



**American School
Counselor Association**
ASCA Crosswalk



ASCA Crosswalk

Kindergarten



Lesson #	Lesson Name	Competency	ASCA Mindsets & Behaviors
Lesson 1	I Am Happy	Self-Awareness / Identifying Emotions	M 2.; B-SS 1.; B-SS 2.
Lesson 2	Following Rules	Self-Management / Self-Discipline	M 3.; B-SMS 2.
Lesson 3	Learning to Listen	Social Awareness / Respect for Others	B-LS 3.; B-SMS 1.
Lesson 4	Making Friends	Relationship Skills / Relationship Building	B-SS 2.
Lesson 5	I Care	Responsible Decision-Making / Ethical Responsibility	B-SMS 1.; B-SS 5.
Lesson 6	I Am Confident	Self-Awareness / Self-Confidence	B-LS 4.; B-SMS 5.
Lesson 7	I Am Growing	Self-Management / Goal Setting	B-LS 7.
Lesson 8	Please and Thank You	Social Awareness/ Respect For Others	B-SS 9.
Lesson 9	Working Together	Relationship Skills / Teamwork	B-SS 2.; B-SS 7.
Lesson 10	Finding My Way	Responsible Decision-Making / Solving Problems	B-SMS 7.; B-SMS 10.
Lesson 11	Discovering My Strengths	Self-Awareness / Recognizing Strengths	M 6.; B-LS 4.
Lesson 12	Putting Things in Order	Self-Management / Organizational Skills	B-SMS 2., B-SMS 8., B-LS 3.
Lesson 13	I Am Different From You	Social Awareness / Perspective-Taking	B-SS 1., B-SS – 2.
Lesson 14	Sharing and Taking Turns	Relationship Skills / Social Engagement	B-SS 1., B-SS 2., B-SS 9.
Lesson 15	What Is a Problem	Responsible Decision-Making / Identifying Problems	B-SMS 6.; B-SMS 7.; B-SS 4.
Lesson 16	How I Feel	Self-Awareness / Accurate Self-Perception	B-SS 9.
Lesson 17	I Feel Overwhelmed	Self-Management / Stress Management	B-SMS 2., B-SMS 6.
Lesson 18	We Are Different	Social Awareness / Appreciating Diversity	B-SS 1., B-SS 2.
Lesson 19	Talking to Each Other	Relationship Skills / Communication	B-SS 6., B-SS 2., B-SS 9.
Lesson 20	What's Happening	Responsible Decision-Making / Analyzing Situations	B-LS 1.; B-LS 9.
Lesson 21	I Can Do It	Self-Awareness / Self-Efficacy	M 2.; B-LS 4.
Lesson 22	Controlling Myself	Self-Management / Impulse Control	B-SMS 2.
Lesson 23	Understanding Others' Feelings	Social Awareness / Empathy	B-SS 5.
Lesson 24	I Can Make It Better	Responsible Decision-Making / Evaluating	M 6.; B-LS 4.
Lesson 25	Why We Go to School	Self-Management / Self-Motivation	B-SMS 5.
Lesson 26	What Can I Remember?	Responsible Decision-Making / Reflecting	M 6.; B-SMS 1.; B-SMS 7.; B-SS 5.; B-LS 1.
Lesson 27	Be a STAR Student	SEL Plus – Academic Achievements	B-SMS 5.
Lesson 28	Using Kind Words	SEL Plus – Bullying	B-SS 2.; B-SS 4.
Lesson 29	Safe and Unsafe Strangers	SEL Plus – Personal Safety	B-SMS 9.
Lesson 30	What Is Honesty?	SEL Plus – Honesty	B-SS 5.; B-SMS 1.
Lesson 31	Trying New Things	SEL Plus – Feeling Anxious	B-SMS 10.; B-SS 2.
Lesson 32	Being Disappointed	SEL Plus – Disappointment	B-SMS 7.; B-SS 9.
Lesson 33	We Have Different Feelings	SEL Plus – Moods	B-LS 1.; B-SMS 7.
Lesson 34	K-2nd: Coping With Difficult Times	SEL Plus – Transition	M 1.; M 6.; B-SS 1; B-SS 2.
Lesson 35	K-2nd: What Is Grief?	SEL Plus – Grief	B-SMS 10.; B-SS 1.; B-SS 3.
Lesson 36	K-2nd: All About Gratitude	SEL Plus – Gratitude	

