



Song List by Competency



CASEL Core Competency	English Version	Spanish Version	Where to find the song:
Self-Awareness	Anger's Not the Boss of Me	El Enojo No Tiene el Control	Grade 3, Lesson 1
	Believe in Yourself	Cree en Ti	Grade 2, Lesson 6 Grade 4, Lesson 6
	Big-Hearted People	Un Gran Corazón	Grade 5, Lesson 11
	Breathing Calms Me Down	El Respirar Me Calma	Grade 2, Lesson Grade 4, Lesson 1
	Confidence Chant	Canto de Confianza	Grade 1, Lesson 6
	Firelight	Sé la Luz	Grade 5, Lesson 6
	Hands Up High	Levanta Tus Manos	Grade 3, Lesson 6
	Happy	Alegre	Grade K, Lesson 1
	How I'm Feeling Today	Como Me Siento Hoy	Grade K, Lesson 16
	I Believe in You	Yo Creo en Ti	Grade K, Lesson 6
	I Think I Can Do it	Yo Creo Que Puedo	Grade K, Lesson 21
	I'll Get Through It	Puedo Hacerlo	Grade 3, Lesson 11
	I'm Happy Jingle	La Canción Alegre	Grade 1, Lesson 1
	I'm Not a Robot	No Soy un Robot	Grade 2, Lesson 16
	If You're Really Good at Something	Si Eres Muy Bueno en Algo	Grade K, Lesson 11 Grade 2, Lesson 11
	Keep Juggling Your Feelings	Ordena Tus Sentimientos	Grade 5, Lesson 1
	Knock It Down	Derrúmbalo	Grade 3, Lesson 16
	My Personality	Mi Personalidad	Grade 5, Lesson 16
	Positive Mindset	Actitud Positiva	Grade 1, Lesson 21 Grade 3, Lesson 21
	Show Me How You're Feeling	Como Nos Sentimos	Grade 1, Lesson 16
	The Mindset Battle	La Batalla de Mentalidades	Grade 2, Lesson 21
	Values Matter	Los Valores Importan	Grade 5, Lesson 21
	Working Towards a Better Me	Trabajo en Mejorarme Yo	Grade 4, Lesson 16
	You-Nique	Único	Grade 4, Lesson 11



Song List by Competency



CASEL Core Competency	English Version	Spanish Version	Where to find the song:
Self-Management	All Up to You	De Ti Dependerá	Grade 4, Lesson 2
	Anger's Not the Boss of Me	El Enojo No Tiene el Control	Grade 1, Lesson 22 Grade 2, Lesson 22
	Count to 5	Cuanta Hasta Cinco	Grade K, Lesson 17
	Don't Let Thoughts Build Up	Controla Tus Pensamientos	Grade 4, Lesson 22
	Eureka!	¡Eureka!	Grade 5, Lesson 22
	Get Motivated	Sé Motivado	Grade 3, Lesson 7 Grade 3, Lesson 25
	Get Organized	A Organizar	Grade 4, Lesson 12
	Good or Bad Stress	¿Bueno o Malo?	Grade 4, Lesson 17
	Great Day	Gran Día	Grade K, Lesson 25
	Growing Smarter	Nos Volvemos Más Inteligentes	Grade 1, Lesson 7
	I Can Control	Sé Controlar	Grade K, Lesson 22
	I'm Motivated	Estoy Motivado	Grade 2, Lesson 25
	Keep Things Organized	Nos Ayudan a Organizar	Grade 2, Lesson 12
	Manage My Stress	Manejar Mi Estrés	Grade 3, Lesson 17
	Obedying the Rules	Obedecer Las Reglas	Grade K, Lesson 2
	One Step at a Time	Un Paso a la Vez	Grade 4, Lesson 25
	Organize, Prioritize	Organizar, Priorizar	Grade 3, Lesson 12 Grade 5, Lesson 12
	Practicing Self-Discipline	Practica la Autodisciplina	Grade 5, Lesson 2
	Responsibilities Rap	El Rap de la Responsabilidad	Grade 1, Lesson 25
	Stop, Think, Decide	Detente, Piensa y Decide	Grade 3, Lesson 22
	Stress Detective	Investiga el Estrés	Grade 2, Lesson 17
	Stress Won't Weigh Me Down	No Me Vencerá	Grade 5, Lesson 17
	The Stress Song	La Canción del Estrés	Grade 1, Lesson 17
	Working On My Dreams	En Mis Sueños Hoy Trabajaré	Grade 2, Lesson 7 Grade 4, Lesson 7 Grade 5, Lesson 7
	Write it Down	Escríbelo	Grade 1, Lesson 12
You're in Charge of You	Tú Estás a Cargo de Ti	Grade 3, Lesson 2	



