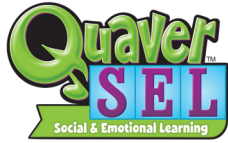


# Scope and Sequence





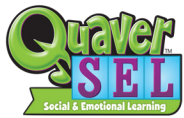


# Scope and Sequence

# PRE K

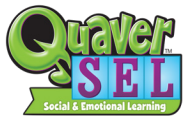
QuaverSEL Lessons are flexible to teacher and student needs. Lessons can be taught in any order over the course of a school year. Below, lessons are organized to cover grade-appropriate topics throughout the year. On the following pages, you'll find the same lessons organized by the target competency or sub-competency.

LESSON	PRE-K LESSON	SEL COMPETENCY/SUB-COMPETENCY
1	Rules Are Important	Self-Management / Self-Discipline
2	My First Day at School	Social Awareness / Respect for Others
3	Saying, "Hello!"	Self-Awareness / Self-Confidence
4	Finding My Way Around	Responsible Decision-Making / Solving Problems
5	Asking Questions	Relationship Skills / Communication
6	Getting to Know Each Other	Relationship Skills / Social Engagement
7	Friends Are Great	Relationship Skills / Relationship Building
8	All Kinds of Friends	Self-Awareness / Recognizing Strengths
9	Ways to Be Happy	Self-Management / Goal Setting
10	What Makes You Happy?	Responsible Decision-Making / Reflecting
11	Sharing	Responsible Decision-Making / Identifying Problems
12	I Can Share	Responsible Decision-Making / Ethical Responsibility
13	Being Kind	Social Awareness / Empathy
14	Take the Time to Be Kind	Social Awareness / Perspective Taking
15	Learning to Listen	Self-Management / Impulse Control
16	Listening Practice	Self-Management / Impulse Control
17	A Good Team	Relationship Skills / Teamwork
18	Working as a Team	Relationship Skills / Teamwork
19	Learning and Growing	Self-Management / Self-Discipline
20	I Am Learning	Self-Management / Self-Motivation
21	Naming My Feelings	Self-Awareness / Accurate Self-Perception
22	How Are They Feeling?	Self-Awareness / Identifying Emotions



## Self-Awareness

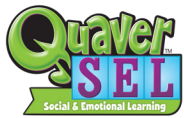
	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 2 <b>My First Day at School</b>	<b>Sub-Competency: Respect for Others</b>  The purpose of this lesson is to explore their surroundings at school and identify personal space to show respect to classmates.	Identify personal space. Demonstrate respectful play and interactions with peers. Explore communication with peers.
Lesson 3 <b>Saying, "Hello!"</b>	<b>Sub-Competency: Self-Confidence</b>  The purpose of this lesson is to build student communication skills in order to initiate conversations with others.	Identify conversation-starter phrases. Practice initiating communication with others. Identify and attempt positive interactions with peers.
Lesson 8 <b>All Kinds of Friends</b>	<b>Sub-Competency: Recognizing Strengths</b>  The purpose of this lesson is to develop an understanding of each other's unique traits in a positive manner.	Identify and describe self with consideration to unique qualities. Describe strengths of each student's unique qualities. Demonstrate inclusion scenarios to reinforce diverse friendships.
Lesson 21 <b>Naming My Feelings</b>	<b>Sub-Competency: Accurate Self-Perception</b>  The purpose of this lesson is for students to deepen their understanding of the connections between their feelings and their daily lives and experiences.	Discuss feelings in connection with pictures and sound. Students will share facts about themselves while playing a game. Students will identify and discuss how they are feeling.



# Scope and Sequence • Pre-Kindergarten

## Self-Management

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 1 <b>Rules Are Important</b>	<b>Sub-Competency: Self-Discipline</b>  The purpose of this lesson is to understand what classroom rules and routines are.	Define a classroom rule. Identify where to find classroom rules. Name and demonstrate a classroom rule.
Lesson 9 <b>Ways to Be Happy</b>	<b>Sub-Competency: Goal Setting</b>  The purpose of this lesson is to define happiness and the choices one can make to feel happy.	Define happiness and the appropriate facial expressions and behaviors that accompany it. Identify scenarios that make the student happy. Reflect on ways each person can obtain happiness and role play scenarios.
Lesson 15 <b>Learning to Listen</b>	<b>Sub-Competency: Impulse Control</b>  The purpose of this lesson is to explore the connection between listening and learning.	Make connections between events and emotions. Identify the listening skills of characters in a story. Discuss the connection between listening and learning.
Lesson 16 <b>Listening Practice</b>	<b>Sub-Competency: Impulse Control</b>  The purpose of this lesson is to develop and practice listening skills and behaviors.	Discuss feelings in connection with pictures and sound. Identify and discuss different sounds and voices. Identify behaviors that show respectful listening.
Lesson 19 <b>Learning and Growing</b>	<b>Sub-Competency: Self-Discipline</b>  The purpose of this lesson is to introduce and develop the growth mindset concept and demonstrate ways students can use knowledge to improve their lives.	Describe emotions felt during the week. Discuss ways to grow and learn. Create movements to reflect the theme of growth in a song.
Lesson 20 <b>I Am Learning</b>	<b>Sub-Competency: Self-Motivation</b>  The purpose of this lesson is to explore different activities and experiences that develop students' understanding of the world.	Make connections between events and emotions. Discuss the connection between plant growth and brain growth. Share facts students know and discuss how they gained that knowledge.



## Social Awareness

### LESSON PURPOSE

### OBJECTIVES—Students Will Be Able to:

Lesson 13  
**Being Kind**

#### **Sub-Competency: Empathy**

The purpose of this lesson is to explore ways to show kindness to others and discuss the connection between kindness and friendship.

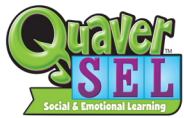
Identify emotions based on facial expressions.  
Discuss ways to be kind in given scenarios. Explore the connection between being kind and making friends.

Lesson 14  
**Take the Time to Be Kind**

#### **Sub-Competency: Perspective Taking**

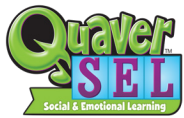
The purpose of this lesson is to identify and discuss different ways to show kindness to others.

Describe emotions felt during the week. Identify kind actions in a story. Identify different ways to show kindness to others.



## Relationship Skills

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 5 <b>Asking Questions</b>	<b>Sub-Competency: Communication</b> The purpose of this lesson is to engage in question asking in order to build communication skills.	Identify appropriate questions to use in conversations. Demonstrate asking questions in both group and individual interactions. Demonstrate listening skills in order to respond to questions.
Lesson 6 <b>Getting to Know Each Other</b>	<b>Sub-Competency: Social Engagement</b> The purpose of this lesson is to build skills to learn about each other and cultivate relationships.	Develop awareness of others as part of the classroom community. Identify ways to interact with others. Engage in group activities.
Lesson 7 <b>Friends Are Great</b>	<b>Sub-Competency: Relationship Building</b> The purpose of this lesson is to develop friendship skills in order to establish relationships.	Define friendship and traits of a desirable friend. Identify characteristics of themselves that make them a good friend. Demonstrate how to be a friend to others.
Lesson 17 <b>A Good Team</b>	<b>Sub-Competency: Teamwork</b> The purpose of this lesson is to introduce the concept and explore the benefits of teamwork.	Use manipulatives to reflect emotions. Explore teamwork in connection with a story. Discuss how to use teamwork to accomplish a goal.
Lesson 18 <b>Working as a Team</b>	<b>Sub-Competency: Teamwork</b> The purpose of this lesson is to identify and practice different elements of teamwork in connection to daily life.	Identify emotions based on facial expressions. Discuss teamwork in given scenarios. Identify different ways to work as a team.



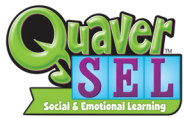
## LESSON PURPOSE

## OBJECTIVES—Students Will Be Able to:

### Responsible Decision-Making

<p>Lesson 4</p> <p><b>Finding My Way Around</b></p>	<p><b>Sub-Competency: Solving Problems</b></p> <p>The purpose of this lesson is to understand different kinds of problems and how they can solve them and/or ask for help.</p>	<p>Identify and discuss problem scenarios. Demonstrate possible solutions through role playing. Determine when to ask for help.</p>
<p>Lesson 10</p> <p><b>What Makes You Happy?</b></p>	<p><b>Sub-Competency: Reflecting</b></p> <p>The purpose of this lesson is to create an attainable goal and a plan to accomplish it in order to build self-confidence.</p>	<p>Identify attainable goal. Create steps to accomplish the goal. Discuss emotions throughout the creation, implementation of steps and accomplishment of goal.</p>
<p>Lesson 11</p> <p><b>Sharing</b></p>	<p><b>Sub-Competency: Identifying Problems</b></p> <p>The purpose of this lesson is to define sharing and the behaviors associated with it in order to create a positive classroom environment.</p>	<p>Define sharing and the appropriate words and behaviors that accompany it. Identify scenarios that would require sharing and the importance of each student's cooperation. Reflect on ways each student can implement sharing.</p>
<p>Lesson 12</p> <p><b>I Can Share</b></p>	<p><b>Sub-Competency: Ethical Responsibility</b></p> <p>The purpose of this lesson is to implement sharing skills to impact decision making and establish ownership of one's actions.</p>	<p>Demonstrate sharing in group scenarios/role play. Practice sharing throughout the student's normal routine. Discuss why sharing is important and the impact each student's sharing can have on the community.</p>



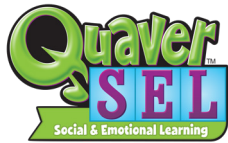


## Scope and Sequence • Pre-Kindergarten

### SEL Plus

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 26 <b>Be a STAR Student</b>	<b>Sub-Competency: Academic Achievements</b>  The purpose of this lesson is for students to explore feelings experienced when goals are met and to develop strategies for setting them.	Students will explore the elements of STAR goals and learn how to set them. Students will discuss specific ways to achieve STAR goals at home and at school.
Lesson 27 <b>Using Kind Words</b>	<b>Sub-Competency: Bullying</b>  The purpose of this lesson is for students to explore feelings that are experienced when others say kind and unkind words, as well as explore and practice the use of kind words.	Students will discuss how they feel when others use kind or unkind words towards them. Students will describe how they think others feel when people say kind or unkind words to them. Students will explore steps to take when others say unkind words to them. Students will practice saying kind words and phrases to peers.
Lesson 28 <b>Safe and Unsafe Strangers</b>	<b>Sub-Competency: Personal Safety</b>  The purpose of this lesson is for students to define strangers as anyone that they do not know and to explore safe and unsafe situations and strategies surrounding strangers.	Students will define a stranger as anyone they do not know. Students will identify trusted adults they can go to if they are approached by a stranger. Students will understand that strangers can be any age and have any appearance. Students will identify times when a stranger can be a safe person based on their role.
Lesson 29 <b>What Is Honesty?</b>	<b>Sub-Competency: Honesty</b>  The purpose of this lesson is for students to understand what honesty is and why it is important.	Students will define honesty. Students will describe the benefits of honesty in their daily lives. Students will identify emotions they experience when telling the truth.
Lesson 30 <b>Trying New Things</b>	<b>Sub-Competency: Anxiety</b>  The purpose of this lesson is to learn why trying new things is important and why we should try new things. Students will discuss the emotions that go behind trying something new, and how we can overcome these feelings to learn something new about ourselves. Without trying something new, we will not know if we like or dislike something.	Students will discover that trying new things will help you learn what you like and don't like. Students will understand that trying new things help us build skills and character. Students will practice how to overcome a fear.
Lesson 31 <b>Being Disappointed</b>	<b>Sub-Competency: Disappointment</b>  The purpose of this lesson is for students to learn strategies to deal with disappointment.	Students will understand that it is okay to feel more than one feeling at a time.
Lesson 32 <b>We Have Different Feelings</b>	<b>Sub-Competency: Moods</b>  The purpose of this lesson is for students to learn that, although everyone has feelings, it is okay for us to have different feelings about situations and experiences.	Students will recognize that they may have different feelings about the same situations/events as someone else. Students will learn how to control their feelings when other people feel differently.



