to Unit Three

In this unit, students will begin to explore strategies around using self-compassion to deal with uncomfortable emotions. Self-compassion is an abstract concept that is difficult to practice, but a simple understanding of the definition of self-compassion can help students going through moments of crisis. This unit integrates three-dimensional map design for some additional social studies practice as well. The projects in this unit begin individually—with students creating their own personal life maps—but branch out into ensemble work. The class creates a full-sized map of safe places by working together, which can be frustrating for students attached to the idea of taking their work home. Teachers should be sure to discuss this with students before beginning the project (which starts with Lesson 2). This unit also utilizes some messier supplies: clay and acrylic paint are both staples in the unit. Be sure to discuss safe and careful ways to use supplies, and prepare by bringing smocks or old T-shirts to school.

Even if students struggle to engage with the self-compassion practice (it can feel a little silly to try in front of all one's friends), they will be learning a specific strategy for dealing with emotions that will arise for them in their day-to-day life.