Song List by Competency



CASEL Core Competency	English Version	Spanish Version	Where to find the song:
Social Awareness	Everything is Better	Todo es Mejor	Grade K, Lesson 13 Grade 1, Lesson 13
	Feel the Same Way	Me Sentiré Igual a Ti	Grade 4, Lesson 23 Grade 2, Lesson 23
	Good Manners Every Day	Usar Buenos Modales	Grade 1, Lesson 8
	How Do You Show You're Listening	¿Cómo Escuchar?	Grade K, Lesson 3
	Listen Actively	Escuchar con Atención	Grade 2, Lesson 3 Grade 3, Lesson 3
	Manners Rap	El Rap de Buenos Modales	Grade K, Lesson 8
	My Habits	Hábitos	Grade 2, Lesson 13
	No One's the Same	Nadie es Igual	Grade 3, Lesson 13
	Open Up My Heart	Abro el Corazón	Grade 3, Lesson 23
	Our Community	La Comunidad	Grade 4, Lesson 8
	Our School	Nuestra Escuela	Grade 3, Lesson 8
	Respect for My Family	Respeto a Mi Familia	Grade 2, Lesson 8
	Save Our Planet	Salva Nuestro Planeta	Grade 5, Lesson 8
	Show Me How You're Feeling	Como Nos Sentimos	Grade 1, Lesson 23
	The World We See	Mi Perspectiva	Grade 4, Lesson 13
	Think Before We Speak	Pensemos Antes De Hablar	Grade 4, Lesson 3
	We All Are Different	Somos Diferentes	Grade K, Lesson 18 Grade 2, Lesson 18
	What a Wonderful World	Qué Bello El Mundo Es	Grade 3, Lesson 18
	When Someone Is Talking	Cuando Alguien Habla	Grade 5, Lesson 3
	Who We Are	Quien Yo Soy	Grade 4, Lesson 18 Grade 5, Lesson 18



Song List by Competency



CASEL Core Competency	English Version	Spanish Version	Where to find the song:
Relationship Skills	Be a Leader	Sé Un Líder	Grade 5, Lesson 9
	Celebrate Good Friends	Celebremos la Amistad	Grade 4, Lesson 4
	Conversations	Conversaciones	Grade 1, Lesson 19
	Even if We Disagree	Si de Acuerdo No Estoy	Grade 3, Lesson 14
	Everyone's Welcome	Todos Bienvenidos	Grade 2, Lesson 14
	Everything Is Better	Todo es Mejor	Grade 3, Lesson 9
	Have You Ever Been Bullied?	¿Te Han Acosado?	Grade 4, Lesson 14
	I Can Be Your Friend	Puedo Ser Tu Amigo	Grade 3, Lesson 4
	Share Your Thoughts	Cómo Hablarse Uno al Otro	Grade K, Lesson 14
	Someone I Can Talk To	Necesito Hablar con Alguien	Grade 2, Lesson 19
	Too Hard to Talk	Cuando es Difícil el Hablar	Grade 3, Lesson 19
	Treat Others	Trata a Otros	Grade 1, Lesson 14
	Two-Way Street	Es Cosa de Dos	Grade 5, Lesson 4
	United We Stand	Estamos Unidos	Grade 2, Lesson 9 Grade 4, Lesson 9
	We Are Working As a Team	En Equipo Vamos a Trabajar	SELMusic
	We Should Be Friends	Quiero Ser Tu Amigo	Grade K, Lesson 4