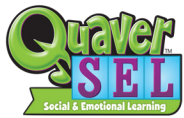


# Scope and Sequence



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LESSON	KINDERGARTEN LESSON	COMPETENCY
1	I Am Happy	Self-Awareness / Identifying Emotions
2	Following Rules	Self-Management / Self-Discipline
3	Learning to Listen	Social Awareness / Respect for Others
4	Making Friends	Relationship Skills / Relationship Building
5	I Care	Responsible Decision-Making / Ethical Responsibility
6	I Am Confident	Self-Awareness / Self-Confidence
7	I Am Growing	Self-Management / Goal Setting
8	Please & Thank You	Social Awareness/ Respect For Others
9	Working Together	Relationship Skills / Teamwork
10	Finding My Way	Responsible Decision-Making / Solving Problems
11	Discovering My Strengths	Self-Awareness / Recognizing Strengths
12	Putting Things in Order	Self-Management / Organizational Skills
13	I Am Different From You	Social Awareness / Perspective-Taking
14	Sharing & Taking Turns	Relationship Skills / Social Engagement
15	What Is a Problem	Responsible Decision-Making / Identifying Problems
16	How I Feel	Self-Awareness / Accurate Self-Perception
17	I Feel Overwhelmed	Self-Management / Stress Management
18	We Are Different	Social Awareness / Appreciating Diversity
19	Talking to Each Other	Relationship Skills / Communication
20	What's Happening	Responsible Decision-Making / Analyzing Situations
21	I Can Do It	Self-Awareness / Self-Efficacy
22	Controlling Myself	Self-Management / Impulse Control
23	Understanding Others' Feelings	Social Awareness / Empathy
24	I Can Make It Better	Responsible Decision-Making / Evaluating
25	Why We Go to School	Self-Management / Self-Motivation
26	Be a STAR Student	SEL Plus - Academic Achievements
27	Using Kind Words	SEL Plus - Bullying
28	Safe and Unsafe Strangers	SEL Plus - Personal Safety
29	What Is Honesty?	SEL Plus - Honesty
30	Trying New Things	SEL Plus - Anxiety
31	Being Disappointed	SEL Plus - Disappointment
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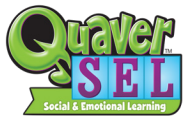


## Self-Awareness

### LESSON PURPOSE

### OBJECTIVES—Students Will Be Able to:

<p>Lesson 1 <b>I Am Happy</b></p>	<p><b>Sub-Competency: Identifying Emotions</b></p> <p>The purpose of this lesson is for students to identify and explore what makes them happy.</p>	<p>Identify and name an emotion they are feeling today using facial expressions and body language. Identify three things that make them happy. Name something that makes another person happy.</p>
<p>Lesson 6 <b>I Am Confident</b></p>	<p><b>Sub-Competency: Self-Confidence</b></p> <p>The purpose of this lesson is for students to learn how to build confidence in themselves and in others.</p>	<p>Identify and name an emotion they are feeling today using facial expressions and body language. Define and explain confidence. Name one thing we would like to do in life.</p>
<p>Lesson 11 <b>Discovering My Strengths</b></p>	<p><b>Sub-Competency: Recognizing Strengths</b></p> <p>The purpose of this lesson is for students to recognize a strength they have.</p>	<p>Identify and name an emotion they are feeling. Name and describe at least one thing they are good at. Understand and be able to explain the meaning of the word strength as it relates to a talent or skill.</p>
<p>Lesson 16 <b>How I Feel</b></p>	<p><b>Sub-Competency: Accurate Self-Perception</b></p> <p>The purpose of this lesson is for students to identify words for various emotions and discover how to use them to describe how they are feeling.</p>	<p>Learn to name how they are feeling. Identify situations or triggers that lead to certain feelings.</p>
<p>Lesson 21 <b>I Can Do It</b></p>	<p><b>Sub-Competency: Self-Efficacy</b></p> <p>The purpose of this lesson is to help students understand that what we think affects how we think and how we behave.</p>	<p>Identify two positive feelings. Identify two positive thoughts. Explain how positive thoughts and feelings can help one accomplish hard tasks.</p>

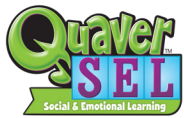


## Self-Management

### LESSON PURPOSE

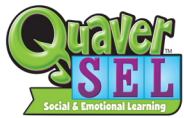
### OBJECTIVES—Students Will Be Able to:

<p>Lesson 2 <b>Following Rules</b></p>	<p><b>Sub-Competency: Self-Discipline</b></p> <p>The purpose of this lesson is for students to understand what classroom rules are and why they are important.</p>	<p>Identify and name an emotion they are feeling today. Name two rules that are used at home or school. Describe a rule that we need to obey each day.</p>
<p>Lesson 7 <b>I Am Growing</b></p>	<p><b>Sub-Competency: Goal Setting</b></p> <p>The purpose of this lesson is for students to understand what goal-setting is and how it helps us grow.</p>	<p>Identify and name an emotion they are feeling today using facial expressions and body language. Name a way that they can grow smarter. Set an achievable goal for the year.</p>
<p>Lesson 12 <b>Putting Things in Order</b></p>	<p><b>Sub-Competency: Organizational Skills</b></p> <p>The purpose of this lesson is students will learn how organizing helps us in many ways.</p>	<p>Identify and name an emotion they are feeling. Organize something in the classroom. Name two reasons why organizing helps us in life.</p>
<p>Lesson 17 <b>I Feel Overwhelmed</b></p>	<p><b>Sub-Competency: Stress Management</b></p> <p>The purpose of this lesson is for students to learn ways of coping when they are feeling worried, overwhelmed or stressed.</p>	<p>Recognize that when there is a lot going on it can make us feel anxious. How can I learn new things without being worried? Three self talk phrases to reduce worry.</p>
<p>Lesson 22 <b>Controlling Myself</b></p>	<p><b>Sub-Competency: Impulse Control</b></p> <p>Students will demonstrate control over their voices and bodies, and identify situations or locations in which more control is needed.</p>	<p>Identify appropriate use of voice and body in various situations. Demonstrate control of voice and body.</p>
<p>Lesson 25 <b>Why We Go to School</b></p>	<p><b>Sub-Competency: Self-Motivation</b></p> <p>The purpose of this lesson is for students to explore self-motivation and identify reasons that going to school is important.</p>	<p>Identify the reasons why attending school daily is important. Connect daily steps to achieving long-term goals. Identify school as a place where students learn to work with others and make friends.</p>



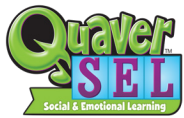
## Social Awareness

	LESSON PURPOSE	OBJECTIVES–Students Will Be Able to:
Lesson 3 <b>Learning to Listen</b>	<b>Sub-Competency: Respect for Others</b> The purpose of this lesson is for students to practice listening skills.	Identify and name an emotion they are feeling today. Describe two ways to show you are listening to somebody.
Lesson 8 <b>Please &amp; Thank You</b>	<b>Sub-Competency: Respect For Others</b> The purpose of this lesson is to help students build relationships by using “please” and “thank you.”	Identify and name an emotion they are feeling today using facial expressions and body language. Explain what respecting others means. Role play a conversation that involves good manners.
Lesson 13 <b>I Am Different From You</b>	<b>Sub-Competency: Perspective-Taking</b> The purpose of this lesson is for students to understand that we all like different things.	Identify and name an emotion they are feeling. Express at least one preference during the class. Name something they like that is different to someone else.
Lesson 18 <b>We Are Different</b>	<b>Sub-Competency: Appreciating Diversity</b> The purpose of this lesson is for students to recognize differences between individuals and families that make us unique.	Recognize that they are different. Understand each family has a different way of doing things. Know that diversity is strength.
Lesson 23 <b>Understanding Others’ Feelings</b>	<b>Sub-Competency: Empathy</b> The purposes of this lesson are for students to realize that they may feel differently from their friends about the same situation and to try to view situations from someone else’s perspective.	Understand what the phrase “walking in someone else’s shoes” means. Identify another’s feelings when viewing various scenarios. Role play scenes to act out how they would feel in various situations.



## Relationship Skills

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 4 <b>Making Friends</b>	<b>Sub-Competency: Relationship Building</b>  The purpose of this lesson is to help students learn how to be a good friend.	Identify and name an emotion they are feeling today. Name three traits of a good friend.
Lesson 9 <b>Working Together</b>	<b>Sub-Competency: Teamwork</b>  The purpose of this lesson is for students to work as a team and to understand the importance of teamwork.	Identify and name an emotion they are feeling today using facial expressions and body language. Explain how Chef Bakenecake made a team.
Lesson 14 <b>Sharing &amp; Taking Turns</b>	<b>Sub-Competency: Social Engagement</b>  The purpose of this lesson is for students to recognize different ways in which they can share and take turns with others.	Link a body language pose with an emotion. Discover how people feel when they share. Problem-solve ways to share different items and activities.
Lesson 19 <b>Talking to Each Other</b>	<b>Sub-Competency: Communication</b>  The purpose of this lesson is for students to learn the basic steps of having a simple conversation with others, using respectful listening skills.	Identify ways to help people who are sad or angry. Learn simple principles of talking to each other. Participate in a simple conversation using appropriate listening and speaking skills.



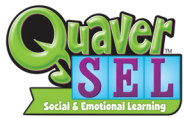
## Responsible Decision-Making

### LESSON PURPOSE

### OBJECTIVES—Students Will Be Able to:

<p>Lesson 5 <b>I Care</b></p>	<p><b>Sub-Competency: Ethical Responsibility</b></p> <p>The purpose of this lesson is for students to understand how to care for others and why it is important.</p>	<p>Identify and name an emotion they are feeling today using facial expressions and body language. Discuss and name what Maizie cared about. Name two ways we can show we care.</p>
<p>Lesson 10 <b>Finding My Way</b></p>	<p><b>Sub-Competency: Solving Problems</b></p> <p>The purpose of this lesson is for students to understand different kinds of problems and how they can solve them for someone else.</p>	<p>Identify and name an emotion they are feeling today. Name one way to help someone else. Describe a way to solve someone else's problem.</p>
<p>Lesson 15 <b>What Is a Problem</b></p>	<p><b>Sub-Competency: Identifying Problems</b></p> <p>The purpose of this lesson is to help students understand what makes a problem.</p>	<p>Identify and name an emotion that they are feeling. Learn to recognize and name a problem. Decide between a situation that is a problem and one that isn't.</p>
<p>Lesson 20 <b>What's Happening</b></p>	<p><b>Sub-Competency: Analyzing Situations</b></p> <p>The purpose of this lesson is to help students analyze situations and use critical thinking skills to work out how that situation occurred.</p>	<p>Describe the events leading to a problem. Understand and analyze a simple situation. Learn four ways to transition from sad to happy.</p>
<p>Lesson 24 <b>I Can Make It Better</b></p>	<p><b>Sub-Competency: Evaluating</b></p> <p>The purpose of this lesson is students will learn that there is room for improvement when completing a task or project.</p>	<p>Identify what makes something good. Evaluate one way to make a class procedure better.</p>





## Scope and Sequence • Kindergarten

### SEL Plus

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
<b>Lesson 26</b> <b>Be a STAR Student</b>	<b>Sub-Competency: Academic Achievements</b> <p>The purpose of this lesson is for students to explore feelings experienced when goals are met and to develop strategies for setting them.</p>	<p>Students will explore the elements of STAR goals and learn how to set them. Students will discuss specific ways to achieve STAR goals at home and at school.</p>
<b>Lesson 27</b> <b>Using Kind Words</b>	<b>Sub-Competency: Bullying</b> <p>The purpose of this lesson is for students to explore feelings that are experienced when others say kind and unkind words, as well as explore and practice the use of kind words.</p>	<p>Students will discuss how they feel when others use kind or unkind words towards them. Students will describe how they think others feel when people say kind or unkind words to them. Students will explore steps to take when others say unkind words to them. Students will practice saying kind words and phrases to peers.</p>
<b>Lesson 28</b> <b>Safe and Unsafe Strangers</b>	<b>Sub-Competency: Personal Safety</b> <p>The purpose of this lesson is for students to define strangers as anyone that they do not know and to explore safe and unsafe situations and strategies surrounding strangers.</p>	<p>Students will define a stranger as anyone they do not know. Students will identify trusted adults they can go to if they are approached by a stranger. Students will understand that strangers can be any age and have any appearance. Students will identify times when a stranger can be a safe person based on their role.</p>
<b>Lesson 29</b> <b>What Is Honesty?</b>	<b>Sub-Competency: Honesty</b> <p>The purpose of this lesson is for students to understand what honesty is and why it is important.</p>	<p>Students will define honesty. Students will describe the benefits of honesty in their daily lives. Students will identify emotions they experience when telling the truth.</p>
<b>Lesson 30</b> <b>Trying New Things</b>	<b>Sub-Competency: Anxiety</b> <p>The purpose of this lesson is to learn why trying new things is important and why we should try new things. Students will discuss the emotions that go behind trying something new, and how we can overcome these feelings to learn something new about ourselves. Without trying something new, we will not know if we like or dislike something.</p>	<p>Students will discover that trying new things will help you learn what you like and don't like. Students will understand that trying new things help us build skills and character. Students will practice how to overcome a fear.</p>
<b>Lesson 31</b> <b>Being Disappointed</b>	<b>Sub-Competency: Disappointment</b> <p>The purpose of this lesson is for students to learn strategies to deal with disappointment.</p>	<p>Students will understand that it is okay to feel more than one feeling at a time.</p>



## Scope and Sequence • Kindergarten

### SEL Plus

#### LESSON PURPOSE

#### OBJECTIVES—Students Will Be Able to:

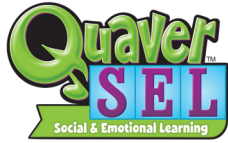
Lesson 32

#### **We Have Different Feelings**

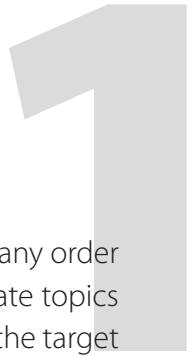
#### **Sub-Competency: Moods**

The purpose of this lesson is for students to learn that, although everyone has feelings, it is okay for us to have different feelings about situations and experiences.

Students will recognize that they may have different feelings about the same situations/ events as someone else. Students will learn how to control their feelings when other people feel differently.

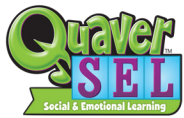


# Scope and Sequence



QuaverSEL Lessons are flexible to teacher and student needs. Lessons can be taught in any order over the course of a school year. Below, lessons are organized to cover grade-appropriate topics throughout the year. On the following pages, you'll find the same lessons organized by the target competency or sub-competency.

