



Scope and Sequence

Pre-Kindergarten





PRE K

Scope and Sequence

QuaverReady 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:
<p>Lesson 3 Saying, “Hello!”</p>	<p>Sub-Competency: Self-Confidence</p> <p>The purpose of this lesson is to build student communication skills in order to initiate conversations with others.</p>	<ul style="list-style-type: none"> • Identify conversation-starter phrases. • Practice initiating communication with others. • Identify and attempt positive interactions with peers.
<p>Lesson 8 All Kinds of Friends</p>	<p>Sub-Competency: Recognizing Strengths</p> <p>The purpose of this lesson is to develop an understanding of each other's unique traits in a positive manner.</p>	<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.
<p>Lesson 21 Naming My Feelings</p>	<p>Sub-Competency: Accurate Self-Perception</p> <p>The purpose of this lesson is for students to deepen their understanding of the connections between their feelings and their daily lives and experiences.</p>	<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.
<p>Lesson 22 How Are They Feeling?</p>	<p>Sub-Competency: Identifying Emotions</p> <p>The purpose of this lesson is to explore the connection between feelings and daily events.</p>	<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

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



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