



Scope and Sequence

Pre-Kindergarten





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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 3 Saying, “Hello!”	Sub-Competency: Self-Confidence The purpose of this lesson is to build student communication skills in order to initiate conversations with others.	<ul style="list-style-type: none">• Identify conversation-starter phrases.• Practice initiating communication with others.• Identify and attempt positive interactions with peers.
Lesson 8 All Kinds of Friends	Sub-Competency: Recognizing Strengths The purpose of this lesson is to develop an understanding of each other’s unique traits in a positive manner.	<ul style="list-style-type: none">• 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 Naming My Feelings	Sub-Competency: Accurate Self-Perception The purpose of this lesson is for students to deepen their understanding of the connections between their feelings and their daily lives and experiences.	<ul style="list-style-type: none">• Discuss feelings in connection with pictures and sound.• Share facts about themselves while playing a game.• Identify and discuss how they are feeling.
Lesson 22 How Are They Feeling?	Sub-Competency: Identifying Emotions The purpose of this lesson is to explore the connection between feelings and daily events.	<ul style="list-style-type: none">• Use digital tools to reflect emotions.• Identify emotions through body language and facial expressions.• Discuss their own feelings in given scenarios.



Self-Management

	LESSON PURPOSE	OBJECTIVES—Students Will Be Able to:
Lesson 1 Rules Are Important	Sub-Competency: Self-Discipline <p>The purpose of this lesson is to understand what classroom rules and routines are.</p>	<ul style="list-style-type: none"> • Define a classroom rule. • Identify where to find classroom rules. • Name and demonstrate a classroom rule.
Lesson 9 Ways to Be Happy	Sub-Competency: Goal Setting <p>The purpose of this lesson is to define happiness and the choices one can make to feel happy.</p>	<ul style="list-style-type: none"> • 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 Learning to Listen	Sub-Competency: Impulse Control <p>The purpose of this lesson is to explore the connection between listening and learning.</p>	<ul style="list-style-type: none"> • Make connections between events and emotions. • Identify the listening skills of characters in a story. • Discuss the connection between listening and learning.
Lesson 16 Listening Practice	Sub-Competency: Impulse Control <p>The purpose of this lesson is to develop and practice listening skills and behaviors.</p>	<ul style="list-style-type: none"> • Discuss feelings in connection with pictures and sound. • Identify and discuss different sounds and voices. • Identify behaviors that show respectful listening.
Lesson 19 Learning and Growing	Sub-Competency: Self-Discipline <p>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.</p>	<ul style="list-style-type: none"> • 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 I Am Learning	Sub-Competency: Self-Motivation <p>The purpose of this lesson is to explore different activities and experiences that develop students' understanding of the world.</p>	<ul style="list-style-type: none"> • 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 2 My First Day at School	Sub-Competency: Respect for Others The purpose of this lesson is to explore their surroundings at school and identify ways following rules and showing respect to others helps make school a better place.	<ul style="list-style-type: none">• Identify personal space.• Demonstrate respectful play and interactions with peers.• Explore communication with peers.
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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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 Asking Questions	Sub-Competency: Communication The purpose of this lesson is to engage in question asking in order to build communication skills.	<ul style="list-style-type: none">• 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 Getting to Know Each Other	Sub-Competency: Social Engagement The purpose of this lesson is to build skills to learn about each other and cultivate relationships.	<ul style="list-style-type: none">• Develop awareness of others as part of the classroom community.• Identify ways to interact with others.• Engage in group activities.
Lesson 7 Friends Are Great	Sub-Competency: Relationship Building The purpose of this lesson is to develop friendship skills in order to establish relationships.	<ul style="list-style-type: none">• 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 A Good Team	Sub-Competency: Teamwork The purpose of this lesson is to introduce the concept and explore the benefits of teamwork.	<ul style="list-style-type: none">• Use manipulatives to reflect emotions.• Explore teamwork in connection with a story.• Discuss how to use teamwork to accomplish a goal.
Lesson 18 Working as a Team	Sub-Competency: Teamwork The purpose of this lesson is to identify and practice different elements of teamwork in connection to daily life.	<ul style="list-style-type: none">• 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

Lesson 4 Finding My Way Around	Sub-Competency: Solving Problems The purpose of this lesson is to understand different kinds of problems and how they can solve them and/or ask for help.	<ul style="list-style-type: none">• Identify and discuss problem scenarios.• Demonstrate possible solutions through role playing.• Determine when to ask for help.
Lesson 10 What Makes You Happy?	Sub-Competency: Reflecting The purpose of this lesson is to create an attainable goal and a plan to accomplish it in order to build self-confidence.	<ul style="list-style-type: none">• Identify attainable goal.• Create steps to accomplish the goal.• Discuss emotions throughout the creation, implementation of steps and accomplishment of goal.
Lesson 11 Sharing	Sub-Competency: Identifying Problems The purpose of this lesson is to define sharing and the behaviors associated with it in order to create a positive classroom environment.	<ul style="list-style-type: none">• 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.
Lesson 12 I Can Share	Sub-Competency: Ethical Responsibility The purpose of this lesson is to implement sharing skills to impact decision making and establish ownership of one's actions.	<ul style="list-style-type: none">• 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.



**Creating a Culture
of Caring**