Quaver Ready

Scope and Sequence

4th Grade

HOMES AND COMMUNITIES
SCHOOLS
CLASSROOMS

SELF-AWARENESS
SELF-MANAGEMENT
SOCIAL AND EMOTIONAL LEARNING
RESPONSIBLE DECISION-MAKING
SOCIAL AWARENESS
RELATIONSHIP SKILLS

SEL CURRICULUM AND INSTRUCTION
SCHOOL-WIDE PRACTICES AND POLICIES
FAMILY AND COMMUNITY PARTNERSHIPS

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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

Quaver Ready™ 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	4TH GRADE LESSON	SEL COMPETENCY/SUB-COMPETENCY
1	Understanding My Feelings	Self-Awareness / Identifying Emotions
2	Benefits of Self-Discipline	Self-Management / Self-Discipline
3	Thinking Before Speaking	Social Awareness / Respect for Others
4	Celebrating Our Friendships	Relationship Skills / Relationship Building
5	Understanding Right from Wrong	Responsible Decision-Making / Ethical Responsibility
6	Recovering My Self-Confidence	Self-Awareness / Self-Confidence
7	Setting Long-Term Goals	Self-Management / Goal Setting
8	Respect for My Community	Social Awareness/ Respect For Others
9	Keeping the Team Together	Relationship Skills / Teamwork
10	Making the Right Decision	Responsible Decision-Making / Solving Problems
11	My Personality Traits	Self-Awareness / Recognizing Strengths
12	Optimizing My Time	Self-Management / Organizational Skills
13	My Actions and Words Affect Others	Social Awareness / Perspective-Taking
14	What Is Bullying?	Relationship Skills / Social Engagement
15	Preventing the Problem	Responsible Decision-Making / Identifying Problems
16	Improving Myself	Self-Awareness / Accurate Self-Perception
17	Different Types of Stress	Self-Management / Stress Management
18	Similarities and Differences of Cultures	Social Awareness / Appreciating Diversity
19	Reading Body Language	Relationship Skills / Communication
20	Learning from Situations	Responsible Decision-Making / Analyzing Situations
21	Steps to Complete a Task	Self-Awareness / Self-Efficacy
22	Controlling My Thoughts	Self-Management / Impulse Control
23	How to Express Empathy	Social Awareness / Empathy
24	Evaluating Our Decisions	Responsible Decision-Making / Evaluating
25	Long-Term Motivation	Self-Management / Self-Motivation
26	How Do I Apply My Reflection?	Responsible Decision-Making / Evaluating
27	Good Study Skills	SEL Plus – Academic Achievements
28	Standing Up for Others	SEL Plus – Bullying
29	Setting Personal Boundaries	SEL Plus – Personal Safety
30	Being Honest with Myself and Others	SEL Plus – Honesty
31	What I Feel Anxious About	SEL Plus – Anxiety
32	Setting Realistic Expectations	SEL Plus – Disappointment
33	When a Mood Stays Too Long	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 **Understanding My Feelings**	**Sub-Competency:** Identifying Emotions The purpose of this lesson is for students to explore categories and intensity levels of various emotions and understand that the way they experience emotions is unique and personal to each individual.	• Identify different major categories that emotions may fall into: happiness, anger, sadness, fear, disappointment, and so on. • Eplore that various emotions fall into the same family based on level of intensity (i.e. in the family of happiness: low level: satisfied, medium level: happy, high level: overjoyed). • Describe how they experience various emotions and recognize that how they experience an emotion is unique to their own personal experience.
Lesson 6 **Recovering My Self-Confidence**	**Sub-Competency:** Self-Confidence The purpose of this lesson is for students to learn how to recover their self-confidence after a failure.	• Discuss self-confidence and how to recover it after experiencing failure by finding learning opportunities. • Identify learning opportunities in given obstacles. • Analyze given goals and create strategies to overcome obstacles.
Lesson 11 **My Personality Traits**	**Sub-Competency:** Recognizing Strengths The purpose of this lesson is to help students understand that they are unique individuals.	• Learn that they have many different personality traits. • Identify personality traits that may be positive or negative. • Describe how their personality traits set them apart from everyone else, making them unique.
Lesson 16 **Improving Myself**	**Sub-Competency:** Accurate Self-Perception The purpose of this lesson is for students to explore the steps needed to improve skills.	• Discuss the importance of practice and how it is related to getting better at a skill. • Explore the concept of feedback and why getting feedback from others can help us improve. • Discuss positive mindset and how that line of thinking can help them stay motivated to improve.
Lesson 21 **Steps to Complete a Task**	**Sub-Competency:** Self-Efficacy The purpose of this lesson is to help students understand the importance of resilience in daily life.	• Define resiliency. • Discuss situations that require resiliency. • Draw connections between resiliency and success in life.

