



Understanding
Ourselves

Grade Two

Becoming Champions



Achieving Our Goals in Life

This SuperUnit is a structured inquiry into helping the learner understand themselves. Learners will establish and achieve personal goals in their life. Learners will be empowered to independently give direction to their life. Learners will develop their ability to do reflective thinking.

My body and mind become more



Highlights of Learning Experiences

SuperUnit Launch: SSIS Champions: Witnessing senior buddy champions in their field of expertise

Field Trips: Observe SSIS Mathletes and Robotics teams in action (September)

Guest Speaker: SSIS Senior Buddies and a local Dentist (late August/ early September)

Project: Create and maintain a healthy habits portfolio to present their growing healthy habits and powers to their Senior Buddies

Core Values:

Academic Excellence: Self-management;

Sense of Self: Lifelong learning;

Balance in Life: Wellness;

Respect for All: Celebrate each other's accomplishments

SuperUnit Celebration: Student presentations to Senior Buddies



Focus on Learning by Subject

Science: Life Science: Healthy eating and sleep habits, oral health, mindfulness

Social Studies: Demonstrating appropriate roles and behaviors in group situation, making choices about personal identity

English: Developing reading and writing stamina, building our literary lives

Math: Data collection, graphing, reading graphs and charts

PE: Exercise, nutrition, growth & development, personal goal setting

Art: Strong bodies can be used to make art. Students explore a variety of media including drawing, video, and photography.

Drama: Students create unique characters through use of physical movement, combined with facial and vocal expression.

Music: Playing and composing using voice and percussion instruments.

Vietnamese: My family (self-contained subject)

Be powerful through healthy habits



Questions to Ask your Child

- What are healthy habits?
- How do we choose and strengthen healthy habits?
- How are our bodies and minds connected?
- How can I show I am becoming more powerful?



Home Learning

- Parent interview: What choices have you made as an adult in order to maintain and strengthen a healthy habit?
- Log sleep, eating, and dental hygiene habits.
- Plan and develop second grade appropriate sleep, eating, and oral hygiene habits at home



Suggested Home Extensions

- Cheer an athletic competition
- Attend a performance in the community
- Pursue a new interest



Key Vocabulary

- Passion
- Wellness
- Habits
- Mindful
- Perseverance
- Track



SuperUnit Launch: SSIS Senior Champions
August 17, 2018

Field trip: SSIS Middle School and High School divisional visits to be scheduled late August and mid-September

Guest speakers:

- *High School Senior Buddies*
- *Dental Professional*

SuperUnit Celebration:

*Champion's Presentations and Medal Ceremony
Thursday, October 5, 2017 at 12:00 pm (tentative)*



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