LESSON	1 <sup>ST</sup> GRADE LESSON	SEL COMPETENCY/SUB-COMPETENCY
1	Sharing Happiness	Self-Awareness / Identifying Emotions
2	Rules Help Us	Self-Management / Self-Discipline
3	Listening Carefully	Social Awareness / Respect for Others
4	Friends Are Special	Relationship Skills / Relationship Building
5	What I Care About	Responsible Decision-Making / Ethical Responsibility
6	Building Confidence	Self-Awareness / Self-Confidence
7	Setting Goals	Self-Management / Goal Setting
8	Good Manners	Social Awareness/ Respect For Others
9	Parts of a Team	Relationship Skills / Teamwork
10	Finding Our Way	Responsible Decision-Making / Solving Problems
11	Sharing My Strengths	Self-Awareness / Recognizing Strengths
12	Organizing Myself	Self-Management / Organizational Skills
13	Understanding You	Social Awareness / Perspective Taking
14	The Golden Rule	Relationship Skills / Social Engagement
15	Working Through Problems	Responsible Decision-Making / Identifying Problems
16	Showing My Feelings	Self-Awareness / Accurate Self-Perception
17	I Feel Stressed	Self-Management / Stress Management
18	Why We're Different	Social Awareness / Appreciating Diversity
19	Having a Conversation	Relationship Skills / Communication
20	Understanding Situations	Responsible Decision-Making / Analyzing Situations
21	Positive Mindset	Self-Awareness / Self-Efficacy
22	Practicing My Self-Control	Self-Management / Impulse Control
23	Understanding My Friends	Social Awareness / Empathy
24	Understanding What Worked	Responsible Decision-Making / Evaluating
25	Things I Should Do	Self-Management / Self-Motivation
26	Trying My Best	SEL Plus - Academic Achievements
27	Standing Up for Me	SEL Plus - Bullying
28	Safe and Unsafe Touch	SEL Plus - Personal Safety
29	Why Honesty Is Important?	SEL Plus - Honesty
30	Changes Are Okay	SEL Plus - Anxiety
31	Understanding Disappointment	SEL Plus - Disappointment
32	Having Two Feelings at the Same Time	SEL Plus - Moods

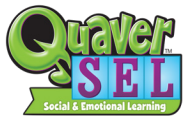


## Self-Awareness

### LESSON PURPOSE

### OBJECTIVES—Students Will Be Able to:

<p>Lesson 1</p> <p><b>Sharing Happiness</b></p>	<p><b>Sub-Competency: Identifying Emotions</b></p> <p>The purpose of this lesson is for students to learn about happiness and how they can share it with others.</p>	<p>Identify and name an emotion they are feeling today using facial expressions and body language. Identify three things that make them happy. Discuss ways we can make other people happy.</p>
<p>Lesson 6</p> <p><b>Building Confidence</b></p>	<p><b>Sub-Competency: Self-Confidence</b></p> <p>The purpose of this lesson is to for students to learn about confidence and how to build it in themselves and others.</p>	<p>Identify and name an emotion they are feeling today using facial expressions and body language. Learn a chant about confidence. Memorize at least two confidence boosting phrases.</p>
<p>Lesson 11</p> <p><b>Sharing My Strengths</b></p>	<p><b>Sub-Competency: Recognizing Strengths</b></p> <p>The purpose of this lesson is to help students understand that they can share their strengths and knowledge with other people. Phrase of the Week/Good Habits: We are proud of our strengths.</p>	<p>Name two strengths they have. Teach and demonstrate to a classmate how to do something they can do. Emotional Objective: Act out one feeling. Relational Objective: Teach someone else a strength.</p>
<p>Lesson 16</p> <p><b>Showing My Feelings</b></p>	<p><b>Sub-Competency: Accurate Self-Perception</b></p> <p>The purpose of this lesson is for students to identify individuals they can talk to about their feelings as well as learn how to effectively utilize “Messages” to communicate about their feelings. Phrase of the Week/Good Habits: Talking about my feelings with others helps me feel better.</p>	<p>Identify trusted individuals to share their feelings with. Describe their feelings and the events that led to them feeling this way. Emotional Objective: I can describe what I am feeling. Relational Objective: Who can we talk to about our feelings?</p>
<p>Lesson 21</p> <p><b>Positive Mindset</b></p>	<p><b>Sub-Competency: Self-Efficacy</b></p> <p>The purpose of this lesson is to understand that a positive mindset will help you achieve your goals.</p>	<p>Define a positive mindset. Compare and contrast negative thoughts and feelings to positive thoughts and feelings. Explain how a positive mindset will help meet goals.</p>

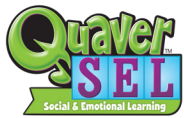


## LESSON PURPOSE

## OBJECTIVES—Students Will Be Able to:

### Self-Management

<p>Lesson 2 <b>Rules Help Us</b></p>	<p><b>Sub-Competency: Self-Discipline</b></p> <p>The purpose of this lesson is to help students understand the need and importance of rules.</p>	<p>Identify and name an emotion they are feeling today. Name one rule that is used at home or school. Describe a rule you have to keep over and over again each day.</p>
<p>Lesson 7 <b>Setting Goals</b></p>	<p><b>Sub-Competency: Goal Setting</b></p> <p>The purpose of this lesson is to think about dreams and goals for life and how to achieve them.</p>	<p>Identify and name an emotion they are feeling today using facial expressions and body language. Describe the key points of the story. Name a life goal.</p>
<p>Lesson 12 <b>Organizing Myself</b></p>	<p><b>Sub-Competency: Organizational Skills</b></p> <p>The purpose of this lesson is to help students understand that organizing their things helps them locate them, and helps save time. Phrase of the Week/Good Habits: Write it down!</p>	<p>Name a reason why being organized can save time. Explain why organization can help me feel calm. Emotional Objective: Organizing can help me feel calm. Relational Objective: Organizing requires teamwork.</p>
<p>Lesson 17 <b>I Feel Stressed</b></p>	<p><b>Sub-Competency: Stress Management</b></p> <p>The purpose of this lesson is to help students to be able to understand and deal with feelings of being overwhelmed or stressed. Phrase of the Week/Good Habits: STR-E-S-S, I can deal with stress!</p>	<p>Learn and name one simple ways to alleviate stress. Understanding what causes the underlying feelings of being overwhelmed. Emotional Objective: If I talk about my feelings to a friend it often helps. Relational Objective: Friends help me when I feel overwhelmed.</p>
<p>Lesson 22 <b>Practicing My Self-Control</b></p>	<p><b>Sub-Competency: Impulse Control</b></p> <p>The purpose of this lesson is for students to identify when they are not in control of their emotions and practice calm-down coping skills.</p>	<p>Identify warning signs their body gives when they are losing control. Practice calm-down strategies to help regain control.</p>
<p>Lesson 25 <b>Things I Should Do</b></p>	<p><b>Sub-Competency: Self-Motivation</b></p> <p>The purpose of this lesson is for students to examine the value of taking care of responsibilities that are important but may not be fun.</p>	<p>Define the word responsible and give examples of responsible choices. Identify that to grow healthy and strong, we often have to make choices that are responsible.</p>

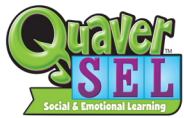


## Social Awareness

### LESSON PURPOSE

### OBJECTIVES—Students Will Be Able to:

<p>Lesson 3</p> <p><b>Listening Carefully</b></p>	<p><b>Sub-Competency:</b> Respect for Others</p> <p>The purpose of this lesson is to help students discuss and understand their own emotions and the emotions of others, with an emphasis on listening.</p>	<p>Identify and name an emotion they are feeling today. Describe the key details of the Tortoise and the Hare.</p>
<p>Lesson 8</p> <p><b>Good Manners</b></p>	<p><b>Sub-Competency:</b> Respect For Others</p> <p>The purpose of this lesson is for students to understand the importance of good manners, and to practice using them.</p>	<p>Identify and name an emotion they are feeling today using facial expressions and body language. Explain why please and thank you are important terms. Role play a conversation that involves good manners.</p>
<p>Lesson 13</p> <p><b>Understanding You</b></p>	<p><b>Sub-Competency:</b> Perspective Taking</p> <p>The purpose of this lesson is for students to understand that we like different things and make different choices. Phrase of the Week/Good Habits: Our different choices make us unique, not scary!</p>	<p>Name something they like to do, that is the same as someone else. Name something they like to do, that is different to someone else. Emotional Objective: Name and identify an emotion they are feeling. Relational Objective: Students will understand that we don't have to make people become like us.</p>
<p>Lesson 18</p> <p><b>Why We're Different</b></p>	<p><b>Sub-Competency:</b> Appreciating Diversity</p> <p>The purpose of this lesson is help students understand that some of our differences originate from who they and their families are. Phrase of the Week/Good Habits: Differences make life more fun.</p>	<p>Name three ways the world would be less fun if we were all the same. Name two ways they are different from other people. Emotional Objective: Being different is a good thing. Relational Objective: Being friends with different people makes us stronger.</p>
<p>Lesson 23</p> <p><b>Understanding My Friends</b></p>	<p><b>Sub-Competency:</b> Empathy</p> <p>The purpose of this lesson is to help students read physical cues (body language) to understand how others are feeling.</p>	<p>Recognize facial expressions that accompany basic emotions (happy, sad, mad, scared or worried). Recognize that posture also provides cues to feelings. Identify another's feelings when viewing various facial expressions and postures.</p>

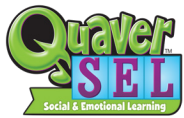


## Relationship Skills

### LESSON PURPOSE

### OBJECTIVES—Students Will Be Able to:

Lesson 4 <b>Friends Are Special</b>	<b>Sub-Competency: Relationship Building</b>  The purpose of this lesson is for students to understand that even though people are different, they can still care for one another and still be friends.	Identify and name an emotion they are feeling today. Describe the main points of the Sun, the Star, and the Window story. Learn three friendship building questions.
Lesson 9 <b>Parts of a Team</b>	<b>Sub-Competency: Teamwork</b>  The purpose of this lesson for students to learn about, discuss, and practice being part of a team.	Identify and name an emotion they are feeling today using facial expressions and body language. Define the word team. Describe two different roles in a team.
Lesson 14 <b>The Golden Rule</b>	<b>Sub-Competency: Social Engagement</b>  The purpose of this lesson is for students to discuss and practice the Golden Rule, linking it to the character trait of respect. Phrase of the Week/ Good Habits: We treat others the way that we would like to be treated.	Learn the Golden Rule and connect it to the word respect. Explain the Golden Rule. Emotional Objective: My choices and actions affect others. Relational Objective: If I wouldn't like something, I should think about it before doing or saying it to someone else.
Lesson 19 <b>Having a Conversation</b>	<b>Sub-Competency: Communication</b>  The purpose of this lesson is for students to recognize a strength they have. Phrase of the Week/ Good Habits: If you're really good at something it is called a strength.	Explore the basic steps of having a conversation with someone else. Practice having a conversation. Emotional Objective: I can discuss how I feel with others. Objective: Conversations with others help us get to know one another and work together.



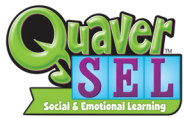
**LESSON PURPOSE**

**OBJECTIVES—Students Will Be Able to:**

## Responsible Decision-Making

<p>Lesson 5 <b>What I Care About</b></p>	<p><b>Sub-Competency: Ethical Responsibility</b></p> <p>The purpose of this lesson is to understand that there are many things to care about, and to discover what those things are.</p>	<p>Identify and name an emotion they are feeling today using facial expressions and body language. Name two things they care about. Discover and name one other thing to care about outside of their experience.</p>
<p>Lesson 10 <b>Finding Our Way</b></p>	<p><b>Sub-Competency: Solving Problems</b></p> <p>The purpose of this lesson is to discuss and learn about problems and how to solve them for ourselves and others.</p>	<p>Identify and name an emotion they are feeling today. Describe how Gerald the Snail found his house. Describe a way they might help solve someone else's problem.</p>
<p>Lesson 15 <b>Working Through Problems</b></p>	<p><b>Sub-Competency: Identifying Problems</b></p> <p>The purpose of this lesson is for students to identify problems both externally and internally, and decide how to solve those problems. Phrase of the Week/Good Habits: I am a problem detective.</p>	<p>Students will identify a problem of their own. Explain the stages of a problem. Emotional Objective: Understanding internal problems – prolonged sadness or anger. Relational Objective: Realize they can help each other to overcome problems.</p>
<p>Lesson 20 <b>Understanding Situations</b></p>	<p><b>Sub-Competency: Analyzing Situations</b></p> <p>The purpose of this lesson is to help students analyze situations in order to understand them and so become better problem solvers. Phrase of the Week/Good Habits: Understanding a situation can help us change it.</p>	<p>Take one situation and analyze the elements that created it. Work in groups to describe and analyze a situation of their choice. Emotional Objective: Understanding a situation can help me feel better. Relational Objective: Others can help me understand a situation.</p>
<p>Lesson 24 <b>Understanding What Worked</b></p>	<p><b>Sub-Competency: Evaluating</b></p> <p>The purpose of this lesson is to understand the concept and process of evaluation in order to learn and improve through asking questions.</p>	<p>Ask and answer three questions to evaluate work. Evaluate work using reasons and evidence as support. Make an evaluation craft to help apply evaluation questions.</p>

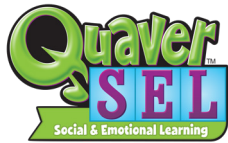




## SEL Plus

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 26 <b>Trying My Best</b>	<b>Sub-Competency: Academic Achievements</b>  The purpose of this lesson is for students to identify their best effort.	Discover what best effort looks like. Understand the importance of giving their best effort. Discuss how trying your best and giving your best effort makes yourself look the best.
Lesson 27 <b>Standing Up for Me</b>	<b>Sub-Competency: Bullying</b>  The purpose of this lesson is for students to explore their feelings when someone else has hurt their body or feelings.	Describe steps they can take when someone else hurts their body or feelings. Practice assertive phrases they can use if someone else is unkind to them. Identify situations in which they would need to seek an adult's help rather than try to handle the problem on their own.
Lesson 28 <b>Safe and Unsafe Touch</b>	<b>Sub-Competency: Personal Safety</b>  The purpose of this lesson is for students to differentiate between safe and unsafe touches.	Define a safe touch as a touch in which they are comfortable, safe, or healthy (high five, pat on the back, fist bump, hug, shot from a doctor). Define an unsafe touch as a touch in which they do not feel comfortable, safe, or healthy (hit, kick, uncomfortable hug, unwanted touch). Practice saying "no" and other phrases, and tell a trusted adult about any unsafe touches.
Lesson 29 <b>Why Honesty Is Important?</b>	<b>Sub-Competency: Honesty</b>  The purpose of this lesson is to explain that honesty is important because it causes others to trust us.	Explain why honesty is important. Identify two situations in which it is important to tell the truth. Provide two ways that honesty will help them in life.
Lesson 30 <b>Changes Are Okay</b>	<b>Sub-Competency: Anxiety</b>  The purpose of this lesson is for students to compare different types of changes.	Discover how we need change to help us move forward. Discuss how changes can help us grow and improve. Discuss how to overcome the fear of change.
Lesson 31 <b>Understanding Disappointment</b>	<b>Sub-Competency: Disappointment</b>  The purpose of this lesson is to identify disappointment and to understand that everyone feels it at times.	Define disappointment. Understand what causes disappointment. Identify at least one way to deal with disappointment.
Lesson 32 <b>Having Two Feelings at the Same Time</b>	<b>Sub-Competency: Moods</b>  The purpose of this lesson is to help students understand that having more than one feeling at a time is normal.	Understand that at times they may feel two feelings at the same time. Practice ways to control their behaviors when feeling mixed feelings.