ASCA Crosswalk

1st Grade



Lesson #	Lesson Name	Competency	ASCA Mindsets & Behaviors
Lesson 1	Sharing Happiness	Self-Awareness / Identifying Emotions	B-SS 2.; B-SS 4.
Lesson 2	Rules Help Us	Self-Management / Self-Discipline	M 3.; B-SMS 2.
Lesson 3	Listening Carefully	Social Awareness / Respect for Others	B-LS 3.; B-SMS 1.
Lesson 4	Friends Are Special	Relationship Skills / Relationship Building	B-SS 2.
Lesson 5	What I Care About	Responsible Decision-Making / Ethical Responsibility	B-SMS 1.; B-SS 5.
Lesson 6	Building Confidence	Self-Awareness / Self-Confidence	B-LS 4.; B-SMS 5.
Lesson 7	Setting Goals	Self-Management / Goal Setting	B-LS 7.
Lesson 8	Good Manners	Social Awareness/ Respect For Others	B-SS 9.
Lesson 9	Parts of a Team	Relationship Skills / Teamwork	B-SS 2.; B-SS 7.
Lesson 10	Finding Our Way	Responsible Decision-Making / Solving Problems	B-SMS 7.; B-SMS 10.
Lesson 11	Sharing My Strengths	Self-Awareness / Recognizing Strengths	M 6., B-LS 4., B-SS 6.
Lesson 12	Organizing Myself	Self-Management / Organizational Skills	B-LS 3., B-SMS 2., B-SMS 8.
Lesson 13	Understanding You	Social Awareness / Perspective Taking	B-SS 1., B-SS – 2.
Lesson 14	The Golden Rule	Relationship Skills / Social Engagement	B-SS 1., B-SS 2., B-SS 9.
Lesson 15	Working Through Problems	Responsible Decision-Making / Identifying Problems	B-SMS 6.; B-SMS 7.; B-SS 4.
Lesson 16	Showing My Feelings	Self-Awareness / Accurate Self-Perception	B-SS 9., B-SS 1., B-SS 2.
Lesson 17	I Feel Stressed	Self-Management / Stress Management	B-SS 6., B-SMS 2., B-SMS 6.
Lesson 18	Why We're Different	Social Awareness / Appreciating Diversity	B-SS 1., B-SS 2.
Lesson 19	Having a Conversation	Relationship Skills / Communication	B-SS 6., B-SS 2., B-SS 9.
Lesson 20	Understanding Situations	Responsible Decision-Making / Analyzing Situations	B-LS 1., B-LS 9.
Lesson 21	Positive Mindset	Self-Awareness / Self-Efficacy	M 2.; B-LS 4.
Lesson 22	Practicing My Self-Control	Self-Management / Impulse Control	B-SMS 2.; B-SMS 7.
Lesson 23	Understanding My Friends	Social Awareness / Empathy	B-SS 4.
Lesson 24	Understanding What Worked	Responsible Decision-Making / Evaluating	M 2.; M 5.; B-LS 6.
Lesson 25	Things I Should Do	Self-Management / Self-Motivation	B-SMS 1.; B-SMS 4.
Lesson 26	How Do I Reflect?	Responsible Decision-Making / Reflecting	M.6.; B-SMS 1.; B-SMS 7.; B-SS 5.; B-LS 1.
Lesson 27	Trying My Best	SEL Plus – Academic Achievements	B-LS 6.; B-LS 8.
Lesson 28	Standing Up for Me	SEL Plus – Bullying	B-SS 8.
Lesson 29	Safe and Unsafe Touch	SEL Plus – Personal Safety	B-SMS 9.; B-SS 8.
Lesson 30	Why Is Honesty Important?	SEL Plus – Honesty	B-SMS 1.; B-SMS 2.; B-SMS 7.; B-SS 5.
Lesson 31	Changes Are Okay	SEL Plus – Feeling Anxious	B-SMS 10.; B-SS 2.
Lesson 32	Understanding Disappointment	SEL Plus – Disappointment	M 1.; B-SMS 7.
Lesson 33	Having Two Feelings at the Same Time	SEL Plus – Moods	B-LS 1.; B-SMS 7.; B-SS 1.
Lesson 34	K-2nd: Coping With Difficult Times	SEL Plus – Transition	M 1.; M 6.; B-SS 1.; B-SS 2.
Lesson 35	K-2nd: What Is Grief?	SEL Plus – Grief	B-SMS 10.; B-SS 1.; B-SS 3.
Lesson 36	K-2nd: All About Gratitude	SEL Plus – Gratitude	

