



Scope and Sequence

3rd Grade





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Quaver “SEL Plus” Competencies Highlight Important Topics not Addressed by CASEL

- Academic Achievements
- Bullying
- Personal Safety
- Honesty
- Anxiety
- Disappointment
- Moods
- Transition



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 RD 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 and Prioritizing My Work	Self-Management / Organizational Skills
13	We All See Things Differently	Social Awareness / Perspective-Taking
14	Solving Conflict	Relationship Skills / Social Engagement
15	What Caused the Problem?	Responsible Decision-Making / Identifying Problems
16	Perserverance	Self-Awareness / Accurate Self-Perception
17	Managing Stress	Self-Management / Stress Management
18	Learning About Cultures	Social Awareness / Appreciating Diversity
19	Different Ways to Communicate My Feelings	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	My World is Bigger Than Me	Social Awareness / Empathy
24	Evaluating My Day	Responsible Decision-Making / Evaluating
25	Exploring Motivation	Self-Management / Self-Motivation
26	Reflecting With Others	Responsible Decision-Making / Reflecting
27	Improving My School Work	SEL Plus – Academic Achievements
28	Assertiveness and Bullying	SEL Plus – Bullying
29	What to Do in an Emergency	SEL Plus – Personal Safety
30	What Is Integrity?	SEL Plus – Honesty
31	What I Can and Can't Control	SEL Plus – Anxiety
32	How to Lose Respectfully	SEL Plus – Disappointment
33	When I Don't Like My Mood	SEL Plus – Moods
34	3rd–5th: Beginning Again	SEL Plus – Transition
35	3rd–5th: Dealing With Grief	SEL Plus – Grief
36	3rd–5th: The Gift of Gratitude	SEL Plus – Gratitude



Self-Awareness

LESSON PURPOSE

OBJECTIVES—Students Will Be Able to:

Lesson 1 When I Feel Angry	Sub-Competency: Identifying Emotions 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.	<ul style="list-style-type: none">• 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 de-escalate from feeling angry.
Lesson 6 Value of Self-Confidence	Sub-Competency: Self-Confidence The purpose of this lesson is for students to understand how and why being confident can help them conquer their fears.	<ul style="list-style-type: none">• Discuss ways self-confidence can be beneficial.• Identify ways positive self-talk can affect self-discipline.• Analyze fears to find ways to overcome them through self-confidence.
Lesson 11 Overcoming My Weakness	Sub-Competency: Recognizing Strengths The purpose of this lesson is for students to recognize their weaknesses and explore strategies to overcome them.	<ul style="list-style-type: none">• Recognize that everyone faces challenges from things that are difficult for them.• Change their mindsets to see weaknesses as challenges they haven't overcome yet.• Learn that many people will be happy to help and support them as they tackle challenges.
Lesson 16 Perserverance	Sub-Competency: Accurate Self-Perception The purpose of this lesson is for students to identify goals they are reaching towards and how to persevere, even in the face of obstacles.	<ul style="list-style-type: none">• Define perseverance and discuss how it can be used when trying hard things.• Identify obstacles they may face when persevering towards a goal.• Explore steps to take to overcome an obstacle.
Lesson 21 Succeeding in a New Situation	Sub-Competency: Self-Efficacy The purpose of this lesson is for students to explore how using a positive mindset can help them be successful in a new situation.	<ul style="list-style-type: none">• Discuss how to be successful in a new situation.• Discuss strategies to use in a new situation such as having a positive mindset and reflecting on past successes.• Apply those strategies in new situations.



