



Understanding  
Ourselves

Grade Five

# Mission Possible



## Achieving Our Goals in Life

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

# Effective planning involves 1



## Highlights of Learning Experiences

SuperUnit Launch: Future Me Day

Field Trip: Buu Long (risk-taking, self-discovery, goal-setting, and team-building)

Guest Speaker(s): TBD-parents and other community members willing to share their passions and expertise

Project: The 20 Hour Project: Learners will set a goal in an area of interest and then design and follow a plan to improve in their chosen area. They will reflect throughout the journey and document the process to share their learning along the way.

Core Values

**Sense of Self:** My strengths, weaknesses, and passions

**Academic Excellence:** What I need to learn to help me meet my goals, make a plan to start

**Balance in Life:** Balancing school/career, family, interests and hobbies, and physical and mental wellness

**SuperUnit Celebration:** Students will present their 20 hour Project to their parents during a student-led conference



## Focus on Learning by Subject

Science: Using science knowledge (nutrition, rest, stress relief, first aid) to stay healthy and safe

SS: Learning about possible careers (research skills) and other passions, goal-setting and planning, working collaboratively with others, dealing with peer pressure, personal safety, digital citizenship

English: Getting to know myself as a reader and writer, setting goals as a reader and writer, building an independent reading and writing life, planning oral and written communication--purpose and audience

Math: How math can help me pursue my goals, recording and displaying data about progress toward my goals, setting goals as a math student

Art: Drawing skills (1 and 2 point perspective)

Drama: Improvisation skills; role-playing school and life situations

Music: Playing music, learning songs and dances from different cultures .

PE: Teamwork and good sportsmanship, collaboration, planning fitness routines and plays

Vietnamese: related vocabulary, handling emergency situations in Vietnamese

# reflection and thinking ahead.



## Questions to Ask your Child

- \*What are you passionate about doing or learning more about?
- \*What kinds of jobs do you think might be interesting and fit your interests and strengths?
- \*What areas would you like to improve?
- \*What choices are you/we as a family making that impact our physical and emotional wellness? (For example, nutrition, sleep, relaxation, time management.)



## Home Learning

- \*Discuss your own career choice or how you discovered and pursued other areas of interest/expertise
- \*Help your child learn about possible careers that interest him/her and how one can prepare for them
- \*Talk to your child about how you balance career, family, hobbies, and other commitments or passions



## Suggested Home Extensions

- \*Work with your child to improve wellness behaviors such as nutrition, rest, and relaxation (for example, planning healthy meals together, shopping for healthy food, exercising as a family)
- \*Help your child make an after-school schedule for homework completion, classes, sports, hobbies, play, relaxation, sleep, etc.)
- \*Try new activities and foods as a family
- \*Visit community people or places related to your child's possible career interests or other passions.



## Key Vocabulary

Metacognition  
Reflection  
Planning  
Monitoring



SuperUnit Launch: Future Me Day

Field Trip: Buu Long Park

Guest Speaker: TBA

Guest Speakers: Invitees  
based on student passion and  
project content.

SuperUnit Celebration: Students will present  
their goal, plan, and portray their journey to  
parents at a student-led conference.



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