



Four-Week Back to School Scope and Sequence



Teachers and students across the nation are preparing for a new school year unlike any before. As we plan for unique challenges, we recognize that back to school instruction is an invaluable time to build relationships, introduce procedures, and practice good learning habits. QuaverSEL is providing **four weeks of back to school lessons**, specifically designed to support social and emotional learning in teachers and students for remote, hybrid, and in-person learning.

In this way, we are reaffirming three certainties as we look to the 2021 school year:

1. Social and emotional learning is needed now more than ever;
2. Students and teachers will rely on remote learning in some capacity; and
3. Wherever school is, we'll be there with you.

Lesson topics include reestablishing routines for safe learning environments, practicing strategies for feeling anxious, building empathy to engage in productive conversations, and learning how to connect with each other in the classroom and in the community. Each week includes three bands to represent different grade levels and skills, so you can be sure that there is something here for everyone and every need.

WEEK 1: Welcome Back to School		WEEK 2: Feeling Anxious	WEEK 3: Different Perspectives	WEEK 4: Social Interactions
BAND 1: PreK–1st Grade	<p>“The First Week of School”</p> <p>The purpose of this lesson is to introduce rules and qualities that help us in school and with friends.</p> <p>The objectives of this lesson are:</p> <ul style="list-style-type: none"> • To learn rules that are used in school • To identify qualities that make a good friend 	<p>“How I’m Feeling”</p> <p>The purpose of this lesson is for students to develop vocabulary to describe how they are feeling.</p> <p>The objectives of this lesson are:</p> <ul style="list-style-type: none"> • To identify feelings you are experiencing • To create an I-message describing how we feel 	<p>“We Are Different”</p> <p>The purpose of this lesson is to recognize differences between individuals and their families.</p> <p>The objectives of this lesson are:</p> <ul style="list-style-type: none"> • To identify two things that make you special • To describe how our differences make life more fun 	<p>“Making Friends”</p> <p>The purposes of this lesson are to help students learn how to be a good friend and to develop conversational skills.</p> <p>The objectives of this lesson are:</p> <ul style="list-style-type: none"> • To identify traits of a good friend • To practice how to have a conversation with someone

	WEEK 1: Welcome Back to School	WEEK 2: Feeling Anxious	WEEK 3: Different Perspectives	WEEK 4: Social Interactions
BAND 2: 2nd–3rd Grade	<p>“Rules Are Good”</p> <p>The purpose of this lesson is to explore rules and how effective rules improve our relationships.</p> <p>The objectives of this lesson are:</p> <ul style="list-style-type: none"> • To evaluate effective rules • To learn how following rules improves our relationships 	<p>“Coping With Worry”</p> <p>The purpose of this lesson is to define worry and what we can do to manage their worried feelings.</p> <p>The objectives of this lesson are:</p> <ul style="list-style-type: none"> • To describe worry and how it feels • To identify a strategy that helps cope with worried feelings 	<p>“We Have Different Experiences”</p> <p>The purpose of this lesson is for students to engage in conversations about their differences and cultures.</p> <p>The objectives of this lesson are:</p> <ul style="list-style-type: none"> • To learn how to ask others about their differences • To define culture 	<p>“Creating Community”</p> <p>The purpose of this lesson is to explore how healthy friendships help to create community.</p> <p>The objectives of this lesson are:</p> <ul style="list-style-type: none"> • To identify qualities of a healthy friendship • To learn how to be inclusive
BAND 3: 4th–5th Grade	<p>“Practicing Self-Discipline”</p> <p>The purpose of this lesson is to define self-discipline and how it can help us in school and in our relationships with others.</p> <p>The objectives of this lesson are:</p> <ul style="list-style-type: none"> • To analyze the benefits of self-discipline • To practice self-discipline through real world settings 	<p>“Changing Negative Thoughts”</p> <p>The purpose of this lesson is to explore how our thoughts affect the way we feel and the choices we make.</p> <p>The objectives of this lesson are:</p> <ul style="list-style-type: none"> • To identify negative thoughts and the emotions they are causing • To restate negative thoughts in a positive way 	<p>“We Have Different Perspectives”</p> <p>The purpose of this lesson is for students to consider the perspectives of others and how others may view situations differently than they do.</p> <p>The objectives of this lesson are:</p> <ul style="list-style-type: none"> • To learn we have different perspectives based on various factors • To identify how our perspectives can cause us to interpret something differently than someone else 	<p>“Conflict Resolution”</p> <p>The purposes of this lesson are to discern between conflict and bullying and learn how to resolve conflicts with their friends.</p> <p>The objectives of this lesson are:</p> <ul style="list-style-type: none"> • To examine when a problem is a conflict and when it is bullying • To practice effective conflict resolution strategies