



Understanding
Ourselves

Grade Four

Independent Me



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.



Highlights of Learning Experiences

SuperUnit Launch: Students experience live, professional “Ted Talk-Style” performances that will inspire students to inquire into a topic they are interested in and present it to others.

Field Trip(s): Crescent Mall - making good food choices while buying lunch independently; team building activities.

Guest Speaker(s): Health care professionals (doctors, nurses, nutritionist, physical trainer).

Project(s): Collaborative script writing for G4 Talk, “Zen” slideshow creation, public speaking games and activities.

Core Values:

Sense of Self (making informed and confident independent decisions)

Dedicated Service (teaching others about healthy choices)

Academic Excellence (delivering a persuasive talk using correct grammar, cadence, posture and volume)

SuperUnit Celebration: G4 Talks are a “TED Talk-Style” performance in the auditorium, presented in front of a live studio audience. Students will help plan an on campus sleepover to celebrate their learning and independence!



Focus on Learning by Subject

Science: Life Science, Body Systems

Social Studies: Society and Identity: Culture and Social Systems Influence People’s Daily Lives

English: Persuasive Essay, Influence of Word Choice, e.g., Politics, Advertising, Public Speaking Skills

Math: Misrepresentation in Graphing; Data Analysis

Art: Figure Drawing

Drama: Dramatic Effects that Influence Others

Music: Patterns in music using body percussion and drumming.

PE: Healthy Habits

Vietnamese: Self Introductions and Personal Information in Vietnamese

to greater independence.



Questions to Ask your Child

- What are some ways you can show your independence at school?
- What are some ways you can show your independence at home?
- How do you know you've made a good choice?
- What is hard/easy about being a fourth grader?
- How might you seek help if you need advice? Who could you speak to? What could you do?
- Who are the positive influences in your life?



Home Learning

- Try to make connections at home with what your child is learning in school.
- Watch the shared videos from class at home to encourage more discussion.
- Ask your child to share what they have learned about the health topics they are inquiring into.
- Students will use a journal to collect information on daily habits.



Suggested Home Extensions

- Discuss ways at home your child can be more independent.
- Discuss and set up routines for chores, saving money, completing homework independently, getting physical exercise etc.
- Plan healthy meals together.
- Encourage your child to have playdates with their friends to build and strengthen healthy relationships among their peers.
- Establish a set of guidelines for using technology/screen time at home. Continually revisit this discussion.



Key Vocabulary

- | | |
|-------------------------------|------------|
| Independence | Identify |
| External Influences | Evaluate |
| Decisions | Reflection |
| Positive and Negative Choices | Persuasion |
| Accountability | |



SuperUnit Launch:

G4 Talks! with Role Models, August 17

Field Trip:

Crescent Mall, August 16

Body System Inquiries:

August 18

Guest Speakers:

Health care professionals

SSIS Administrators

SuperUnit Celebration:

On campus sleepover, September 22

G4 Talks! October 4



SAIGON SOUTH INTERNATIONAL SCHOOL

78 Nguyen Duc Canh, Tan Phong Ward, District 7, Ho Chi Minh City, Vietnam
T: (84-28) 5 413 0901 - F: (84-28) 5 413 0902 - E: info@sis.edu.vn - W: www.ssis.edu.vn