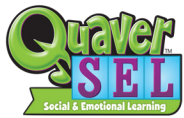




# Scope and Sequence

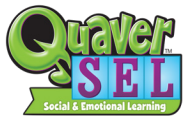
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LESSON	2 <sup>ND</sup> GRADE LESSON	SEL COMPETENCY/SUB-COMPETENCY
1	Identifying Strong Feelings	Self-Awareness / Identifying Emotions
2	The Reason for Rules	Self-Management / Self-Discipline
3	Listening to Others	Social Awareness / Respect for Others
4	What Makes a Good Friend?	Relationship Skills / Relationship Building
5	Citizenship: Trustworthiness	Responsible Decision-Making / Ethical Responsibility
6	Showing I Am Confident	Self-Awareness / Self-Confidence
7	Setting a Short-Term Goal	Self-Management / Goal Setting
8	Respect for My Family	Social Awareness/ Respect For Others
9	Cooperation: Types of Teams	Relationship Skills / Teamwork
10	Asking for Help	Responsible Decision-Making / Solving Problems
11	My Strengths and Weaknesses	Self-Awareness / Recognizing Strengths
12	Organization Is Important	Self-Management / Organizational Skills
13	Recognizing When Help Is Needed	Social Awareness / Perspective Taking
14	Including Others	Relationship Skills / Social Engagement
15	Big and Small Problems	Responsible Decision-Making / Identifying Problems
16	What My Feelings Mean	Self-Awareness / Accurate Self-Perception
17	Causes of Stress	Self-Management / Stress Management
18	Our Differences Affect Our Choices	Social Awareness / Appreciating Diversity
19	People I Can Talk To	Relationship Skills / Communication
20	Major and Minor Situations	Responsible Decision-Making / Analyzing Situations
21	What Success Looks Like to Me	Self-Awareness / Self-Efficacy
22	Controlling My Emotions	Self-Management / Impulse Control
23	Why People Feel Differently	Social Awareness / Empathy
24	Finding the Best Solution	Responsible Decision-Making / Evaluating
25	Understanding Motivations	Self-Management / Self-Motivation
26	Asking Questions When I Don't Understand	SEL Plus - Academic Achievements
27	Bullies, Bystanders, and Victims	SEL Plus - Bullying
28	Getting Lost	SEL Plus - Personal Safety
29	What is Dishonesty?	SEL Plus - Honesty
30	What to Do When I Worry	SEL Plus - Anxiety
31	Being Disappointed With Oneself	SEL Plus - Disappointment
32	How to Tell What Mood I'm In	SEL Plus - Moods



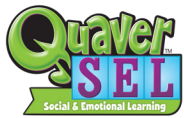
## Self-Awareness

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
<p>Lesson 1</p> <p><b>Identifying Strong Feelings</b></p>	<p><b>Sub-Competency: Identifying Emotions</b></p> <p>The purpose of the lesson is for students to identify different feelings that can be felt in a strong way, describe how they experience those feelings, and explore ways to discuss those feelings with others.</p>	<p>Identify the words that describe their feelings for that day. Identify feelings that can be felt strongly. Describe what strong feelings feel like in their experience as opposed to feelings that aren't strong. Explore methods to calm down, including discussing their strong feelings.</p>
<p>Lesson 6</p> <p><b>Showing I Am Confident</b></p>	<p><b>Sub-Competency: Self-Confidence</b></p> <p>The purpose of this lesson is for students to identify when they feel confident and build grit to keep on growing.</p>	<p>Show persistence in the face of setbacks. Identify their strengths and articulate why it is a strength. Learn a phrase that helps show their confidence like, "I can always improve, so I'll keep on trying."</p>
<p>Lesson 11</p> <p><b>My Strengths and Weaknesses</b></p>	<p><b>Sub-Competency: Recognizing Strengths</b></p> <p>The purpose of this lesson is to understand that everyone has strengths and weaknesses.</p>	<p>Identify and discuss qualities as strengths or weaknesses. Understand that weaknesses are not failures, but instead, areas that need extra attention or effort. Understand how to use positive self-talk and develop grit when dealing with their weaknesses.</p>
<p>Lesson 16</p> <p><b>What My Feelings Mean</b></p>	<p><b>Sub-Competency: Accurate Self-Perception</b></p> <p>The purpose of this lesson is for students to learn that any response to an emotion is valid as it is their own personal experience.</p>	<p>Explore the concept that any feeling they feel is valid, but they must not hurt the body or feelings of anyone else. Identify different clues that their bodies give them when they feel a certain way. Examine the intensity with which they feel certain feelings and how they frequently react.</p>
<p>Lesson 21</p> <p><b>What Success Looks Like to Me</b></p>	<p><b>Sub-Competency: Self-Efficacy</b></p> <p>The purpose of this lesson is to understand what success is and what we need to do to obtain it.</p>	<p>Recognize that we all have different kinds of success. Learn to celebrate and support another person in his/her success. Understand there are good ways to celebrate success without making others feel bad.</p>



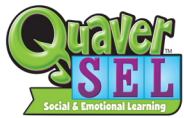
## Self-Management

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 2 <b>The Reason for Rules</b>	<b>Sub-Competency: Self-Discipline</b> The purpose of this lesson is to help students understand why rules are important.	Identify rules in their lives. Analyze the rules needed for specific situations and why they exist. Create rules for given situations and settings. Explore situations that have no rules.
Lesson 4 <b>What Makes a Good Friend?</b>	<b>Sub-Competency: Relationship Building</b> The purpose of this lesson is for students to identify the qualities they look for in a good friend.	Identify positive qualities and behaviors that a friend displays. Describe ways in which they can show friendship towards others. Create a list of qualities they are looking for in a friend.
Lesson 7 <b>Setting a Short-Term Goal</b>	<b>Sub-Competency: Goal Setting</b> The purpose of this lesson is for students to identify what constitutes a short-term goal, practice creating short-term goals, and explore how to measure progress towards attaining the goals set.	Identify the difference between a long-term goal and a short-term goal. Create short-term goals for themselves. Explore how to measure progress towards attaining short-term goals. Identify smaller tasks and steps will help meet a bigger goal or dream; set them up for success.
Lesson 9 <b>Cooperation: Types of Teams</b>	<b>Sub-Competency: Teamwork</b> The purpose of the lesson is for students to learn about teams both at school and outside of school.	Identify two different types of teams at school. Learn that not all teams are competitive. Understand that individuals make up the types of teams.
Lesson 12 <b>Organization Is Important</b>	<b>Sub-Competency: Organizational Skills</b> The purpose of this lesson is for students to discuss reasons why organization is important.	Discuss why organization is important. Learn how to organize themselves. Learn that being unorganized is stressful. Utilize the steps to, "Organize, Optimize, Prioritize," when working through an organizing problem.
Lesson 14 <b>Including Others</b>	<b>Sub-Competency: Social Engagement</b> The purpose of this lesson is for students to explore the importance of inclusion and creating community by initiating friendships with one another.	Examine and discuss feelings that may be experienced when someone is left out or when someone feels included. Describe situations in which it is beneficial to include other students (i.e. when a student is new, when a student is different, when a student is shy). Practice initiating conversations or play with other students (i.e. inviting someone to play, sit nearby at lunch, work with a group, etc.) in order to build new friendships/relationships.



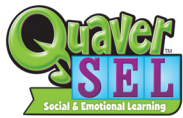
## Self-Management

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
<p>Lesson 17</p> <p><b>Causes of Stress</b></p>	<p><b>Sub-Competency: Stress Management</b></p> <p>The purpose of this lesson is to help students to understand what situations cause them stress.</p>	<p>Identify situations that are stressful. Identify causes that create stressful situations. Practice ways to alleviate stress.</p>
<p>Lesson 19</p> <p><b>People I Can Talk To</b></p>	<p><b>Sub-Competency: Communication</b></p> <p>The purpose of this lesson is for students to identify trusted individuals that they can talk to with feelings or problems depending on the size of the feeling and or problem they are experiencing.</p>	<p>Identify individuals they can talk to about feelings or problems. Describe small problems or feelings that would be acceptable to share with friends or relatives who are also children. Describe larger problems or feelings that need to be shared with a trusted adult.</p>
<p>Lesson 22</p> <p><b>Controlling My Emotions</b></p>	<p><b>Sub-Competency: Impulse Control</b></p> <p>The purpose of this lesson is for students to examine feelings that are strong and ways to control themselves so as to not hurt others or themselves.</p>	<p>Identify strong feelings that can occur in various problematic situations. Explore the ways in which strong feelings can lead to impulsive decisions. Practice three steps toward controlling impulses and calming down.</p>
<p>Lesson 25</p> <p><b>Understanding Motivations</b></p>	<p><b>Sub-Competency: Self-Motivation</b></p> <p>The purpose of this lesson is for students to identify what motivation is and understand there are many things that keep people motivated.</p>	<p>Define what motivation is and how it is used. Discuss the many things that keep people motivated. Evaluate why people are motivated by certain things.</p>



## Social Awareness

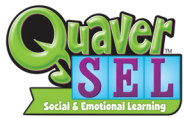
	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
<p>Lesson 3</p> <p><b>Listening to Others</b></p>	<p><b>Sub-Competency: Respect for Others</b></p> <p>The purpose of this lesson is to provide students with specific skills to use when actively listening to a peer or an adult.</p>	<p>Understand that active listeners show verbal and nonverbal signs of listening. Learn active listening questions. Articulate why active listening is important.</p>
<p>Lesson 8</p> <p><b>Respect for My Family</b></p>	<p><b>Sub-Competency: Respect For Others</b></p> <p>The purpose of this lesson is for students to identify and understand how and why it is important to respect our family/families.</p>	<p>Discuss and participate in the different ways we can show respect to our family members. Understand that sometimes ways to show respect are clear because they have been spoken out, shared, or demonstrated. Sometimes it is unclear because they are silently placed to honor.</p>
<p>Lesson 13</p> <p><b>Recognizing When Help Is Needed</b></p>	<p><b>Sub-Competency: Perspective Taking</b></p> <p>The purpose of this lesson is for students to learn when it is appropriate to ask for help and when to act independently.</p>	<p>Learn that everyone has limitations. Learn that other people do not always want or need help. Learn how to offer help appropriately and respectfully. Learn that they can volunteer to help when the teacher feels help is needed.</p>
<p>Lesson 18</p> <p><b>Our Differences Affect Our Choices</b></p>	<p><b>Sub-Competency: Appreciating Diversity</b></p> <p>The purpose of this lesson is to help students recognize that because they have different characteristics such as physical traits, strengths, and cultures, people make different choices.</p>	<p>Learn how to ask other people about their differences and choices. Learn that they can appreciate other people's choices even though they are different from their own.</p>
<p>Lesson 23</p> <p><b>Why People Feel Differently</b></p>	<p><b>Sub-Competency: Empathy</b></p> <p>The purpose of this lesson is for students to understand that people may have a variety of reasons why they feel different about situations and students can learn how to respectfully agree or disagree with those different feelings.</p>	<p>Recognize the different feelings of others. Understand that there are many reasons that a person might feel different about something. Discuss ways they can respect the different feelings of others.</p>



## Relationship Skills

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
<p>Lesson 4</p> <p><b>What Makes a Good Friend?</b></p>	<p><b>Sub-Competency: Relationship Building</b></p> <p>The purpose of this lesson is for students to identify the qualities they look for in a good friend.</p>	<p>Identify positive qualities and behaviors that a friend displays.</p> <p>Describe ways in which they can show friendship towards others.</p> <p>Create a list of qualities they are looking for in a friend.</p>
<p>Lesson 9</p> <p><b>Cooperation: Types of Teams</b></p>	<p><b>Sub-Competency: Teamwork</b></p> <p>The purpose of the lesson is for students to learn about teams both at school and outside of school.</p>	<p>Identify two different types of teams at school.</p> <p>Learn that not all teams are competitive.</p> <p>Understand that individuals make up the types of teams.</p>
<p>Lesson 14</p> <p><b>Including Others</b></p>	<p><b>Sub-Competency: Social Engagement</b></p> <p>The purpose of this lesson is for students to differentiate between small problems and big problems and learn the appropriate steps to take when faced with either.</p>	<p>Examine and discuss feelings that may be experienced when someone is left out or when someone feels included.</p> <p>Describe situations in which it is beneficial to include other students (i.e. when a student is new, when a student is different, when a student is shy).</p> <p>Practice initiating conversations or play with other students (i.e. inviting someone to play, sit nearby at lunch, work with a group, etc.) in order to build new friendships/relationships.</p>
<p>Lesson 19</p> <p><b>People I Can Talk To</b></p>	<p><b>Sub-Competency: Analyzing Situations</b></p> <p>The purpose of this lesson is for students to identify trusted individuals that they can talk to with feelings or problems depending on the size of the feeling and or problem they are experiencing.</p>	<p>Identify individuals they can talk to about feelings or problems.</p> <p>Describe small problems or feelings that would be acceptable to share with friends or relatives who are also children.</p> <p>Describe larger problems or feelings that need to be shared with a trusted adult.</p>