Self-Management

	LESSON PURPOSE	OBJECTIVES–Students Will Be Able to:
Lesson 2 Making Rules for Myself	Sub-Competency: Self-Discipline The purpose of this lesson is for students to learn how to make effective rules to manage their own behavior.	<ul style="list-style-type: none">• Identify what makes a rule effective.• Analyze given rules and decide whether or not they are effective.• Create rules for given situations.
Lesson 7 Goals and Motivation	Sub-Competency: Goal Setting The purpose of this lesson is for students to explore the concept of motivation and how it affects accomplishing long and short-term goals.	<ul style="list-style-type: none">• Identify tasks and activities that they feel motivated to complete and connect them to goals they have.• Explore the concept of motivation and discuss why it is sometimes difficult to stay motivated toward reaching a goal.• Explore setbacks that may come their way when working toward a goal.
Lesson 12 Organizing and Prioritizing My Work	Sub-Competency: Organizational Skills The purpose of this lesson is for students to prioritize tasks and explore methods to complete them in an organized manner.	<ul style="list-style-type: none">• Write down the tasks they need to accomplish.• Decide what order to complete the tasks.
Lesson 17 Managing Stress	Sub-Competency: Stress Management The purpose of this lesson is to remind students how to recognize stress, identify, and apply ways to relieve stress during stressful situations.	<ul style="list-style-type: none">• Recognize stress during a situation.• Identify ways to relieve stress in stressful situations.• Apply ways to relieve stress in stressful situations.
Lesson 22 Thinking Things Through	Sub-Competency: Impulse Control The purpose of this lesson is to identify the steps it takes to think through situations in order to practice impulse control.	<ul style="list-style-type: none">• Identify the steps it takes to think through a situation before reacting impulsively.• Practice applying impulse control techniques in two situations.
Lesson 25 Exploring Motivation	Sub-Competency: Self-Motivation The purpose of this lesson is for students to explore different ways to be motivated.	<ul style="list-style-type: none">• Define motivation.• Identify the difference between external and internal motivation.• Determine if they are externally or internally motivated.



Social Awareness

LESSON PURPOSE

OBJECTIVES—Students Will Be Able to:

Lesson 3 Benefits of Listening	Sub-Competency: Respect for Others The purpose of this lesson is for students to understand the benefits of listening which can promote healthy relationships with others.	<ul style="list-style-type: none">• Identify relational benefits of listening to others.• Learn that when others think you are a good listener, they trust you, and you will feel proud.• Practice listening to key details in various situations.
Lesson 8 Respect for My School	Sub-Competency: Respect For Others The purpose of this lesson is for students to identify and understand how and why it is important to respect our school.	<ul style="list-style-type: none">• Discuss and participate in the different ways we can show respect to our school.• Identify the different members that make the school and how we can show respect for them.
Lesson 13 We All See Things Differently	Sub-Competency: Perspective-Taking 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.	<ul style="list-style-type: none">• Identify how they react to various situations.• Discuss the different reactions and views that others may have.• Learn they may not always understand other people's reactions.
Lesson 18 Learning About Cultures	Sub-Competency: Appreciating Diversity 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.	<ul style="list-style-type: none">• 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.
Lesson 23 My World is Bigger Than Me	Sub-Competency: Empathy The purpose of this lesson is for students to understand that other people's feelings are equally as important as their own.	<ul style="list-style-type: none">• Describe the feelings that others may have.• Recognize that noticing other people's feelings will make them feel seen.



Relationship Skills

	LESSON PURPOSE	OBJECTIVES–Students Will Be Able to:
Lesson 4 Signs of a Strong Friendship	Sub-Competency: Relationship Building 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.	<ul style="list-style-type: none">• Identify signs of a strong friendship• Discern between healthy and unhealthy friendship qualities.• Practice scenarios in which they can display friendship qualities.
Lesson 9 Building a Strong Team	Sub-Competency: Teamwork The purpose of this lesson is for students to understand the steps and qualities that it takes to make a strong team.	<ul style="list-style-type: none">• 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 Solving Conflict	Sub-Competency: Social Engagement 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.	<ul style="list-style-type: none">• Identify the source of a conflict.• Consider all sides of a conflict.• Practice effective conflict resolution strategies.
Lesson 19 Different Ways to Communicate My Feelings	Sub-Competency: Communication The purpose of this lesson is for students to explore various ways to communicate how they feel when they don't want to talk about their feelings.	<ul style="list-style-type: none">• Discuss that communication does not always involve talking.• Brainstorm a variety of ways in which to communicate their emotions.• Practice various forms of communicating their emotions.



Responsible Decision-Making

LESSON PURPOSE

OBJECTIVES—Students Will Be Able to:

Lesson 5 My Responsibilities	Sub-Competency: Ethical Responsibility The purpose of this lesson is for students to understand the concept of responsibility and how it is relevant to their lives.	<ul style="list-style-type: none">• Define the term responsibility and discuss the benefits of making responsible choices.• Analyze given situations and choose the most responsible action.• Analyze responsibilities they have in different settings.
Lesson 10 Brainstorming Solutions	Sub-Competency: Solving Problems The purpose of this lesson is for students to work together in groups to think through creative solutions to problems.	<ul style="list-style-type: none">• Learn the basics to brainstorming.• Analyze a problem and suggest creative solutions in a group.
Lesson 15 What Caused the Problem?	Sub-Competency: Identifying Problems The purpose of this lesson is to examine a variety of problematic situations, identify the causes, and discuss helpful strategies to avoid future problems.	<ul style="list-style-type: none">• Identify causes of a problem.• Analyze problematic situations.• Identify strategies to solve a problem.
Lesson 20 Breaking Down Situations	Sub-Competency: Analyzing Situations The purpose of this lesson is to review the types of situations (major and minor) and learn the steps to break down a situation.	<ul style="list-style-type: none">• Review the types of situations (major and minor).• Explain how to break down a situation.• Practice with a partner breaking down a situation.
Lesson 24 Evaluating My Day	Sub-Competency: Evaluating The purpose of this lesson is for students to identify an intention for their day and evaluate their progress using simple criteria.	<ul style="list-style-type: none">• Identify a goal or intention they would like to set for their day.• Develop a means by which they can measure their progress.• Evaluate their day using simple criteria.
Lesson 26 Reflecting With Others	Sub-Competency: Reflecting The purpose of this lesson is to learn how reflecting is a building block of relationships and shared memories.	<ul style="list-style-type: none">• Identify benefits to reflecting with an adult, at home, and with people at school.• Practice reflecting with others.



SEL Plus

	LESSON PURPOSE	OBJECTIVES–Students Will Be Able to:
Lesson 27 Improving My School Work	Sub-Competency: Academic Achievements The purpose of this lesson is to introduce students to the importance of and the tools for improving school work.	<ul style="list-style-type: none"> • Explain reasons why it's important to improve work. • Identify three tools to improve work.
Lesson 28 Assertiveness and Bullying	Sub-Competency: Bullying The purpose of this lesson is to teach assertiveness techniques which can help students in the face of bullying.	<ul style="list-style-type: none"> • Review the differences between passive, assertive, and aggressive. • Describe what assertiveness looks like in a bullying situation. • Practice assertive techniques.
Lesson 29 What to Do in an Emergency	Sub-Competency: Personal Safety 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.	<ul style="list-style-type: none"> • Define what an emergency is and the different situations that would be considered an emergency. • List what to do in an emergency in specific environments (home, school, community). • Discuss how to handle feelings during an emergency.
Lesson 30 What Is Integrity?	Sub-Competency: Honesty The purpose of this lesson is for students to understand that integrity is doing the right thing, even when nobody is watching.	<ul style="list-style-type: none"> • Define integrity. • Identify the choices that show integrity in given situations. • List the qualities that someone with integrity has.
Lesson 31 What I Can and Can't Control	Sub-Competency: Anxiety The purpose of this lesson is for students to understand that integrity is doing the right thing, even when nobody is watching.	<ul style="list-style-type: none"> • Define integrity. • Identify the choices that show integrity in given situations. • List the qualities that someone with integrity has.
Lesson 32 How to Lose Respectfully	Sub-Competency: Disappointment The purpose of this lesson is for students to learn they will not win all the time and how to lose in a positive, respectful way that is beneficial for themselves and others.	<ul style="list-style-type: none"> • Identify different situations in which they may win or lose. • Identify feelings associated with losing. • Learn strategies to become a good loser.
Lesson 33 When I Don't Like My Mood	Sub-Competency: Moods The purpose of this lesson is for students to recognize when they are in a mood they don't like and explore strategies to help them cope with/improve their mood.	<ul style="list-style-type: none"> • Review the definition of mood. • Recognize feelings associated with various moods. • Identify moods that feel uncomfortable. • Learn strategies to cope with or improve mood.



SEL Plus

	LESSON PURPOSE	OBJECTIVES–Students Will Be Able to:
Lesson 34 3rd–5th: Beginning Again	Sub-Competency: Transition The purpose of this lesson is to help students transition back into school by addressing feelings they have been experiencing and expressing what they need at school to feel safe and supported.	<ul style="list-style-type: none">• Identify how they are feeling about returning to school.• Communicate their needs in regards to feeling safe and supported at school.• Journal ways to practice self-care when they are experiencing strong emotions.
Lesson 35 3rd–5th: Dealing With Grief	Sub-Competency: Grief The purpose of this lesson is to normalize various ways to process grief and express associated feelings.	<ul style="list-style-type: none">• Identify various feelings associated with grief.• Describe how processing grief is unique to each individual.• Express how they are personally processing grief.
Lesson 36 3rd–5th: The Gift of Gratitude	Sub-Competency: Gratitude The purpose of this lesson is to understand the value of gratitude and explore ways to express gratefulness in our daily lives.	<ul style="list-style-type: none">• Define gratitude.• Explain why gratitude is important.• Explore ways to express gratitude.



**Creating a Culture
of Caring**