



Scope and Sequence

5th Grade





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	5 TH GRADE LESSON	SEL COMPETENCY/SUB-COMPETENCY
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	I am Valuable	Self-Awareness / Self-Confidence
7	Setting Life Goals	Self-Management / Goal Setting
8	Respect the Planet	Social Awareness/ Respect For Others
9	Being a Strong Team Leader	Relationship Skills / Teamwork
10	Short-Term 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	Results of Different Perspectives	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	Having Difficult Conversations	Relationship Skills / Communication
20	Anticipating a Situation	Responsible Decision-Making / Analyzing Situations
21	Character Helps Me Succeed	Self-Awareness / Self-Efficacy
22	Impulses and My Brain	Self-Management / Impulse Control
23	Empathy in Action	Social Awareness / Empathy
24	Evaluating Information	Responsible Decision-Making / Evaluating
25	Self-Motivation Leads to Success	Self-Management / Self-Motivation
26	Where Do I Go From Here?	Responsible Decision-Making / Reflecting
27	Setting Yourself up for Future Success	SEL Plus – Academic Achievements
28	Why Bullies Bully	SEL Plus – Bullying
29	Technology Safety	SEL Plus – Personal Safety
30	Consequences of Honesty and Dishonesty	SEL Plus – Honesty
31	Reframing Anxious Thoughts	SEL Plus – Anxiety
32	Handling Broken Promises	SEL Plus – Disappointment
33	Mood: Changes in My Body and My Brain	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:

<p>Lesson 1 Dealing with Multiple Feelings</p>	<p>Sub-Competency: Identifying Emotions</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>	<ul style="list-style-type: none"> • 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>Lesson 6 I am Valuable</p>	<p>Sub-Competency: Self-Confidence</p> <p>The purpose of this lesson is for students to develop how to use positive self-talk to build self-confidence.</p>	<ul style="list-style-type: none"> • Discuss ways that positive and negative self-talk can affect confidence. • Analyze song lyrics that relate to feeling valued. • Discuss given scenarios and find positive words to help build confidence.
<p>Lesson 11 Using My Strengths to Help Others</p>	<p>Sub-Competency: Recognizing Strengths</p> <p>The purpose of this lesson is to explore a variety of ways to show caring through big-hearted actions.</p>	<ul style="list-style-type: none"> • Learn about and discuss being big-hearted: the joy that comes from demonstrating empathy and selflessness. • Brainstorm ways that students 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>Lesson 16 Understanding My Personality</p>	<p>Sub-Competency: Accurate Self-Perception</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>	<ul style="list-style-type: none"> • 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.
<p>Lesson 21 Character Helps Me Succeed</p>	<p>Sub-Competency: Self-Efficacy</p> <p>The purpose of this lesson is for students to identify character traits that have helped them in the past and utilize them for future success.</p>	<ul style="list-style-type: none"> • Define character traits. • Define values. • Identify character traits and values needed to acquire future success.



Self-Management

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
<p>Lesson 2</p> <p>Practicing Self-Discipline</p>	<p>Sub-Competency: Self-Discipline</p> <p>The purpose of this lesson is for students to understand how to practice self-discipline and why doing so is important.</p>	<ul style="list-style-type: none"> • Discuss the concept of self-discipline and the challenges it presents. • Analyze what showing self-discipline looks like in a real world setting. • Create a goal and plan for practicing self-discipline in a given scenario.
<p>Lesson 7</p> <p>Setting Life Goals</p>	<p>Sub-Competency: Goal Setting</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>	<ul style="list-style-type: none"> • 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>Lesson 12</p> <p>Organize, Prioritize, Optimize</p>	<p>Sub-Competency: Organizational Skills</p> <p>The purpose of this lesson is for students to utilize a planning template to set goals and track progress towards group projects.</p>	<ul style="list-style-type: none"> • 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>Lesson 17</p> <p>Consequences of Stress</p>	<p>Sub-Competency: Stress Management</p> <p>The purpose of this lesson is to understand the consequences of stress and how using stress relief strategies can be beneficial.</p>	<ul style="list-style-type: none"> • Learn the consequences of stress that may emerge from a situation that causes stress. • Review and discuss ways to manage stress after experiencing a consequence of stress.
<p>Lesson 22</p> <p>Impulses and My Brain</p>	<p>Sub-Competency: Impulse Control</p> <p>The purpose of this lesson is for students to learn basic brain anatomy and how it impacts their impulses.</p>	<ul style="list-style-type: none"> • Identify three major parts of the brain that affect thinking, feeling, and reacting. • Recognize when the limbic system has taken over in an emotional situation. • Make connections between brain anatomy and impulsive behavior.
<p>Lesson 25</p> <p>Self-Motivation Leads to Success</p>	<p>Sub-Competency: Self-Motivation</p> <p>The purpose of this lesson is for students to identify self-motivation as a key factor for success in life.</p>	<ul style="list-style-type: none"> • Discuss self-motivation, resilience, 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.