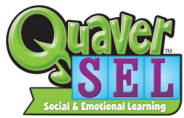


## Responsible Decision-Making

### LESSON PURPOSE

### OBJECTIVES—Students Will Be Able to:

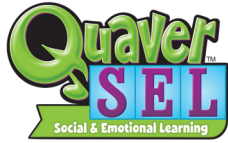
<p>Lesson 5</p> <p><b>Citizenship: Trustworthiness</b></p>	<p><b>Sub-Competency: Ethical Responsibility</b></p> <p>The purpose of this lesson is to learn character skills that help make you a trustworthy citizen.</p>	<p>Learn the definition of trustworthy. Learn that trustworthiness means telling the truth, even in difficult circumstances. Learn that trustworthiness is essential in building positive relationships with others. Learn that being trustworthy makes them feel proud.</p>
<p>Lesson 10</p> <p><b>Asking for Help</b></p>	<p><b>Sub-Competency: Solving Problems</b></p> <p>The purpose of this lesson is for students to know when and how to appropriately ask for help.</p>	<p>Identify in what situations they will need to ask for help. Learn appropriate ways to ask for help. Identify who to ask for help.</p>
<p>Lesson 15</p> <p><b>Big and Small Problems</b></p>	<p><b>Sub-Competency: Identifying Problems</b></p> <p>The purpose of this lesson is for students to differentiate between small problems and big problems and learn the appropriate steps to take when faced with either.</p>	<p>Learn that a big problem can elicit a big response. Learn that a small problem should elicit a small response. Learn strategies for deciding if a problem is big or small. Explore the appropriate steps to take when faced with a small problem or a big problem.</p>
<p>Lesson 20</p> <p><b>Major and Minor Situations</b></p>	<p><b>Sub-Competency: Analyzing Situations</b></p> <p>The purpose of this lesson is for students to analyze a variety of situations to determine if the situations are minor or major and if they require help from an adult.</p>	<p>Define and recognize minor situations. Define and recognize major situations. Learn how to analyze situations before taking action. View and label situations as major or minor.</p>
<p>Lesson 24</p> <p><b>Finding the Best Solution</b></p>	<p><b>Sub-Competency: Evaluating</b></p> <p>The purpose of this lesson is for students to find the solutions that work best in a given situation.</p>	<p>List solutions to a problem in a situation. Evaluate each solution and choose which one is the best for a given situation.</p>



## Scope and Sequence • Second Grade

### SEL Plus

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 26 <b>Asking Questions When I Don't Understand</b>	<b>Sub-Competency: Academic Achievements</b>  The purpose of this lesson is for students to understand that it is appropriate to ask questions when they don't understand a concept or situation. They will also explore how and when to ask those questions.	Identify reasons and situations to ask questions when they don't understand.  Discuss when and how to ask questions to boost self-esteem and calm feelings about a situation
Lesson 27 <b>Bullies, Bystanders, and Victims</b>	<b>Sub-Competency: Bullying</b>  The purpose of this lesson is for students to understand the different roles that are involved in a bullying situation.	Define what a bully, bystander, and a victim are. Understand that a bully, bystander, and victim have different roles in a bullying situation. Discuss those roles in a variety of scenarios based on bullying.
Lesson 28 <b>Getting Lost</b>	<b>Sub-Competency: Personal Safety</b>  The purpose of this lesson is for students to understand what information they need to know and what steps to take if they were in a situation where they were lost.	Learn what information they need to know if they were to become lost.  Discuss what steps to take if they were to become lost.  Discuss ways to prevent being lost.
Lesson 29 <b>What is Dishonesty?</b>	<b>Sub-Competency: Honesty</b>  The purpose of this lesson is for students to learn what dishonesty is and the consequences associated with it.	Define what dishonesty is.  Learn the consequences associated with being dishonest.  Explore situations where they can turn dishonesty into honesty.
Lesson 30 <b>What to Do When I Worry</b>	<b>Sub-Competency: Anxiety</b>  The purpose of this lesson is for students to identify the feelings they experience when they worry, and explore helpful exercises that can help them cope with those worried feelings.	Identify habits or behaviors they practice when they are worried.  Learn strategies to help them cope with worried feelings.  Practice those strategies when they are worried.
Lesson 31 <b>Being Disappointed With Oneself</b>	<b>Sub-Competency: Disappointment</b>  The purpose of this lesson is for students to examine reasons why they feel disappointed with themselves, and learn how to create a plan to prevent future disappointments.	Understand the causes of feeling disappointed.  Discuss ways to benefit from disappointment.  Learn how to develop a plan to prevent future disappointments.
Lesson 32 <b>How to Tell What Mood I'm In</b>	<b>Sub-Competency: Moods</b>  The purpose of this lesson is for students identify their feelings which can determine their mood. They will learn how to cope with those feelings to establish healthy moods.	Identify their feelings towards situations.  Discuss how their feelings put them in an emotional state over a period of time.  Learn strategies to cope with those feelings.

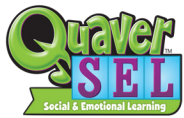


# Scope and Sequence



QuaverSEL Lessons are flexible to teacher and student needs. Lessons can be taught in any order over the course of a school year. Below, lessons are organized to cover grade-appropriate topics throughout the year. On the following pages, you'll find the same lessons organized by the target competency or sub-competency.

LESSON	3 <sup>RD</sup> GRADE LESSON	SEL COMPETENCY/SUB-COMPETENCY
1	When I Feel Angry	Self-Awareness / Identifying Emotions
2	Making Rules for Myself	Self-Management / Self-Discipline
3	Benefits of Listening	Social Awareness / Respect for Others
4	Signs of a Strong Friendship	Relationship Skills / Relationship Building
5	My Responsibilities	Responsible Decision-Making / Ethical Responsibility
6	Value of Self-Confidence	Self-Awareness / Self-Confidence
7	Goals and Motivation	Self-Management / Goal Setting
8	Respect for My School	Social Awareness / Respect For Others
9	Building a Strong Team	Relationship Skills / Teamwork
10	Brainstorming Solutions	Responsible Decision-Making / Solving Problems
11	Overcoming My Weakness	Self-Awareness / Recognizing Strengths
12	Organizing & Prioritizing My Work	Self-Management / Organizational Skills
13	Importance of Helping Others	Social Awareness / Perspective-Taking
14	Solving Conflict	Relationship Skills / Social Engagement
15	What Caused the Problem?	Responsible Decision-Making / Identifying Problems
16	What's Hard for Me	Self-Awareness / Accurate Self-Perception
17	Relieving Stress	Self-Management / Stress Management
18	Learning About Cultures	Social Awareness / Appreciating Diversity
19	Communicating I'm Unhappy	Relationship Skills / Communication
20	Breaking Down Situations	Responsible Decision-Making / Analyzing Situations
21	Succeeding in a New Situation	Self-Awareness / Self-Efficacy
22	Thinking Things Through	Self-Management / Impulse Control
23	I Empathize	Social Awareness / Empathy
24	Determining the Best Solution	Responsible Decision-Making / Evaluating
25	Motivating Myself	Self-Management / Self-Motivation
26	Meeting Deadlines	SEL Plus - Academic Achievements
27	Reporting Bullying	SEL Plus - Bullying
28	What to Do in an Emergency	SEL Plus - Personal Safety
29	Dishonesty in Others	SEL Plus - Honesty
30	Things I Can and Cannot Control	SEL Plus - Anxiety
31	Understanding Others Experiencing Disappointment	SEL Plus - Disappointment
32	Changing Moods	SEL Plus - Moods

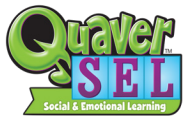


## Self-Awareness

### LESSON PURPOSE

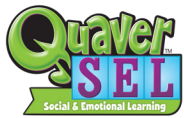
### OBJECTIVES—Students Will Be Able to:

<p>Lesson 1</p> <p><b>When I Feel Angry</b></p>	<p><b>Sub-Competency: Identifying Emotions</b></p> <p>The purpose of this lesson is for students to explore different feelings of anger, how they experience it personally, and learn coping skills to effectively help them manage their own personal feelings of anger.</p>	<p>Identify triggers or situations that most commonly lead to them feeling angry. Explore anger and how it can occur in different amounts (from annoyance to rage). Recognize signs that the body gives to alert them when they are feeling angry. Describe ways in which they typically react when they feel angry. Practice ways to deescalate from feeling angry.</p>
<p>Lesson 3</p> <p><b>Benefits of Listening</b></p>	<p><b>Sub-Competency: Respect for Others</b></p> <p>The purpose of this lesson is for students to understand that there are academic and relational benefits to listening to others.</p>	<p>List academic benefits of listening. Identify relational benefits to listening to others. Recognize that when others think you are a good listener, they trust you, and you will feel proud.</p>
<p>Lesson 6</p> <p><b>Value of Self-Confidence</b></p>	<p><b>Sub-Competency: Self-Confidence</b></p> <p>The purpose of this lesson is for students to understand how and why being confident can help them succeed.</p>	<p>Discuss different things that make them feel confident. Analyze a situation, and compare and contrast the responses of a confident person and a person who is not confident. List the benefits of self-confidence in their lives.</p>
<p>Lesson 11</p> <p><b>Overcoming My Weakness</b></p>	<p><b>Sub-Competency: Recognizing Strengths</b></p> <p>The purpose of this lesson is for students to recognize their weaknesses and explore strategies to overcome them.</p>	<p>Recognize that everyone faces challenges from things that are difficult for them. Understand that they can think of weaknesses as failures or as opportunities; opportunities allow for growth academically and emotionally. Learn that many people will be happy to help and support them as they tackle challenges. Understand that putting forth extra and practice have positive outcomes.</p>
<p>Lesson 16</p> <p><b>What's Hard for Me</b></p>	<p><b>Sub-Competency: Accurate Self-Perception</b></p> <p>The purpose of this lesson is for students to identify things that are difficult for them to do and discuss the importance of hard work and perseverance.</p>	<p>Identify tasks or skills that come easily to them, and skills and tasks that are more difficult for them to do. Discuss the importance of trying hard things. Define perseverance and discuss how it can be used when trying hard things. Identify how they know something is hard for them.</p>
<p>Lesson 21</p> <p><b>Succeeding in a New Situation</b></p>	<p><b>Sub-Competency: Self-Efficacy</b></p> <p>The purpose of this lesson is for students to explore how to be successful even in new situations.</p>	<p>Recall what success is and how to obtain it. Identify steps to take to be successful in a new situation. Apply those steps in different scenarios about succeeding in a new situation.</p>



## Self-Management

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 2 <b>Making Rules for Myself</b>	<b>Sub-Competency: Self-Discipline</b>  The purpose of this lesson is for students to learn how to make effective rules to manage their own behavior.	Identify what makes a rule effective. Create rules for given situations. Create a plan for making sure everyone knows and understands the rules they create.
Lesson 7 <b>Goals and Motivation</b>	<b>Sub-Competency: Goal Setting</b>  The purpose of this lesson is for students to explore the concept of motivation and how it affects accomplishing long and short-term goals.	Identify tasks and activities that they feel motivated to complete and connect them to goals they have. Identify tasks and activities that they do not feel motivated to work towards and examine reasons why (i.e. task is difficult, tedious, takes a long time, etc.). Explore strategies and attitudes to help themselves stay motivated towards specific goals.
Lesson 12 <b>Organizing &amp; Prioritizing My Work</b>	<b>Sub-Competency: Organizational Skills</b>  The purpose of this lesson is for students to prioritize tasks and explore methods to complete them in an organized manner.	Write down the tasks they need to accomplish. Decide what order to complete the tasks. Understand how to complete the task in an efficient manner.
Lesson 17 <b>Relieving Stress</b>	<b>Sub-Competency: Stress Management</b>  The purpose of this lesson is to remind students how to recognize stress, identify, and apply ways to relieve stress during stressful situations.	Recall how to recognize stress during a situation. Identify ways to relieve stress in stressful situations. Apply ways to relieve stress in stressful situations.
Lesson 22 <b>Thinking Things Through</b>	<b>Sub-Competency: Impulse Control</b>  The purpose of this lesson is to identify the steps it takes to think through situations in order to practice impulse control.	Examine a situation and feelings associated with it. Identify the steps it takes to think through a situation or problem such as: writing it down, creating a pro and con list, asking an adult for help, using breathing techniques to calm down. Practice using these steps when having to think through a situation or problem.
Lesson 25 <b>Motivating Myself</b>	<b>Sub-Competency: Self-Motivation</b>  The purpose of this lesson is for students to explore different motivations and how it can shape their personal feelings and behavior towards certain things in life.	List different motivators, both positive and negative. Examine how motivating myself can determine how I feel or act in a certain situation.