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2nd Grade



Lesson #	Lesson Name	Competency	ASCA Mindsets & Behaviors
Lesson 1	Identifying Strong Feelings	Self-Awareness / Identifying Emotions	M 1.; B-SMS 7.
Lesson 2	The Reason for Rules	Self-Management / Self-Discipline	M 3.; B-SMS 1.; B-SMS 2.
Lesson 3	Listening to Others	Social Awareness / Respect for Others	B-SS 1.
Lesson 4	What Makes a Good Friend?	Relationship Skills / Relationship Building	B-SS 2.
Lesson 5	Trustworthiness	Responsible Decision-Making / Ethical Responsibility	M 3.; B-SS 2.; B-SS 3.; B-SS 5.; B-SS 9.
Lesson 6	Showing I Am Confident	Self-Awareness / Self-Confidence	M 2.; M 5.; M 6.
Lesson 7	Setting a Short-Term Goal	Self-Management / Goal Setting	M 5.; B-LS 7.; B-SMS 5.
Lesson 8	Respect for My Family	Social Awareness/ Respect For Others	B-SS 3.
Lesson 9	Types of Teams	Relationship Skills / Teamwork	B-SS 6.; B-SS 7.
Lesson 10	Asking for Help	Responsible Decision-Making / Solving Problems	B-SMS 1.
Lesson 11	My Strengths and Weaknesses	Self-Awareness / Recognizing Strengths	B-SMS 1.; B-SMS 6.
Lesson 12	Organization Is Important	Self-Management / Organizational Skills	B-LS 3.; B-SMS 2.
Lesson 13	My Habits Are Different From Yours	Social Awareness / Perspective Taking	B-SS 2.
Lesson 14	Including Others	Relationship Skills / Social Engagement	B-SS.; B-SS 4.; B-SS 9.
Lesson 15	Big and Small Problems	Responsible Decision-Making / Identifying Problems	B-LS 1.
Lesson 16	What My Feelings Mean	Self-Awareness / Accurate Self-Perception	M 1.; B-SMS 2.; B-SMS 7.
Lesson 17	Causes of Stress	Self-Management / Stress Management	B-SMS 7.; B-SMS 8.
Lesson 18	Our Differences Affect Our Choices	Social Awareness / Appreciating Diversity	B-SS 1.; B-SS2.; B-SS 9.
Lesson 19	People I Can Talk To	Relationship Skills / Communication	M 1.; B-SMS 7.; B-SS 1.; B-SS 3.
Lesson 20	Major and Minor Situations	Responsible Decision-Making / Analyzing Situations	B-LS 1.
Lesson 21	Growth Mindset	Self-Awareness / Self-Efficacy	M 1.; M 6.; B-LS 4.
Lesson 22	Controlling My Emotions	Self-Management / Impulse Control	B-SMS 2.; B-SMS 7.
Lesson 23	Feeling What Others Feel	Social Awareness / Empathy	B-SS 1.; B-SS 2.; B-SS 4.
Lesson 24	How to Evaluate Something	Responsible Decision-Making / Evaluating	M 6.; B-LS 6.
Lesson 25	What Is Motivation?	Self-Management / Self-Motivation	M 1.; M 2.; M 5.; B-LS 4.
Lesson 26	What Is the Purpose of Reflecting?	Responsible Decision-Making / Reflecting	M 6.; B-SMS 1.; B-SMS 7.; B-SS 5.; B-LS.1
Lesson 27	When I Don't Understand	SEL Plus – Academic Achievements	M 2.;B-SMS 7.;B-SS 8.
Lesson 28	Bullies; Bystanders; and Victims	SEL Plus – Bullying	B-SS 4.; B-SS 5.; B-SS 8.
Lesson 29	Getting Lost	SEL Plus – Personal Safety	B-SMS 7.; B-SMS 9.; B-SS 9.
Lesson 30	Telling the Truth	SEL Plus – Honesty	M 1.; B-SMS 1.; B-SMS 7.; B-SS 5.
Lesson 31	What to Do When I Worry	SEL Plus – Feeling Anxious	B-SMS 7.
Lesson 32	When I Don't Get My Way	SEL Plus – Disappointment	B-SMS 2.; B-SMS 4.; B-SMS 7.; B-SS 9.
Lesson 33	What Is a Mood?	SEL Plus – Moods	B-SMS 7.
Lesson 34	K-2nd: Coping With Difficult Times	SEL Plus – Transition	M 1.; M 6.; B-SS 1.; B-SS 2.
Lesson 35	K-2nd: What Is Grief?	SEL Plus – Grief	B-SMS 10.; B-SS 1.; B-SS 3.
Lesson 36	K-2nd: All About Gratitude	SEL Plus – Gratitude	