Self-Management

	LESSON PURPOSE	OBJECTIVES–Students Will Be Able to:
Lesson 2 **Benefits of Self-Discipline**	**Sub-Competency:** Self-Discipline The purpose of this lesson is for students to understand the benefits of self-discipline and how it can be practiced.	• Define the term self-discipline and explore its benefits. • Identify the benefits of practicing self-discipline in the context of a story. • Analyze specific situations and choose actions with the most favorable outcomes.
Lesson 7 **Setting Long-Term Goals**	**Sub-Competency:** Goal Setting The purpose of this lesson is for students to define long-term goal, identify a goal or goals that they are working towards long-term, and create small, measurable steps towards meeting long-term goals.	• Define a long-term goal that they have for a given period of time (i.e. school year, calendar year, sports season). • Define smaller, short-term goals they can set to help the accomplish their larger goal. • Identify potential "speed bumps" or other factors they may need to address or adjust for along the way. • Explore and select a way of keeping track of progress toward the goal.
Lesson 12 **Optimizing My Time**	**Sub-Competency:** Organizational Skills The purpose of this lesson is for students to explore how they manage their time and learn strategies to help them organize their time wisely.	• Describe how managing time well will help get things done efficiently. • Demonstrate how to use time wisely. • Share ideas with other students about managing time. • Utilize the practice of "Organize, Optimize, Prioritize" when managing time.
Lesson 17 **Different Types of Stress**	**Sub-Competency:** Stress Management The purpose of this lesson is to differentiate between good and bad stress, and analyze both types of stress expressed in a given situation.	• Identify and describe good stress. • Identify and describe bad stress. • Discuss situations that cause different types of stress.
Lesson 22 **Controlling My Thoughts**	**Sub-Competency:** Impulse Control The purpose of this lesson is for students to become more aware of how to control their thoughts and how their thoughts affect feelings and actions.	• Identify ways in which thoughts affect feelings and actions. • Practice reframing negative thoughts as positive ones.
Lesson 25 **Long-Term Motivation**	**Sub-Competency:** Self-Motivation The purpose of this lesson is to discover how long-term motivation is important for achieving certain goals.	• Define long-term motivation. • Identify goals that require long-term motivation. • Discuss differences between short-term and long-term motivation.

Social Awareness

	LESSON PURPOSE	OBJECTIVES–Students Will Be Able to:
Lesson 3 **Thinking Before Speaking**	**Sub-Competency:** Respect for Others The purpose of this lesson is for students to learn to be intentional with their thoughts and speech.	• Learn the importance of thinking before speaking. • Contrast when someone blurts out an answer versus takes time to think before answering. • Learn the word intentional and apply that to their thoughts.
Lesson 8 **Respect for My Community**	**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 community.	• Discuss and participate in the different ways we can show respect to our community. • Identify the different members that make the community and how we can show respect for them.
Lesson 13 **My Actions and Words Affect Others**	**Sub-Competency:** Perspective-Taking The purpose of this lesson is for students to explore the perspectives from which others view the world, and how our perspectives are viewed through various lenses.	• Learn that we all have different perspectives based on various factors. • Explore how culture, community, family, and experience affect our perspectives.
Lesson 18 **Similarities and Differences of Cultures**	**Sub-Competency:** Appreciating Diversity The purpose of this lesson is for students to learn that despite cultural differences, people of different cultural backgrounds have many similarities.	• Share their cultural stories, learning that they may celebrate different events based on their community or cultural backgrounds. • Learn that cultures often have unique forms of art and music. • Make connections between their own culture and other cultures.
Lesson 23 **How to Express Empathy**	**Sub-Competency:** Empathy The purpose of this lesson is for students to define what empathy is and learn how to express it in actions toward others.	• Define empathy. • Explain how empathy benefits our relationships. • Explore ways to express empathy in different situations.

Relationship Skills

	LESSON PURPOSE	OBJECTIVES–Students Will Be Able to:
Lesson 4 **Celebrating Our Friendships**	**Sub-Competency:** Relationship Building The purpose of this lesson is for students to build and express appreciation for the value of their current friendships by treating friends with respect.	• Explore the importance of sharing friends with others, recognizing that friends are not possessions. • Learn to value their best friends while also saving room for additional friends. • Explore how to deal with feelings of jealousy within their groups of friends.
Lesson 9 **Keeping the Team Together**	**Sub-Competency:** Teamwork The purpose of this lesson is for students to learn cooperation skills necessary to keep a team united.	• Identify when there are problems in a team. • Identify two ways to cooperate with team members. • Understand the importance of keeping a team united. • Learn how to talk through problems within the team.
Lesson 14 **What Is Bullying?**	**Sub-Competency:** Social Engagement The purpose of this lesson is for students to develop a working definition of what is and is not bullying.	• Learn the key factors that contribute to a situation that make it bullying. • Explore a variety of situations and determine whether or not the situation involves bullying. • Discuss instances in which they have been involved in bully situations as bystander, victim, or bully.
Lesson 19 **Reading Body Language**	**Sub-Competency:** Communication The purpose of this lesson is for students to decipher forms of non-verbal communication such as body language and facial expressions to determine messages that others are trying to convey.	• Recognize and identify five facial expressions. • Recognize and identify five different body postures.

| | LESSON PURPOSE | OBJECTIVES–Students Will Be Able to: |

Responsible Decision-Making

Lesson 5
Understanding Right from Wrong

Sub-Competency: Ethical Responsibility

The purpose of this lesson is for students to distinguish between right and wrong when choosing a course of action.