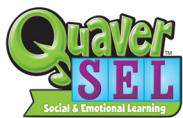


## Social Awareness

### LESSON PURPOSE

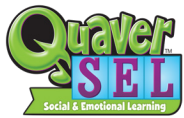
### OBJECTIVES—Students Will Be Able to:

<p>Lesson 8</p> <p><b>Respect for My School</b></p>	<p><b>Sub-Competency: Respect For Others</b></p> <p>The purpose of this lesson is for students to identify and understand how and why it is important to respect our school.</p>	<p>Recognize and participate in the different ways we can show respect to our school. Discuss the different members that make the school and how we can show respect for them: teachers, students, peers, custodians, cafeteria personnel, counselors, principal, assistant principal, coach, etc.</p>
<p>Lesson 13</p> <p><b>Importance of Helping Others</b></p>	<p><b>Sub-Competency: Perspective-Taking</b></p> <p>The purpose of this lesson is for students to learn that people do not always view or react to situations in the same way, which is a sign of their individuality.</p>	<p>Recognize that everyone reacts personally to situations they observe or are directly involved in. Learn they may not always understand other people's reactions. Discuss how reactions may change over time.</p>
<p>Lesson 18</p> <p><b>Learning About Cultures</b></p>	<p><b>Sub-Competency: Appreciating Diversity</b></p> <p>The purpose of this lesson is for students to learn that the world is comprised of many cultures, with some represented in their own classrooms and communities.</p>	<p>Learn what culture means. Explore the cultures represented in their classrooms and communities. Share information and objects that represent different cultures (languages, art, music, foods) and ask questions to learn more.</p>
<p>Lesson 23</p> <p><b>I Empathize</b></p>	<p><b>Sub-Competency: Empathy</b></p> <p>The purpose of this lesson is for students to explore how they are impacted by the feelings of those close to them.</p>	<p>Identify how they feel when someone in their class is upset. Identify how they feel when a close friend or family member is upset. Define empathy and explore how it is experienced.</p>



## Relationship Skills

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 4 <b>Signs of a Strong Friendship</b>	<b>Sub-Competency: Relationship Building</b>  The purpose of this lesson is for students to learn the signs of a strong friendship and the characteristics it takes to be a good friend.	Understand how to show that they are good friends, even though they have different thoughts and feelings. Recognize how to be honest and respectful with friends with kind words and actions. Accept that it is good to have all kinds of different friends.
Lesson 9 <b>Building a Strong Team</b>	<b>Sub-Competency: Teamwork</b>  The purpose of this lesson is for students to understand the steps and qualities that it takes to make a strong team.	Identify different roles that make a strong team. Classify qualities that are necessary to make a strong team. Communicate what it feels like to be on a strong team.
Lesson 14 <b>Solving Conflict</b>	<b>Sub-Competency: Social Engagement</b>  The purpose of this lesson is for students to gain perspective in a conflict situation and practice strategies to resolve conflicts that occur in their lives.	Identify the source of a conflict. Consider all sides of a conflict. Practice effective conflict resolution strategies. Distinguish between behavioral conflicts and emotional/belief-based conflict.
Lesson 19 <b>Communicating I'm Unhappy</b>	<b>Sub-Competency: Communication</b>  The purpose of this lesson is for students to explore various ways to communicate when they feel unhappy and describe why it can be unhealthy to not express emotions at all.	Discuss that communication does not always involve talking. Brainstorm a variety of ways in which to communicate their emotions. Practice various forms of communication.



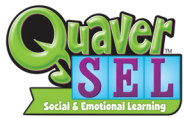
## Responsible Decision-Making

### LESSON PURPOSE

### OBJECTIVES—Students Will Be Able to:

<p>Lesson 5</p> <p><b>My Responsibilities</b></p>	<p><b>Sub-Competency: Ethical Responsibility</b></p> <p>The purpose of this lesson is for students to understand the concept of responsibility and how it is relevant to their lives.</p>	<p>Define the term responsibility and discuss the benefits of making responsible choices. Analyze given situations and choose the most responsible action. List and analyze responsibilities they have in different settings.</p>
<p>Lesson 10</p> <p><b>Brainstorming Solutions</b></p>	<p><b>Sub-Competency: Solving Problems</b></p> <p>The purpose of this lesson is for students to think through creative solutions for problems in school and at home.</p>	<p>Analyze a problem and suggest creative solutions. Predict the outcomes of different solutions to a problem. Use critical thinking skills to choose the right decision to a problem.</p>
<p>Lesson 15</p> <p><b>What Caused the Problem?</b></p>	<p><b>Sub-Competency: Identifying Problems</b></p> <p>The purpose of this lesson is to examine a variety of problematic situations, identify the causes, and discuss helpful strategies to avoid future problems.</p>	<p>Suggest causes from a problem. Discuss ways in which a problem could be prevented. Learn to utilize reflection to help analyze problematic situations. Identify strategies to solve a problem in front of them, and to potentially help avoid problems in the future.</p>
<p>Lesson 20</p> <p><b>Breaking Down Situations</b></p>	<p><b>Sub-Competency: Analyzing Situations</b></p> <p>The purpose of this lesson is to review with students the types of situations (major and minor) and explain the steps to break down a situation such as: what happened, what caused it, and the possible consequences from it.</p>	<p>Review the types of situations (major and minor). Explain how to break down a situation. Role play with a partner breaking down a situation and identifying emotions they may experience in an example situation.</p>
<p>Lesson 24</p> <p><b>Determining the Best Solution</b></p>	<p><b>Sub-Competency: Evaluating</b></p> <p>The purpose of this lesson is for students to review how to identify solutions and learn ways to analyze which solution is best in a specific situation.</p>	<p>Review identifying solutions. Analyze which solution is best to use in a given situation. Apply the solution for the situation and justify if it worked.</p>



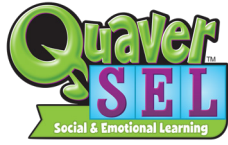


## Scope and Sequence • Third Grade

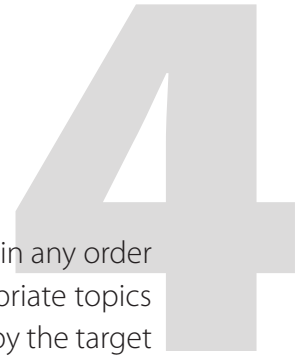
### SEL Plus

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 26 <b>Meeting Deadlines</b>	<b>Sub-Competency: Academic Achievements</b>  The purpose of this lesson is to understand what a deadline is and highlight the importance of meeting deadlines for assignments, goals, and tasks assigned in different situations.	Define what a deadline is. Explore why it is important to meet deadlines. Identify strategies on how to meet deadlines.
Lesson 27 <b>Reporting Bullying</b>	<b>Sub-Competency: Bullying</b>  The purpose of this lesson is for students to learn the importance of reporting a bullying incident which will provide safety for those harmed.	Learn how to identify a bullying situation. Learn the steps it takes to report a bullying situation (who to notify, when to tell, etc). Discuss the consequences of reporting a bullying situation.
Lesson 28 <b>What to Do in an Emergency</b>	<b>Sub-Competency: Personal Safety</b>  The purpose of this lesson is to identify what an emergency is and what to do in an emergency at home, school, or in the community.	Define what an emergency is and the different types. List what to do in an emergency in specific environments (home, school, community). Role play what to do in different emergencies. Discuss how to handle feelings during different types of emergencies.
Lesson 29 <b>Dishonesty in Others</b>	<b>Sub-Competency: Honesty</b>  The purpose of this lesson is for students to learn how to identify when others are being dishonest and explore ways to cope with that dishonesty.	Identify when others are being dishonest and what that may look like (behavior, statements, choices). Explore ways to cope with dishonesty in others (talk to an adult or friend, write about it). Understand why people can be dishonest (attention, a need not being met).
Lesson 30 <b>Things I Can and Cannot Control</b>	<b>Sub-Competency: Anxiety</b>  The purpose of this lesson is for students to realize that there are a variety of things that they can and cannot control and after identifying what can and cannot be controlled, they can learn how to manage their emotions and reactions in each situation.	Identify things that they can control. Identify things that they cannot control. Discuss reactions/emotions to both things they can and cannot control and strategies on how to manage them.
Lesson 31 <b>Understanding Others Experiencing Disappointment</b>	<b>Sub-Competency: Disappointment</b>  The purpose of this lesson is for students to recognize when others are feeling disappointment and learn how they can show empathy and if needed, provide ways to help them cope.	Learn how to recognize when others are feeling disappointment. Discuss how to show empathy to others when they feel disappointment. List what they can do to support others when they feel disappointment (depending on the case or problem).



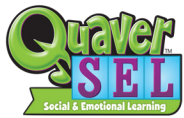


# Scope and Sequence



QuaverSEL Lessons are flexible to teacher and student needs. Lessons can be taught in any order over the course of a school year. Below, lessons are organized to cover grade-appropriate topics throughout the year. On the following pages, you'll find the same lessons organized by the target competency or sub-competency.

LESSON	4 <sup>TH</sup> GRADE LESSON	SEL COMPETENCY/SUB-COMPETENCY
1	Understanding My Feelings	Self-Awareness / Identifying Emotions
2	Benefits of Self-Discipline	Self-Management / Self-Discipline
3	Thinking Before Speaking	Social Awareness / Respect for Others
4	Friends Across Cultures	Relationship Skills / Relationship Building
5	Understanding Right from Wrong	Responsible Decision-Making / Ethical Responsibility
6	Recovering My Self-Confidence	Self-Awareness / Self-Confidence
7	Setting Long-Term Goals	Self-Management / Goal Setting
8	Respect for My Family	Social Awareness / Respect For Others
9	Keeping the Team Together	Relationship Skills / Teamwork
10	Making the Right Decision	Responsible Decision-Making / Solving Problems
11	My Personality Traits	Self-Awareness / Recognizing Strengths
12	Optimizing My Time	Self-Management / Organizational Skills
13	My Actions and Words Affect Others	Social Awareness / Perspective-Taking
14	What Is Bullying?	Relationship Skills / Social Engagement
15	Preventing the Problem	Responsible Decision-Making / Identifying Problems
16	Improving Myself	Self-Awareness / Accurate Self-Perception
17	Different Types of Stress	Self-Management / Stress Management
18	Similarities and Differences of Cultures	Social Awareness / Appreciating Diversity
19	Reading Body Language	Relationship Skills / Communication
20	Learning from Situations	Responsible Decision-Making / Analyzing Situations
21	Steps to Complete a Task	Self-Awareness / Self-Efficacy
22	Controlling My Thoughts	Self-Management / Impulse Control
23	Feeling What Others Feel	Social Awareness / Empathy
24	Evaluating a Simple Situation	Responsible Decision-Making / Evaluating
25	Staying Motivated	Self-Management / Self-Motivation
26	Good Study Skills	SEL Plus - Academic Achievements
27	Standing Up for Others	SEL Plus - Bullying
28	Home Alone Safety	SEL Plus - Personal Safety
29	Being Dishonest with Myself	SEL Plus - Honesty
30	Reframing Anxiety	SEL Plus - Anxiety
31	Avoiding Disappointment Altogether	SEL Plus - Disappointment
32	Moods vs. Personality Traits	SEL Plus - Moods

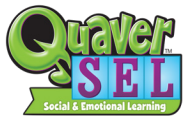


## Self-Awareness

### LESSON PURPOSE

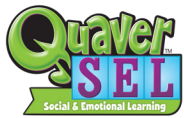
### OBJECTIVES—Students Will Be Able to:

<p>Lesson 1</p> <p><b>Understanding My Feelings</b></p>	<p><b>Sub-Competency: Identifying Emotions</b></p> <p>The purpose of this lesson is for students to explore categories and intensity levels of various emotions and understand that the way they experience emotions is unique and personal to each individual.</p>	<p>Identify different major categories that emotions may fall into: happiness, anger, sadness, fear, disgust, and so on. Explore that various emotions fall into the same family based on level of intensity (i.e. in the family of happiness: low level: content, medium level: happy, high level: ecstatic). Describe how they experience various emotions and recognize that how they experience an emotion is unique to their own personal experience.</p>
<p>Lesson 6</p> <p><b>Recovering My Self-Confidence</b></p>	<p><b>Sub-Competency: Self-Confidence</b></p> <p>The purpose of this lesson is for students to learn how to recover their self-confidence after a failure.</p>	<p>Identify something they were successful with and something that was challenging for them and explain how these experiences made them feel. Analyze given situations where a character was not successful and identify the benefits of the failure. Role play situations in their lives or that they create in which a failure led the to success. Learn that every bad outcome is an opportunity to learn and grow.</p>
<p>Lesson 11</p> <p><b>My Personality Traits</b></p>	<p><b>Sub-Competency: Recognizing Strengths</b></p> <p>The purpose of this lesson is to help students understand that they are unique individuals.</p>	<p>Learn that they have many different personality traits. Learn that personality traits may be positive or negative. Learn that their personality traits set them apart from everyone else, making them unique.</p>
<p>Lesson 16</p> <p><b>Improving Myself</b></p>	<p><b>Sub-Competency: Accurate Self-Perception</b></p> <p>The purpose of this lesson is for students to explore the steps needed to improve skills.</p>	<p>Discuss the importance of practice and how it is related to getting better at a skill. Explore the concept of feedback and why getting feedback from others can help us improve. Discuss positive mindset and how that line of thinking can help them stay motivated to improve.</p>
<p>Lesson 21</p> <p><b>Steps to Complete a Task</b></p>	<p><b>Sub-Competency: Self-Efficacy</b></p> <p>The purpose of this lesson is for students to identify all the steps needed to complete a given task.</p>	<p>Determine a task they would like to complete. Discuss how steps and lists help us stay organized. Identify all steps needed to complete a task.</p>



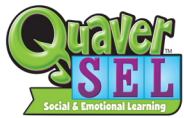
## Self-Management

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 2 <b>Benefits of Self-Discipline</b>	<b>Sub-Competency: Self-Discipline</b>  The purpose of this lesson is for students to understand the benefits of self-discipline and how to practice it.	Define the term self-discipline and explore its benefits. Analyze specific situations and choose actions with the most favorable outcomes. Discuss feelings associated with the benefits of self-control.
Lesson 7 <b>Setting Long-Term Goals</b>	<b>Sub-Competency: Goal Setting</b>  The purpose of this lesson is for students to define long-term goal, identify a goal or goals that they are working towards long-term, and create small, measurable steps towards meeting long-term goals.	Define a long-term goal that they have for a given period of time (i.e. school year, calendar year, sports season). Define smaller, short-term goals they can set to help the accomplish their larger goal. Identify potential, “speed bumps,” or other factors they may need to address or adjust for along the way. Explore and select a way of keeping track of progress toward the goal.
Lesson 12 <b>Optimizing My Time</b>	<b>Sub-Competency: Organizational Skills</b>  The purpose of this lesson is for students to explore how they manage their time and learn strategies to help them organize their time wisely.	Learn that managing their time well will help them get things done efficiently. Discuss how to use time wisely. Share ideas with one another about managing their time. Utilize the practice of, “Organize, Optimize, Prioritize,” when managing time.
Lesson 17 <b>Different Types of Stress</b>	<b>Sub-Competency: Stress Management</b>  The purpose of this lesson is to differentiate between healthy and unhealthy stress, and analyze both types of stress expressed in a given situation.	Learn how to identify and describe healthy stress. Compare and contrast each type of stress that is expressed in a given situation. Brainstorm ways to manage both types of stress.
Lesson 22 <b>Controlling My Thoughts</b>	<b>Sub-Competency: Impulse Control</b>  The purpose of this lesson is for students to become more aware of how thoughts affect feelings and actions.	Identify ways in which thoughts affect feelings. Identify ways in which feelings affect choices. Discuss how changing thoughts can change our choices. Practice self-talk and other strategies to modify thinking.
Lesson 25 <b>Staying Motivated</b>	<b>Sub-Competency: Self-Motivation</b>  The purpose of this lesson is for students to explore ways in which to stay motivated towards skill development or completing a difficult task.	Explore the concept of resilience and how it can serve us well when things are difficult. Practice strategies to motivate themselves, such as positive mindset and positive self-talk. Create a motivational chant or jingle to use in times of discouragement.