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3rd Grade



Lesson #	Lesson Name	Competency	ASCA Mindsets & Behaviors
Lesson 1	When I Feel Angry	Self-Awareness / Identifying Emotions	M 1. B-SMS 2. B-SMS 7.
Lesson 2	Making Rules for Myself	Self-Management / Self-Discipline	M 3.; B-LS 1.; B-SMS 2.
Lesson 3	Benefits of Listening	Social Awareness / Respect for Others	B-SS-1.
Lesson 4	Signs of a Strong Friendship	Relationship Skills / Relationship Building	B-SS 2.
Lesson 5	My Responsibilities	Responsible Decision-Making / Ethical Responsibility	B-SS 5.; B-SMS 1.
Lesson 6	Value of Self-Confidence	Self-Awareness / Self-Confidence	M 2.; B-LS 1.; B-SMS 2.; B-SMS 4.
Lesson 7	Goals and Motivation	Self-Management / Goal Setting	B-LS 7.; B-SMS 5.
Lesson 8	Respect for My School	Social Awareness/ Respect For Others	B-SS 3.; B-SS 5.
Lesson 9	Building a Strong Team	Relationship Skills / Teamwork	B-SS 6.; B-SS 7.
Lesson 10	Brainstorming Solutions	Responsible Decision-Making / Solving Problems	B-LS 1.; B-LS 9.; B-SS 7.
Lesson 11	Overcoming My Weakness	Self-Awareness / Recognizing Strengths	B-LS 1.; B-SMS 6.; B-SMS 7.
Lesson 12	Organizing and Prioritizing My Work	Self-Management / Organizational Skills	B-LS 3.; B-LS 4.
Lesson 13	We All See Things Differently	Social Awareness / Perspective-Taking	B-SS 2.; B-SS 9.
Lesson 14	Solving Conflict	Relationship Skills / Social Engagement	B-SS 1.; B-SS 2.; B-SS 8.
Lesson 15	What Caused the Problem?	Responsible Decision-Making / Identifying Problems	B-LS 1.
Lesson 16	Perserverance	Self-Awareness / Accurate Self-Perception	B-SMS 5.; B-SMS 7.
Lesson 17	Managing Stress	Self-Management / Stress Management	B-SMS 7.; B-SMS 8.
Lesson 18	Learning About Cultures	Social Awareness / Appreciating Diversity	B-LS 9.; B-SS 2.
Lesson 19	Different Ways to Communicate My Feelings	Relationship Skills / Communication	B-SMS 7.; B-SS 1.; B-SS 3.
Lesson 20	Breaking Down Situations	Responsible Decision-Making / Analyzing Situations	B-LS 1.
Lesson 21	Succeeding in a New Situation	Self-Awareness / Self-Efficacy	M 1.; M 2.
Lesson 22	Thinking Things Through	Self-Management / Impulse Control	B-LS 1.; B-SMS 2.; B-SMS 7.
Lesson 23	My World is Bigger Than Me	Social Awareness / Empathy	B-SS 2.; B-SS 4.
Lesson 24	Evaluating My Day	Responsible Decision-Making / Evaluating	M 6.; B-LS 6.
Lesson 25	Exploring Motivation	Self-Management / Self-Motivation	M 1.; M 2.; M 5.; M 6.; B-LS 4.
Lesson 26	Reflecting With Others	Responsible Decision-Making / Reflecting	M 6.; B-LS 1.; B-SMS 1.; B-SMS 7.; B-SS 5.
Lesson 27	Improving My School Work	SEL Plus – Academic Achievements	M 4.; M 5.; M 6.; B-LS 3.; B-LS 8.
Lesson 28	Assertiveness and Bullying	SEL Plus – Bullying	B-SS 8.
Lesson 29	What to Do in an Emergency	SEL Plus – Personal Safety	B-SMS 1.; B-SMS 9.; B-SMS 10.
Lesson 30	What Is Integrity?	SEL Plus – Honesty	B-SMS 1.
Lesson 31	What I Can and Can't Control	SEL Plus – Feeling Anxious	B-SMS 2.; B-SMS 7.
Lesson 32	How to Lose Respectfully	SEL Plus – Disappointment	M 6.; B-SMS 2.; B-SS 4.; B-SS 9.
Lesson 33	When I Don't Like My Mood	SEL Plus – Moods	B-SMS 7.; B-SS 9.
Lesson 34	3rd-5th: Beginning Again	SEL Plus – Transition	M 1.; M 6.; B-SS 1.; B-SS 2.
Lesson 35	3rd-5th: Dealing With Grief	SEL Plus – Grief	B-SMS 10.; B-SS 1.; B-SS 3.
Lesson 36	3rd-5th: The Gift of Gratitude	SEL Plus – Gratitude	