- Discuss what makes a choice right or wrong.
- Analyze given situations to choose the right course of action.
- Brainstorm and act out different solutions to given problems.

Lesson 10
Making the Right Decision

Sub-Competency: Solving Problems

The purpose of this lesson is for students to identify the right solution to a problem.

- List and analyze choices to solve a problem.
- Discuss what makes a "right" choice.
- Decide which choice to solve a problem is correct.

Lesson 15
Preventing the Problem

Sub-Competency: Identifying Problems

The purpose of this lesson is for students to explore how to prevent problems which will benefit them in future situations.

- Discuss strategies to prevent problems in a situation.
- Analyze strategies to prevent problems in a situation.
- Apply strategies to prevent problems in a situation.

Lesson 20
Learning from Situations

Sub-Competency: Analyzing Situations

The purpose of this lesson is for students to analyze a variety of situations, discuss, and role play the lessons that can be learned from a situation.

- Analyze a variety of situations.
- Discuss different lessons that are learn situation.
- Role play different situations that they from.

Lesson 24
Evaluating Our Decisions

Sub-Competency: Evaluating

The purpose of this lesson is to develop an evaluation criteria for good decision making.

- Evaluate past decisions and what could be learned from them.
- Identify criteria used for evaluating decisions.
- Apply evaluation criteria to new decisions.

Lesson 26
How Do I Apply My Reflection?

Sub-Competency: Reflecting

The purpose of this lesson is for students to understand the importance of reflecting on past situations which will help them make better decisions in the future

- Discuss three ways they may apply reflecting in their lives.
- Describe what they have learned through reflection that they can apply in future situations.

SEL Plus

	LESSON PURPOSE	OBJECTIVES–Students Will Be Able to:
Lesson 27 **Good Study Skills**	**Sub-Competency:** Academic Achievements The purpose of this lesson is for students to describe skills and habits that set them up for academic success.	• Discuss how organization and routines help us study. • Identify specific study skills necessary for academic success. • Identify non-academic habits that lead to academic success.
Lesson 28 **Standing Up for Others**	**Sub-Competency:** Bullying The purpose of this lesson is for students to identify ways in which bystanders can stand up for victims in bullying situations.	• Review what a bystander is and the role that bystanders play in bullying situations. • Provide examples of assertive things bystanders can say to stand up for victims. • Explore other ways in which bystanders can help victims of bullying.
Lesson 29 **Setting Personal Boundaries**	**Sub-Competency:** Personal Safety The purpose of this lesson is for students to learn about setting personal boundaries to keep themselves physically and emotionally safe. Students will also learn what to do if someone breaks their personal boundaries.	• Define personal boundaries. • Learn how to speak up assertively when someone breaks a personal boundary. • Identify trusted adults they can confide in if someone breaks their personal boundary.
Lesson 30 **Being Honest with Myself and Others**	**Sub-Competency:** Honesty The purpose of this lesson is to help students to recognize their values, personality, strengths, and talents and understand the importance of being honest with themselves and others.	• Identify their values, personality, strengths, and talents. • List reasons why it's important to stay true to their values, personality, strengths and talents.
Lesson 31 **What I Feel Anxious About**	**Sub-Competency:** Anxiety The purpose of this lesson is for students to identify situations or activities that routinely result in feelings of anxiousness.	• Identify situations and activities that regularly result in them feeling anxious. • Discuss ways in which they can prepare for situations and activities that regularly lead to anxious feelings. • Practice basic mindfulness activities that can be used when feeling anxious.
Lesson 32 **Setting Realistic Expectations**	**Sub-Competency:** Disappointment The purpose of this lesson is to help students set realistic expectations in academics, relationships, at home, and in the future.	• Define the terms realistic and unrealistic and explain the difference between the two. • Identify the expectations they have for themselves. • Evaluate whether their own expectations are realistic or not. • Set realistic expectations in academics, relationships, at home, or in the future.
Lesson 33 **When a Mood Stays Too Long**	**Sub-Competency:** Moods The purpose of this lesson is for students to identify characteristics of a long-lasting mood and determine steps to take if the mood becomes problematic.	• Identify characteristics of a long-lasting mood. • Determine steps to take if a long-lasting mood becomes problematic.

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.	• 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.	• Define grief. • Categorize grief as situational or personal. • Identify various feelings associated with grief. • Express ways to personally process grief.
Lesson 36 **3rd-5th: The Gift of Gratitude**	**Sub-Competency:** Grief The purpose of this lesson is to understand the value of gratitude and explore ways to express gratefulness in our daily lives.	• Define gratitude. • Explain why gratitude is important. • Explore ways to express gratitude.