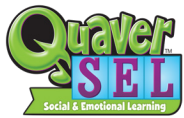
## Social Awareness

	LESSON PURPOSE	OBJECTIVES–Students Will Be Able to:
<p>Lesson 3</p> <p><b>Thinking Before Speaking</b></p>	<p><b>Sub-Competency: Respect for Others</b></p> <p>The purpose of this lesson is for students to learn to be intentional with their thoughts and speech.</p>	<p>Learn the importance of thinking before speaking. Contrast when someone blurts out an answer versus takes time to think before answering. Learn the word intentional and apply that to their thoughts. Discuss the thoughts they have in specific situations and how those thoughts affect their speech.</p>
<p>Lesson 8</p> <p><b>Respect for My Family</b></p>	<p><b>Sub-Competency: Respect For Others</b></p> <p>The purpose of this lesson is for students to identify and understand how and why it is important to respect our community. The lesson will introduce different ways we can show respect for our community.</p>	<p>Discuss and participate in the different ways we can show respect to our community. Discuss the different members that make the community and how we can show respect for them: neighbors, pastors, guards, doctors, police officers, garbage collectors, mail carriers, and so on.</p>
<p>Lesson 13</p> <p><b>My Actions and Words Affect Others</b></p>	<p><b>Sub-Competency: Perspective-Taking</b></p> <p>The purpose of this lesson is for students to identify the different types of perspectives and how environment and past experience affects individual perspectives.</p>	<p>Learn about visual perspective. Discuss emotional perspectives. Discuss perspectives based on culture, community, and family practices.</p>
<p>Lesson 18</p> <p><b>Similarities and Differences of Cultures</b></p>	<p><b>Sub-Competency: Appreciating Diversity</b></p> <p>The purpose of this lesson is for students to learn that despite cultural differences, people of different cultural backgrounds have many similarities.</p>	<p>Share their cultural stories, learning that they may celebrate different events based on their community or cultural backgrounds. Learn that cultures often have unique forms of art and music. Share their cultural stories. Make connections between different cultures.</p>
<p>Lesson 23</p> <p><b>Feeling What Others Feel</b></p>	<p><b>Sub-Competency: Empathy</b></p> <p>The purpose of this lesson is for students to recall what empathy is and learn how to express it to others.</p>	<p>Review what empathy is and how it is experienced. Explore ways to express empathy in different situations. Role play ways to express empathy.</p>



## Relationship Skills

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 4 <b>Friends Across Cultures</b>	<b>Sub-Competency: Relationship Building</b>  The purpose of this lesson is for students to build and express appreciation for the value of their current friendships by treating friends with respect.	Explore the importance of sharing friends with others, recognizing that friends are not possessions. Learn to value their best friends while also saving room for additional friends. Explore how to deal with feelings of jealousy within their groups of friends.
Lesson 9 <b>Keeping the Team Together</b>	<b>Sub-Competency: Teamwork</b>  The purpose of this lesson is for students to learn cooperation skills necessary to keep a team united.	Identify when there are problems in a team. Identify two ways to cooperate with team members. Understand the importance of keeping a team united. Learn how to talk through problems within the team.
Lesson 14 <b>What Is Bullying?</b>	<b>Sub-Competency: Social Engagement</b>  The purpose of this lesson is for students to develop a working definition of what is and is not bullying.	Learn the key factors that contribute to a situation that make it bullying. Explore a variety of situations and determine whether or not the situation involves bullying. Discuss instances in which they have been involved in bully situations as bystander, victim, or offender.
Lesson 19 <b>Reading Body Language</b>	<b>Sub-Competency: Communication</b>  The purpose of this lesson is for students to decipher forms of non-verbal communication such as body language and facial expressions to determine messages that others are trying to convey.	Recognize and identify five facial expressions. Recognize and identify five different body postures. Define body language as how our body communicates to others how we are feeling.



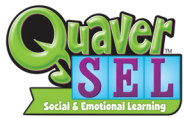
**LESSON PURPOSE**

**OBJECTIVES—Students Will Be Able to:**

## Responsible Decision-Making

<p>Lesson 5</p> <p><b>Understanding Right from Wrong</b></p>	<p><b>Sub-Competency: Ethical Responsibility</b></p> <p>The purpose of this lesson is for students to distinguish between right and wrong when choosing a course of action.</p>	<p>Discuss what makes something right and wrong. Analyze actions in given situations to distinguish which ones are right and which are wrong. Discuss what to do when it's not a clear choice.</p>
<p>Lesson 10</p> <p><b>Making the Right Decision</b></p>	<p><b>Sub-Competency: Solving Problems</b></p> <p>The purpose of this lesson is for students to identify the right solution to a problem.</p>	<p>List and analyze solutions to a problem. Discuss what makes a "right" solution. Decide which solution for given problem is right.</p>
<p>Lesson 15</p> <p><b>Preventing the Problem</b></p>	<p><b>Sub-Competency: Identifying Problems</b></p> <p>The purpose of this lesson is for students to explore how to prevent problems which will benefit them in future situations.</p>	<p>Discuss strategies to prevent problems in a situation. Analyze strategies to prevent problems in a situation. Apply strategies to prevent problems in a situation.</p>
<p>Lesson 20</p> <p><b>Learning from Situations</b></p>	<p><b>Sub-Competency: Analyzing Situations</b></p> <p>The purpose of this lesson is for students to analyze a variety of situations, discuss, and role play the lessons that can be learned from a situation.</p>	<p>Analyze a variety of situations. Discuss different lessons that are learned from a situation. Role play different situations that promote a lesson. Reflect back on specific problems they experienced, identifying what they learned in the process, and the emotions they experienced.</p>
<p>Lesson 24</p> <p><b>Evaluating a Simple Situation</b></p>	<p><b>Sub-Competency: Evaluating</b></p> <p>The purpose of this lesson is for students to view all aspects of a simple situation and evaluate solutions chosen and the positive and negative consequences that resulted.</p>	<p>Describe all aspects of a simple problematic situation. Identify positive and negative consequences that resulted from the choice made. Evaluate the solution chosen.</p>



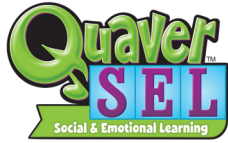


## Scope and Sequence • Fourth Grade

### SEL Plus

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 26 <b>Good Study Skills</b>	<b>Sub-Competency: Academic Achievements</b>  The purpose of this lesson is for students to describe skills and habits that set them up for academic success.	Discuss how organization and routines help us academically. Identify specific habits necessary to study for a quiz or test. Identify other non-academic factors that can help us be ready to learn such as eating and sleeping well.
Lesson 27 <b>Standing Up for Others</b>	<b>Sub-Competency: Bullying</b>  The purpose of this lesson is for students to identify ways in which bystanders can stand up for victims in bullying situations.	Review what a bystander is and the role that bystanders play in bullying situations. Provide examples of assertive things bystanders can say to stand up for victims. Explore other ways in which bystanders can help victims of bullying.
Lesson 28 <b>Home Alone Safety</b>	<b>Sub-Competency: Personal Safety</b>  The purpose of this lesson is for students to learn personal safety skills as they pertain to staying home without an adult.	Discuss steps to take if someone comes to the door. Discuss steps to take if someone calls on the phone. Learn basic safety skills in the event of fire or weather event. Identify a safety plan and list emergency contacts.
Lesson 29 <b>Being Dishonest with Myself</b>	<b>Sub-Competency: Honesty</b>  The purpose of this lesson is for students to explore untruths that they may tell themselves and how those messages can affect the feelings they have.	Define denial. Explore examples of denial and identify if there is anything that they are in denial about. Describe feelings attached to denial.
Lesson 30 <b>Reframing Anxiety</b>	<b>Sub-Competency: Anxiety</b>  The purpose of this lesson is for students to identify a problem or situation they feel anxious about and explore ways in which to view it from a different perspective.	Identify a problem or situation that causes them to feel nervous or anxious. List all of the thoughts and feelings they have surrounding the problem or situation. Brainstorm a list of alternative thoughts they could have about the problem or situation. Choose a different way in thinking about the problem or situation.
Lesson 31 <b>Avoiding Disappointment Altogether</b>	<b>Sub-Competency: Disappointment</b>  The purpose of this lesson is for students to explore and discuss the concepts of flexibility and resilience and how they can help mitigate the feeling of disappointment.	Explore a variety of situations in which things don't go as expected. Define flexibility and resilience and describe why these are valuable traits. Describe past instances in which they have shown flexibility and resilience during times of disappointment. Describe how someone can show flexibility and resilience in various disappointing scenarios.
Lesson 32 <b>Moods vs. Personality Traits</b>	<b>Sub-Competency: Moods</b>  The purpose of this lesson is for students to differentiate between moods, which are fleeting, and personality traits, which are more ingrained into one's self.	Define moods and personality traits. Describe moods they have felt in the past. Describe their personality. Differentiate between moods and personality traits and discover that moods do not define identity.



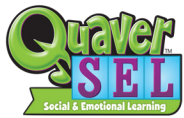


# Scope and Sequence

5

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1	Dealing with Multiple Feelings	Self-Awareness / Identifying Emotions
2	Practicing Self-Discipline	Self-Management / Self-Discipline
3	Balancing Listening and Talking	Social Awareness / Respect for Others
4	Maintaining Friendship Groups	Relationship Skills / Relationship Building
5	Being a Responsible Citizen	Responsible Decision-Making / Ethical Responsibility
6	Confidence Self-Talk	Self-Awareness / Self-Confidence
7	Setting Life Goals	Self-Management / Goal Setting
8	Respect for My World	Social Awareness / Respect For Others
9	Being a Strong Team Leader	Relationship Skills / Teamwork
10	Short and Long-Term Solutions	Responsible Decision-Making / Solving Problems
11	Using My Strengths to Help Others	Self-Awareness / Recognizing Strengths
12	Organize, Prioritize, Optimize	Self-Management / Organizational Skills
13	Helping Others Helps Me	Social Awareness / Perspective-Taking
14	Conflict vs. Bullying	Relationship Skills / Social Engagement
15	My Friend Has a Problem	Responsible Decision-Making / Identifying Problems
16	Understanding My Personality	Self-Awareness / Accurate Self-Perception
17	Consequences of Stress	Self-Management / Stress Management
18	Appreciating Diversity	Social Awareness / Appreciating Diversity
19	Handling Difficult Conversations	Relationship Skills / Communication
20	Anticipating a Situation	Responsible Decision-Making / Analyzing Situations
21	Using My Skills to Succeed	Self-Awareness / Self-Efficacy
22	Controlling Positive Impulses	Self-Management / Impulse Control
23	Empathy vs. Sympathy	Social Awareness / Empathy
24	Evaluating a Complex Situation	Responsible Decision-Making / Evaluating
25	Self-Motivation Leads to Success	Self-Management / Self-Motivation
26	Review and Improve	SEL Plus - Academic Achievements
27	Why Bullies Bully	SEL Plus - Bullying
28	Electronic Safety	SEL Plus - Personal Safety
29	Finding the Truth	SEL Plus - Honesty
30	Anxiety Triggers	SEL Plus - Anxiety
31	Building Self-Esteem in Others	SEL Plus - Disappointment
32	Reading the Moods of Others	SEL Plus - Moods

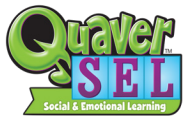


## Self-Awareness

### LESSON PURPOSE

### OBJECTIVES—Students Will Be Able to:

<p>Lesson 1</p> <p><b>Dealing with Multiple Feelings</b></p>	<p><b>Sub-Competency: Identifying Emotions</b></p> <p>The purpose of this lesson is for students to recognize that it is possible and probable to experience multiple feelings at the same time. Students will explore how to process multiple feelings through talking about them with someone else.</p>	<p>Describe scenarios in which they felt multiple feelings at the same time. Practice discussing their feelings with others to help process multiple feelings. Learn that it is okay to have multiple feelings at the same time. Understand that feelings will change.</p>
<p>Lesson 3</p> <p><b>Balancing Listening and Talking</b></p>	<p><b>Sub-Competency: Respect for Others</b></p> <p>The purpose of this lesson is for students to practice balancing listening and speaking.</p>	<p>Learn why it is important to balance both listening and speaking. Practice in the classroom of times when it is important to speak and when it is important to listen. Learn how to debate with another side through contemplative listening and methodical speaking.</p>
<p>Lesson 6</p> <p><b>Confidence Self-Talk</b></p>	<p><b>Sub-Competency: Self-Confidence</b></p> <p>The purpose of this lesson is for students to learn how to use positive self-talk to build self-confidence.</p>	<p>List the benefits of positive self-talk. Decide if given phrases are examples of positive or negative self-talk. Develop their own examples of positive self talk based on past experiences.</p>
<p>Lesson 11</p> <p><b>Using My Strengths to Help Others</b></p>	<p><b>Sub-Competency: Recognizing Strengths</b></p> <p>The purpose of this lesson is for students to identify reasons why it is important to use their strengths to help others.</p>	<p>Learn about and discuss being big-hearted; the joy that comes from helping other people. Brainstorm ways that they can be helpful to others. Discuss how to help individuals as well as groups of people. Learn about and discuss how helping others makes them feel.</p>
<p>Lesson 16</p> <p><b>Understanding My Personality</b></p>	<p><b>Sub-Competency: Accurate Self-Perception</b></p> <p>The purpose of this lesson is for students to become more familiar with their own personalities and identify ways in which they are special and unique.</p>	<p>Identify personality characteristics about themselves. Explore how having their own personality traits makes them special and unique from everyone else. Discuss the importance of accepting their identity and not hiding their personality from others. Learn the relationship between accepting their own personalities and accepting the personalities of others.</p>
<p>Lesson 21</p> <p><b>Using My Skills to Succeed</b></p>	<p><b>Sub-Competency: Self-Efficacy</b></p> <p>The purpose of this lesson is for students to identify prior knowledge and skills that have helped them in the past and utilize them for future success.</p>	<p>Identify skills that are individual strengths. Identify a skill or task they would like to develop. Brainstorm ways in which prior knowledge or skills of strength could help successfully develop or complete the chosen skill or task.</p>