ASCA Crosswalk

4th Grade



Lesson #	Lesson Name	Competency	ASCA Mindsets & Behaviors
Lesson 1	Understanding My Feelings	Self-Awareness / Identifying Emotions	M 1.; B-SS 4.
Lesson 2	Benefits of Self-Discipline	Self-Management / Self-Discipline	B-LS 4; B-SMS 1.; B-SMS 2.; B-SMS 4.
Lesson 3	Thinking Before Speaking	Social Awareness / Respect for Others	B-SS 1.
Lesson 4	Celebrating Our Friendships	Relationship Skills / Relationship Building	B-SS 2.
Lesson 5	Understanding Right from Wrong	Responsible Decision-Making / Ethical Responsibility	B-LS 1.; B-LS 10.; B-SS 5.; B-SS 9.
Lesson 6	Recovering My Self-Confidence	Self-Awareness / Self-Confidence	M 2.; B-LS 4.; B-SMS-6.; B-SMS 7.
Lesson 7	Setting Long-Term Goals	Self-Management / Goal Setting	M 5.; B-LS 7.; B-SMS 5.
Lesson 8	Respect for My Community	Social Awareness/ Respect For Others	B-SS 3.; B-SS 5.
Lesson 9	Keeping the Team Together	Relationship Skills / Teamwork	B-SS 6.; B-SS 7.
Lesson 10	Making the Right Decision	Responsible Decision-Making / Solving Problems	B-SMS 1.
Lesson 11	My Personality Traits	Self-Awareness / Recognizing Strengths	B-SS 1.; B-SS 2.; B-SS 6.
Lesson 12	Optimizing My Time	Self-Management / Organizational Skills	B-LS 2.; B-SMS 8.
Lesson 13	My Actions and Words Affect Others	Social Awareness / Perspective-Taking	B-SS 2.; B-SS 4.; B-SS 8.
Lesson 14	What Is Bullying?	Relationship Skills / Social Engagement	M 3.; B-SS 2.
Lesson 15	Preventing the Problem	Responsible Decision-Making / Identifying Problems	B-LS 1.
Lesson 16	Improving Myself	Self-Awareness / Accurate Self-Perception	M 2.; B-SMS 5.; B-LS 6.
Lesson 17	Different Types of Stress	Self-Management / Stress Management	B-SMS 7.; B-SMS 8.
Lesson 18	Similarities and Differences of Cultures	Social Awareness / Appreciating Diversity	B-SS 1.; B-SS 2.
Lesson 19	Reading Body Language	Relationship Skills / Communication	B-SS 2.; B-SS 4.
Lesson 20	Learning from Situations	Responsible Decision-Making / Analyzing Situations	B-LS 1.
Lesson 21	Being Resilient	Self-Awareness / Self-Efficacy	B-SMS 5.; B-SMS 6.; B-SMS 10.
Lesson 22	Controlling My Thoughts	Self-Management / Impulse Control	B-SMS 2.; B-SMS 7.
Lesson 23	How to Express Empathy	Social Awareness / Empathy	B-SS 1.; B-SS 2.; B-SS 3.; B-SS 4.
Lesson 24	Evaluating Our Decisions	Responsible Decision-Making / Evaluating	M 6.; B-LS 6.
Lesson 25	Long-Term Motivation	Self-Management / Self-Motivation	M 2.; M 5.; M 6.; B-LS 4.
Lesson 26	How Do I Apply My Reflection?	Responsible Decision-Making / Reflecting	B-LS 1.; M 6.; B-SMS 1.; B-SMS 7.; B-SS 5.
Lesson 27	Good Study Skills	SEL Plus – Academic Achievements	B-LS 3; B-LS 7.
Lesson 28	Standing Up for Others	SEL Plus – Bullying	B-SS 4.; B-SS 5.; B-SS 8.
Lesson 29	Setting Personal Boundaries	SEL Plus – Personal Safety	B-SMS 9.; B-SS 8.; B-SS 9.
Lesson 30	Being Honest with Myself and Others	SEL Plus – Honesty	M 1.; M 2.
Lesson 31	What I Feel Anxious About	SEL Plus – Feeling Anxious	M 1.; B-SMS 7.; B-SMS 10.
Lesson 32	Setting Realistic Expectations	SEL Plus – Disappointment	M 5.; B-SMS 2.; B-SMS 5.
Lesson 33	When a Mood Stays Too Long	SEL Plus – Moods	B-SMS 5.; B-SMS 7.
Lesson 34	3rd-5th: Beginning Again	SEL Plus – Transition	M 1.; M 6.; B-SS 1; B-SS 2.
Lesson 35	3rd-5th: Dealing With Grief	SEL Plus – Grief	B-SMS 10.; B-SS 1.; B-SS 3.
Lesson 36	3rd-5th: The Gift of Gratitude	SEL Plus – Gratitude	