CASEL Core Competency	English Version	Spanish Version	Where to find the song:
Responsible Decision-Making	All of These Choices	Tantas Opciones	Grade 4, Lesson 10
	Be Ready	Estar Listo	Grade 5, Lesson 20
	Big or Small	¿Pequeño o Grande?	Grade 2, Lesson 15
	Brainstorm	Nuestras Ideas	Grade 3, Lesson 10
	Break Down	Analicemos	Grade 3, Lesson 20
	Count On Me	Puedes Confiar en Mí	Grade 2, Lesson 5
	Do What's Right	Haz Lo Correcto	Grade 4, Lesson 5
	Evaluate	A Evaluar	Grade 1, Lesson 24 Grade 2, Lesson 24
	Everybody Needs A Little Help	Todos Necesitan Ayuda	Grade 2, Lesson 10
	Finding My Way	Puedes Ayudarme Hoy	Grade K, Lesson 10
	Good Choices	Buenas Decisiones	Grade 4, Lesson 24
	Lean On Me	Descansa en Mí	Grade 5, Lesson 15
	Mad Dasher	Siempre Corriendo	SELMusic
	Major and Minor Situations	Situaciones Graves y Menores	Grade 2, Lesson 20
	Make it Better	Puedo Mejorarlo	Grade K, Lesson 24
	On Second Thought	Al Recordar	Grade 2, Lesson 26 Grade K, Lesson 26
	Problem-Solving Super-Gogs	Las Super-Gafas de Resolver Problemas	Grade 3, Lesson 15
	Puedes Hacerlo	You Can Do It	Grade 5, Lesson 10
	Responsibilities Rap	El Rap de la Responsabilidad	Grade 3, Lesson 5
	Responsible Citizen	Ciudadano Responsable	Grade 5, Lesson 5
	Set My Course	El Futuro que Quiero Ver	Grade 3, Lesson 24
	Something's Not Working	Algo No Funciona	Grade K, Lesson 15
	Take Some Time	Tiempo para Mí	Grade 1, Lesson 26 Grade 4, Lesson 26
	Where Do I Go From Here?	¿Dónde Iré Después?	Grade 5, Lesson 26



SEL Plus Songs by Topic



Topic	Song Title – English	Song Title – Spanish	Where to find the song:
Academic	You're a Star	Una Estrella Eres Tú	Grade K, Lesson 27
	Leave the World Impressed	Deja Impresionado al Mundo Entero	Grade 1, Lesson 27
	I Can Do Better	Sé Que Puedo	Grade 3, Lesson 27
	Time to Study	Es Tiempo de Estudiar	Grade 4, Lesson 27
	Keys to Success	Las Llaves del Triunfo	Grade 5, Lesson 27
Bullying	Kind Words	Palabras Amables	Grade K, Lesson 28
	Bully, Bully Go Away	Deja de Intimidar	Grade 2, Lesson 28
	Stand Up for Yourself	Habla y Defiéndete	Grade 3, Lesson 28
	Speak Up	Habla	Grade 4, Lesson 28
Personal Safety	I Don't Talk to Strangers	No Hablar Con Extraños	Grade K, Lesson 29
	Tell A Grown-Up	Habla Con Alguien Mayor	Grade 1, Lesson 29
	You're Never Really Alone	Nunca Solo Estás	Grade 2, Lesson 29
	Emergency	Emergencia	Grade 3, Lesson 29
	Be Careful How You Use the Internet	Ten Cuidado al Usar el Internet	Grade 5, Lesson 29
Honesty	That's The Truth	Eso es Verdad	Grade 2, Lesson 30
	Straight Up	Ser Sincero	Grade 3, Lesson 30
	Be True to Yourself	A Ti Mismo Sé Fiel	Grade 4, Lesson 30
Feeling Anxious	Something New	Algo Nuevo	Grade K, Lesson 31
	Changes Around the Corner	Ya Vienen Los Cambios	Grade 1, Lesson 31
	No Worries	No a las Preocupaciones	Grade 2, Lesson 31
	I'm Only in Control of Me	Solo Me Controlo a Mí	Grade 3, Lesson 31
	Nerves	Nervios	Grade 4, Lesson 31
	Relax Your Mind	Despeja Tu Mente	Grade 5, Lesson 31
	Mind Reader	Adivino	SELMusic
Disappointment	Get My Way	Lo Que Quiero	Grade K, Lesson 32
	Disappointed	Defraudado	Grade 1, Lesson 32
	Get My Way	Lo Que Quiero	Grade 2, Lesson 32
	Good Sportsmanship	Deportividad	Grade 3, Lesson 32
	Let's Be Realistic	Hay Que Ser Realista	Grade 4, Lesson 32
	Broken Promise	Promesas Rotas	Grade 5, Lesson 32
Moods	Rollercoaster Feelings	Distintas Emociones	Grade 1, Lesson 33
	Change Your Mood	Cambia Tu Humor	Grade 2, Lesson 33
	Change Your Mood	Cambia Tu Humor	Grade 3, Lesson 33
	Different Moods	Humores Variados	Grade 4, Lesson 33
	Change	El Cambio	Grade 5, Lesson 33
Transition & Grief	When Bad Things Happen	Si Algo Malo Pasa	Grades K-5, Lesson 34
	Coping With Grief	Superar el Dolor	Grades K-5, Lesson 35