Social Awareness

LESSON PURPOSE

OBJECTIVES—Students Will Be Able to:

Lesson 3 Balancing Listening and Talking	Sub-Competency: Respect for Others The purpose of this lesson is for students to practice balancing listening and speaking.	<ul style="list-style-type: none">• Learn why it is important to balance both listening and talking.• Understand when it is appropriate to listen and talk in a conversation.• Practice balancing listening and talking in group discussions.
Lesson 8 Respect the Planet	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 the planet.	<ul style="list-style-type: none">• Identify different ways we can show respect for the planet.• Discuss and participate in the different ways we can show respect to the planet.
Lesson 13 Results of Different Perspectives	Sub-Competency: Perspective-Taking The purpose of this lesson is for students to consider the perspectives of others who are in the same situation and how others may view the situation differently than they do.	<ul style="list-style-type: none">• Explore different perspectives about the same situation.• Discuss how our perspectives can cause us to interpret something differently than someone else.• List ways in which we can be considerate of the perspectives of others.
Lesson 18 Appreciating Diversity	Sub-Competency: Appreciating Diversity The purpose of this lesson is for students to observe and discuss various forms of diversity and how they enrich people's lives.	<ul style="list-style-type: none">• Learn the meaning of diversity.• Identify forms of diversity.• Identify characteristics about themselves that contribute to their personal diversity.
Lesson 23 Empathy in Action	Sub-Competency: Empathy The purpose of this lesson is to explore examples of empathy in the world and learn how my empathy can also have far-reaching effects.	<ul style="list-style-type: none">• Name practical applications of empathy.• Identify people who have used their empathy to change lives.• Describe how empathy can also be directed toward animals and the planet.



Relationship Skills

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
<p>Lesson 4</p> <p>Maintaining Friendship Groups</p>	<p>Sub-Competency: Relationship Building</p> <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>	<ul style="list-style-type: none"> • 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>Lesson 9</p> <p>Being a Strong Team Leader</p>	<p>Sub-Competency: Teamwork</p> <p>The purpose of this lesson is for students to identify the characteristics of what it takes to be a strong leader.</p>	<ul style="list-style-type: none"> • 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>Lesson 14</p> <p>Conflict vs. Bullying</p>	<p>Sub-Competency: Social Engagement</p> <p>The purpose of this lesson is for students to recognize the differences and easily discern between a bullying situation and a conflict.</p>	<ul style="list-style-type: none"> • 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.
<p>Lesson 19</p> <p>Having Difficult Conversations</p>	<p>Sub-Competency: Communication</p> <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>	<ul style="list-style-type: none"> • 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.



LESSON PURPOSE

OBJECTIVES—Students Will Be Able to:

Responsible Decision-Making

Lesson 5 Being a Responsible Citizen	Sub-Competency: Ethical Responsibility 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.	<ul style="list-style-type: none">• Define the term citizenship and identify characteristics that make someone a responsible citizen.• Analyze different situations and identify the action that shows the best example of responsible citizenship.• Role play responses to different community needs in given scenarios.
Lesson 10 Short-Term and Long-Term Solutions	Sub-Competency: Solving Problems 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.	<ul style="list-style-type: none">• Suggest solutions to a given problem and identify them as short-term or long-term solutions.• Decide when a short-term or long-term solution is appropriate for a situation.
Lesson 15 My Friend Has a Problem	Sub-Competency: Identifying Problems 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.	<ul style="list-style-type: none">• 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.• Practice strategies to recognize, question, and offer help to a friend who has a problem.
Lesson 20 Anticipating a Situation	Sub-Competency: Analyzing Situations The purpose of this lesson is to discuss why it is important to anticipate a situation which can result in better preparation for future situations.	<ul style="list-style-type: none">• Discuss why it is important to anticipate a situation.• Discuss scenarios that involve anticipating a situation.• Evaluate scenarios to determine what is needed when anticipating a situation.
Lesson 24 Evaluating Information	Sub-Competency: Evaluating The purpose of this lesson is to evaluate the accuracy and truthfulness of information from a variety of sources.	<ul style="list-style-type: none">• Define accuracy and truthfulness.• Name ways of receiving information that need to be evaluated.• Identify four ways of evaluating whether something is true and accurate
Lesson 26 Where Do I Go From Here?	Sub-Competency: Reflecting The purpose of this lesson is for students to reflect on their elementary school years in order to help them prepare for the future.	<ul style="list-style-type: none">• Reflect on successes and challenges from the school year.• Create goals for the next school year.



SEL Plus

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 27 Setting Yourself up for Future Success	Sub-Competency: Academic Achievements The purpose of this lesson is for students to learn strategies to help them prepare for academic success in the future.	<ul style="list-style-type: none"> • Identify concerns about future school settings. • Learn three strategies to help prepare for success in future school settings.
Lesson 28 Why Bullies Bully	Sub-Competency: Bullying The purpose of this lesson is for students to identify factors that may contribute to a student displaying bullying behaviors.	<ul style="list-style-type: none"> • Examine motivations bullies may have. • 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 29 Technology Safety	Sub-Competency: Personal Safety The purpose of this lesson is for students to become aware of the need to practice safe behaviors when using technology.	<ul style="list-style-type: none"> • Examine the importance of keeping personal information safe when using technology. • Define digital footprints and the lasting effects of negative posts. • Discuss screen time and its impact on health.
Lesson 30 Consequences of Honesty and Dishonesty	Sub-Competency: Honesty The purpose of this lesson is for students to examine the positive and negative consequences of honesty and dishonesty through different scenarios and how they affect other people.	<ul style="list-style-type: none"> • Examine the positive consequences of honesty. • Examine the negative consequences of dishonesty. • Determine how the consequences of honesty and dishonesty can affect relationships.
Lesson 31 Reframing Anxious Thoughts	Sub-Competency: Anxiety 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.	<ul style="list-style-type: none"> • Identify a problem or situation that they feel nervous or anxious about. • List the thoughts and feelings they have surrounding the problem or situation. • Describe several ways to think differently about the problem or situation.
Lesson 32 Handling Broken Promises	Sub-Competency: Disappointment The purpose of this lesson is for students to understand that promises will be broken in their lives, and learn ways to cope and respond to broken promises when this happens.	<ul style="list-style-type: none"> • Define what it means to make a promise. • Identify feelings associated with broken promises. • Learn strategies to handle broken promises.
Lesson 33 Mood: Changes in My Body and My Brain	Sub-Competency: Moods The purpose of this lesson is for students to draw connections between their physical changes and changes in mood.	<ul style="list-style-type: none"> • Learn how the brain changes during adolescence. • Learn how changes in the body affect mood. • Realize that changes in mood are typical during adolescence.



SEL Plus

LESSON PURPOSE

OBJECTIVES – Students Will Be Able to:

<p>Lesson 34</p> <p>3rd–5th: Beginning Again</p>	<p>Sub-Competency: Transition</p> <p>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.</p>	<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.
<p>Lesson 35</p> <p>3rd–5th: Dealing With Grief</p>	<p>Sub-Competency: Grief</p> <p>The purpose of this lesson is to normalize various ways to process grief and express associated feelings.</p>	<ul style="list-style-type: none"> • Define grief. • Categorize grief as situational or personal. • Identify various feelings associated with grief. • Express ways to personally process grief.
<p>Lesson 36</p> <p>3rd–5th: The Gift of Gratitude</p>	<p>Sub-Competency: Gratitude</p> <p>The purpose of this lesson is to understand the value of gratitude and explore ways to express gratefulness in our daily lives.</p>	<ul style="list-style-type: none"> • Define gratitude. • Explain why gratitude is important. • Explore ways to express gratitude.



**Creating a Culture
of Caring**