ASCA Crosswalk

5th Grade



Lesson #	Lesson Name	Competency	ASCA Mindsets & Behaviors
Lesson 1	Dealing with Multiple Feelings	Self-Awareness / Identifying Emotions	M 1.; B-SMS 7.
Lesson 2	Practicing Self-Discipline	Self-Management / Self-Discipline	B-SMS 1.; B-SMS 2.; B-SMS 5.
Lesson 3	Balancing Listening and Talking	Social Awareness / Respect for Others	B-SS 1.
Lesson 4	Maintaining Friendship Groups	Relationship Skills / Relationship Building	B-SS 2.; B-SMS 7.
Lesson 5	Being a Responsible Citizen	Responsible Decision-Making / Ethical Responsibility	M 3.; B-SS 5.; B-SS 8.; B-SS 9.
Lesson 6	I am Valuable	Self-Awareness / Self-Confidence	M 2.; M 5.; M 6.; B-LS 4.
Lesson 7	Setting Life Goals	Self-Management / Goal Setting	B-SMS 4.; B-SMS 5.
Lesson 8	Respect the Planet	Social Awareness/ Respect For Others	B-SS 5.
Lesson 9	Being a Strong Team Leader	Relationship Skills / Teamwork	B-SS 6.; B-SS 7.
Lesson 10	Short-Term and Long-Term Solutions	Responsible Decision-Making / Solving Problems	B-LS 1.
Lesson 11	Using My Strengths to Help Others	Self-Awareness / Recognizing Strengths	B-SS 2.; B-SS 3.; B-SS 4.; B-SS 5.
Lesson 12	Organize; Prioritize; Optimize	Self-Management / Organizational Skills	B-LS 3.; B-SMS 1.
Lesson 13	Results of Different Perspectives	Social Awareness / Perspective-Taking	B-SS 2.; B-SS 4.; B-SS 9.
Lesson 14	Conflict vs. Bullying	Relationship Skills / Social Engagement	M 3.; B-SS 2.; B-SS 8.; B-SS 9.
Lesson 15	My Friend Has a Problem	Responsible Decision-Making / Identifying Problems	B-LS 1.; B-SS 1.
Lesson 16	Understanding My Personality	Self-Awareness / Accurate Self-Perception	M 1.
Lesson 17	Consequences of Stress	Self-Management / Stress Management	B-SMS 7.