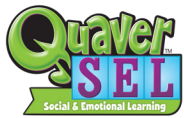


## Self-Management

### LESSON PURPOSE

### OBJECTIVES—Students Will Be Able to:

<p>Lesson 2</p> <p><b>Practicing Self-Discipline</b></p>	<p><b>Sub-Competency: Self-Discipline</b></p> <p>The purpose of this lesson is for students to understand how to practice self-discipline and why doing so is important.</p>	<p>Discuss the concept of self-discipline and the challenges it presents. Analyze what showing self-discipline looks like in a real world setting. Identify the action with the greatest long-term reward in given settings.</p>
<p>Lesson 7</p> <p><b>Setting Life Goals</b></p>	<p><b>Sub-Competency: Goal Setting</b></p> <p>The purpose of this lesson is for students to begin identifying what goals they would like to have in their lives (i.e. dreams, careers, education, family, etc.) and identify things that they are doing even today to work towards meeting those goals in the future.</p>	<p>Identify large goals they have for their lives (for example, dreams, careers, education, family). Identify short-term and long-term goals that they currently have that are helping them reach their life goals. Understand why it is important to set life goals and how to readjust their goals if necessary.</p>
<p>Lesson 12</p> <p><b>Organize, Prioritize, Optimize</b></p>	<p><b>Sub-Competency: Organizational Skills</b></p> <p>The purpose of this lesson is for students to utilize a planning template to set goals and track progress towards individual or group projects.</p>	<p>Discuss how to plan and set goals for longer-term projects by utilizing a planning template. Explore the role of collaboration when tackling long-term projects. Utilize the practice of, "Organize, Optimize, Prioritize," when organizing their work.</p>
<p>Lesson 17</p> <p><b>Consequences of Stress</b></p>	<p><b>Sub-Competency: Stress Management</b></p> <p>The purpose of this lesson is to understand the consequences of stress and how using stress relief strategies can be beneficial.</p>	<p>Learn the consequences of stress that may emerge from a situation that causes stress. Review how to relieve stress during a stressful situation. Categorize the types of stress and list the consequences associated with them.</p>
<p>Lesson 22</p> <p><b>Controlling Positive Impulses</b></p>	<p><b>Sub-Competency: Impulse Control</b></p> <p>The purpose of this lesson is for students to identify times in which it is appropriate to display excitement, silliness, humor, and other impulses which may feel positive but not be appropriate for the given setting.</p>	<p>Identify situations in which it is appropriate to indulge in positive impulses. Identify situations in which it is appropriate to control positive impulses. Describe how others are affected when our impulses aren't under control in various settings (for example, in the classroom, the library, and so on).</p>
<p>Lesson 25</p> <p><b>Self-Motivation Leads to Success</b></p>	<p><b>Sub-Competency: Self-Motivation</b></p> <p>The purpose of this lesson is for students to identify self-motivation as a key factor for success in life.</p>	<p>Discuss determination and perseverance. Describe instances when something was difficult and they wanted to give up but didn't. Discuss notable persons who worked hard to achieve success.</p>

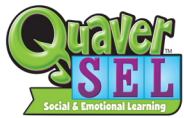


## Social Awareness

### LESSON PURPOSE

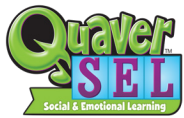
### OBJECTIVES—Students Will Be Able to:

<p>Lesson 8</p> <p><b>Respect for My World</b></p>	<p><b>Sub-Competency: Respect For Others</b></p> <p>The purpose of this lesson is for students to identify and understand how and why it is important to respect the world.</p>	<p>Discuss and participate in the different ways we can show respect to the world. Determine how they can do their part in making the environment a better place to live. Learn to be mindful of things they do that may leave a footprint.</p>
<p>Lesson 13</p> <p><b>Helping Others Helps Me</b></p>	<p><b>Sub-Competency: Perspective-Taking</b></p> <p>The purpose of this lesson is for students to define perspective and identify ways in which individuals can have different perspectives from one another.</p>	<p>Learn that perspectives may be very personal and emotional. Discuss how it feels to have their perspectives challenged or questioned. Discuss strategies for speaking with sensitivity about differences.</p>
<p>Lesson 18</p> <p><b>Appreciating Diversity</b></p>	<p><b>Sub-Competency: Appreciating Diversity</b></p> <p>The purpose of this lesson is for students to observe and discuss various forms of diversity and how they enrich peoples' lives.</p>	<p>Learn the meaning of diversity. Identify forms of diversity. Identify characteristics about themselves that contribute to their personal diversity.</p>
<p>Lesson 23</p> <p><b>Empathy vs. Sympathy</b></p>	<p><b>Sub-Competency: Empathy</b></p> <p>The purpose of this lesson is for students to differentiate between demonstrating sympathy versus showing empathy.</p>	<p>Review empathy and how we can show empathy towards others. Define sympathy as pity or sorrow for someone else. Discuss how showing empathy towards others can be more helpful than showing sympathy in most given situations.</p>



## Relationship Skills

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
<b>Lesson 4</b> <b>Maintaining Friendship Groups</b>	<b>Sub-Competency: Relationship Building</b> <p>The purpose of this lesson is for students to explore how friendships change and evolve, particularly in looking forward to the transition to middle school when schedules and interests may interfere with spending time with friends.</p>	<p>Explore strategies to maintain and keep friendships. Demonstrate understanding that they can maintain existing friendships while also making new friends as well. Practice conflict resolution strategies to utilize with friends. Discuss concerns they have about friendships and the transition to middle school.</p>
<b>Lesson 9</b> <b>Being a Strong Team Leader</b>	<b>Sub-Competency: Teamwork</b> <p>The purpose of this lesson is for students to identify the characteristics of what it takes to be a strong leader.</p>	<p>Learn four characteristics of what it takes to be a strong leader. Understand that not everyone is a natural leader, and some people have to work hard to be a good leader. Understand why it is important to have a strong leader. Learn that it is okay not to want to be a team leader but that leadership skills will help in other areas of their lives.</p>
<b>Lesson 14</b> <b>Conflict vs. Bullying</b>	<b>Sub-Competency: Social Engagement</b> <p>The purpose of this lesson is for students to recognize the differences and easily discern between a bullying situation and a conflict.</p>	<p>Examine bullying situations and look for key factors that establish bullying. Examine conflict situations and describe what factors make the situation a conflict. Explore various situations and determine if they are bullying or conflict situations. Discuss what they can do if they are involved in a conflict.</p>
<b>Lesson 19</b> <b>Handling Difficult Conversations</b>	<b>Sub-Competency: Communication</b> <p>The purpose of this lesson is for students to explore the importance of having conversations with others when there is a disagreement or when feelings have been hurt.</p>	<p>Identify situations in which it might be difficult to have a conversation with another person. Explore the consequences of avoiding discussing a difficult topic. Practice having open, honest dialogue with one another using provided examples. Learn that having a difficult conversation is often easier than the fear of starting that conversation.</p>



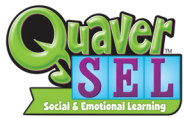
**LESSON PURPOSE**

**OBJECTIVES—Students Will Be Able to:**

## Responsible Decision-Making

<p>Lesson 5</p> <p><b>Being a Responsible Citizen</b></p>	<p><b>Sub-Competency: Ethical Responsibility</b></p> <p>The purpose of this lesson is for students to understand what it means to be a responsible citizen and how they can put it into practice.</p>	<p>Define the term citizenship and identify characteristics that make someone a responsible citizen. List everyone who might be affected by a given situation. List things they can do in their lives to be a responsible citizen. Identify what makes a good school citizen, community citizen, country citizen and global citizen.</p>
<p>Lesson 10</p> <p><b>Short and Long-Term Solutions</b></p>	<p><b>Sub-Competency: Solving Problems</b></p> <p>The purpose of this lesson is for students to understand the difference between short-term and long-term solutions and use that knowledge to make decisions.</p>	<p>Suggest solutions to a given problem and identify them as short-term or long-term solutions. Decide on a chosen outcome for a problem and decide on an aligned solution. Decide when a short term vs. long term solution is warranted. Learn that short-term solutions may only temporarily solve a problem and may require additional work to find a more permanent long-term solution.</p>
<p>Lesson 15</p> <p><b>My Friend Has a Problem</b></p>	<p><b>Sub-Competency: Identifying Problems</b></p> <p>The purpose of this lesson is for students to understand that sometimes a friend can have a problem that they may or may not want to share. There are steps students can take to recognize, analyze, and report the problem based on the situation.</p>	<p>Understand that their friends have problems that they may or may not want to share. Learn how to recognize their friend's problem. Learn how to analyze their friend's problem, and offer help if requested. Identify how to know when to report their friend's problem based on the situation.</p>
<p>Lesson 20</p> <p><b>Anticipating a Situation</b></p>	<p><b>Sub-Competency: Analyzing Situations</b></p> <p>The purpose of this lesson is to discuss why it is important to anticipate a situation which can result in better preparation or positive rewards in future situations.</p>	<p>Discuss why it is important to anticipate a situation. Create scenarios that involve anticipating a situation. Evaluate provided scenarios on if it resulted in better preparation or positive rewards.</p>
<p>Lesson 24</p> <p><b>Evaluating a Complex Situation</b></p>	<p><b>Sub-Competency: Evaluating</b></p> <p>The purpose of this lesson is for students to view all aspects and perspectives of a complex situation and evaluate solutions chosen and the positive and negative consequences that resulted.</p>	<p>Describe all perspectives of a complex problematic situation. Identify positive and negative consequences that resulted from the choice made. Evaluate the solution chosen.</p>

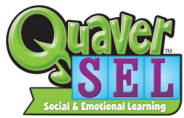




## Scope and Sequence • Fifth Grade

### SEL Plus

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 26 <b>Review and Improve</b>	<b>Sub-Competency: Academic Achievements</b>  The purpose of this lesson is to reinforce the importance of reviewing work and accepting feedback as means for improvement academically.	Discuss the concept of drafts. Discuss how creating drafts and reviewing them helps create a better product. Review feedback and discuss how it is helpful to accept constructive criticism. Describe a time that receiving feedback from someone else helped improve their work.
Lesson 27 <b>Why Bullies Bully</b>	<b>Sub-Competency: Bullying</b>  The purpose of this lesson is for students to identify factors that may contribute to a student displaying bully behaviors.	Consider the perspective of the bully and examine motivations bullies may have for bullying. Discuss the concept that often bullies themselves have been bullied. Brainstorm ways in which friendship can be extended towards bullies in a positive, constructive way.
Lesson 28 <b>Electronic Safety</b>	<b>Sub-Competency: Personal Safety</b>  The purpose of this lesson is for students to become aware of the need to practice safe behaviors when using technology.	Examine the importance of keeping personal information safe when using technology. Discuss etiquette and kindness expected when using technology. Discuss digital footprints and the lasting effects of negative posts. Discuss cyber-bullying and its consequences.
Lesson 29 <b>Finding the Truth</b>	<b>Sub-Competency: Honesty</b>  The purpose of this lesson is for students to realize that not everything they see and hear is true. This lesson encourages students to seek out reputable sources and trusted individuals when confused about the validity of something they have seen.	Describe instances in which they saw or heard something that wasn't true. Identify how to tell if a source is reliable. Identify trusted people in their lives who they can ask if they aren't sure about the validity of something they have seen or heard.
Lesson 30 <b>Anxiety Triggers</b>	<b>Sub-Competency: Anxiety</b>  The purpose of this lesson is for students to identify situations or activities that routinely result in feelings of anxiousness.	Identify situations that result in them feeling worried or anxious. Identify activities that result in them feeling worried or anxious. Discuss ways in which they can prepare for anxiety-inducing situations and activities rather than avoid them. Students will practice basic mindfulness activities that can be used in times of stress.
Lesson 31 <b>Building Self-Esteem in Others</b>	<b>Sub-Competency: Disappointment</b>  The purpose of this lesson is for students to identify ways in which to show empathy towards others who have experienced disappointment through support and encouragement.	Describe a time they could tell that someone they care about felt disappointed. Identify words they can say to others that are encouraging and supportive. Practice using encouraging and supportive phrases to one another.



### LESSON PURPOSE

### OBJECTIVES—Students Will Be Able to:

## SEL Plus

Lesson 32

### Reading the Moods of Others

#### Sub-Competency: Moods

The purpose of this lesson is for students to identify clues that others are in a certain mood by examining body language, facial expressions, spoken words, and actions.

Review the definition of moods. Discuss the various factors that communicate what type of mood someone is in: body language, facial expressions, spoken words, and actions. Describe how they can tell what mood someone else is in, whether a friend or family member.