Lesson 18	Appreciating Diversity	Social Awareness / Appreciating Diversity	B-SS 2.; B-SS 4.
Lesson 19	Having Difficult Conversations	Relationship Skills / Communication	B-SS 1.; B-SS 2.; B-SS 8.
Lesson 20	Anticipating a Situation	Responsible Decision-Making / Analyzing Situations	B-LS 1.
Lesson 21	Character Helps Me Succeed	Self-Awareness / Self-Efficacy	M 5.
Lesson 22	Impulses and My Brain	Self-Management / Impulse Control	M 1.; B-SMS 2.; B-SMS 7.
Lesson 23	Empathy in Action	Social Awareness / Empathy	B-SS 5.; B-SS 6.
Lesson 24	Evaluating Information	Responsible Decision-Making / Evaluating	M 5.; B-SMS 1.; B-LS 3.; B-LS 9.
Lesson 25	Self-Motivation Leads to Success	Self-Management / Self-Motivation	M 1.; M 2.; M 5.; M 6.; B-LS 4.
Lesson 26	Where Do I Go From Here?	Responsible Decision-Making / Reflecting	B-LS 1.; M 6.; B-SMS 1.; B-SMS 7; B-SS 5.
Lesson 27	Setting Yourself up for Future Success	SEL Plus – Academic Achievements	B-LS 3.; B-LS 7.
Lesson 28	Why Bullies Bully	SEL Plus – Bullying	B-SMS 7.; B-SMS 9.; B-SS 1.; B-SS 8.
Lesson 29	Technology Safety	SEL Plus – Personal Safety	B-LS 5.; B-SMS 2.; B-SMS 9.; B-SS 5.
Lesson 30	Consequences of Honesty and Dishonesty	SEL Plus – Honesty	M 1.; B-SMS 1.
Lesson 31	Reframing Anxious Thoughts	SEL Plus – Feeling Anxious	M 6.; B-SMS 7.; B-SMS 10.; B-SS 9.
Lesson 32	Handling Broken Promises	SEL Plus – Disappointment	M 1.; B-SMS 1.; B-SMS 7.
Lesson 33	Mood: Changes in My Body and My Brain	SEL Plus – Moods	M 1.; B-SMS 7.; B-SMS 10.
Lesson 34		SEL Plus – Transition	M 1.; M 6.; B-SS 1; B-SS 2.
Lesson 35	3rd-5th: Dealing With Grief	SEL Plus – Grief	B-SMS 10.; B-SS 1.; B-SS 3.
Lesson 36	3rd-5th: The Gift of Gratitude	SEL Plus – Gratitude	