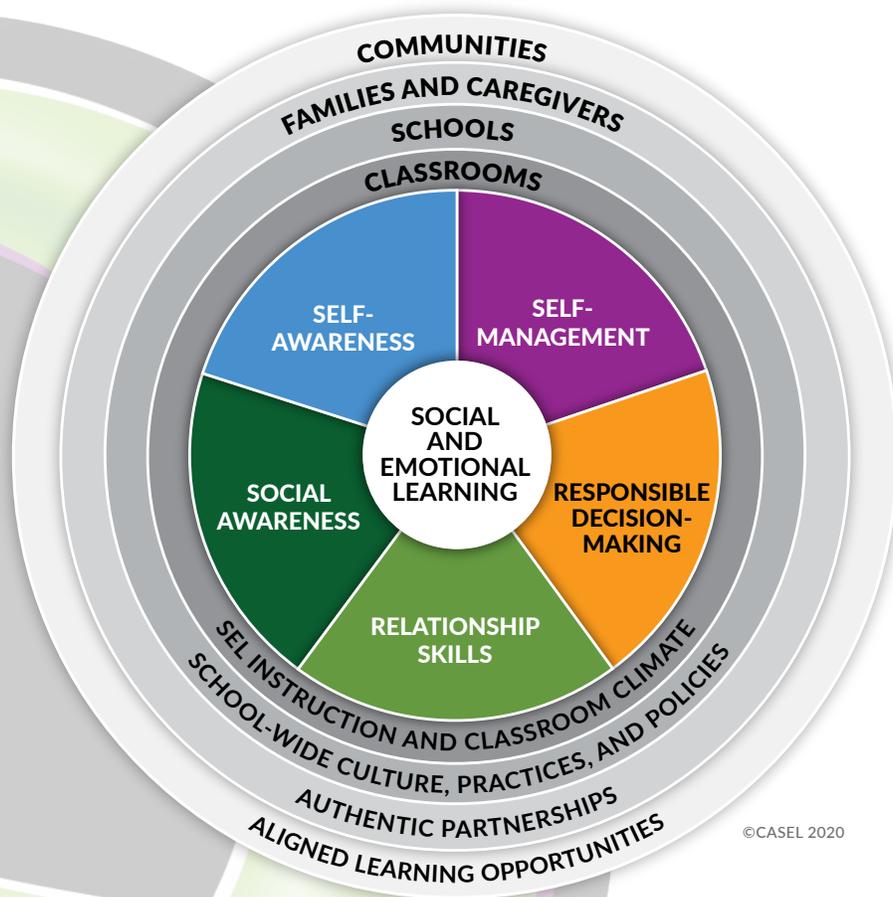


Quaver Ready™

Scope and Sequence

All Grades





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Quaver Plus Competencies Highlight Important Topics Not Addressed by CASEL

- Academic Achievements
- Bullying
- Personal Safety
- Honesty
- Anxiety
- Disappointment
- Moods
- Transition
- Grief
- Gratitude



Scope and Sequence

PRE-K

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	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 manipulatives 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 The purpose of this lesson is to understand what classroom rules and routines are.	<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 The purpose of this lesson is to define happiness and the choices one can make to feel happy.	<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 The purpose of this lesson is to explore the connection between listening and learning.	<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 The purpose of this lesson is to develop and practice listening skills and behaviors.	<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 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.	<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 The purpose of this lesson is to explore different activities and experiences that develop students' understanding of the world.	<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 PURPOSE	OBJECTIVES – Students Will Be Able To:
<p>Lesson 2 My First Day at School</p>	<p>Sub-Competency: Respect for Others</p> <p>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.</p>	<ul style="list-style-type: none">• Identify personal space.• Demonstrate respectful play and interactions with peers.• Explore communication with peers.
<p>Lesson 13 Being Kind</p>	<p>Sub-Competency: Empathy</p> <p>The purpose of this lesson is to explore ways to show kindness to others and discuss the connection between kindness and friendship.</p>	<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.
<p>Lesson 14 Take the Time to Be Kind</p>	<p>Sub-Competency: Perspective Taking</p> <p>The purpose of this lesson is to identify and discuss different ways to show kindness to others.</p>	<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.



Responsible Decision-Making

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
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 an attainable goal.• Create steps to accomplish the goal.• Discuss emotions throughout the creation, implementation of steps, and accomplishment of the 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.



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



Self-Awareness

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 1 I Am Happy	Sub-Competency: Identifying Emotions The purpose of this lesson is for students to identify and explore what makes them happy.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today using facial expressions and body language.• Identify three things that make them happy.• Name something that makes another person happy.
Lesson 6 I Am Confident	Sub-Competency: Self-Confidence The purpose of this lesson is for students to learn how to build confidence in themselves and in others.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today using facial expressions and body language.• Define and explain confidence.• Name one thing they would like to do in life.
Lesson 11 Discovering My Strengths	Sub-Competency: Recognizing Strengths The purpose of this lesson is for students to recognize a strength they have.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling.• Name and describe at least one thing they are good at.• Understand and be able to explain the meaning of the word strength as it relates to a talent or skill.
Lesson 16 How I Feel	Sub-Competency: Accurate Self-Perception The purpose of this lesson is for students to identify words for various emotions and discover how to use them to describe how they are feeling.	<ul style="list-style-type: none">• Learn to name how they are feeling.• Identify situations or triggers that lead to certain feelings.
Lesson 21 I Can Do It	Sub-Competency: Self-Efficacy The purpose of this lesson is to help students understand that what we think affects how we behave.	<ul style="list-style-type: none">• Identify two positive feelings.• Identify two positive thoughts.• Explain how positive thoughts and feelings can help one accomplish hard tasks.



Self-Management

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 2 Following Rules	Sub-Competency: Self-Discipline The purpose of this lesson is to explore the benefits to myself and others when I follow the rules.	<ul style="list-style-type: none">• Explain how following the rules show care and kindness for ourselves and others.• Create three examples of rules for a given area of the school.
Lesson 7 I Am Growing	Sub-Competency: Goal Setting The purpose of this lesson is to help students develop a growth mindset and to understand that reaching a goal takes time and effort.	<ul style="list-style-type: none">• Understand that it takes time and effort to learn something new.• Explain why it is important to try your best and be patient when learning new things.• Create a goal statement using the word “yet.”
Lesson 12 Putting Things in Order	Sub-Competency: Organizational Skills The purpose of this lesson is for students to learn how organizing helps us in many ways.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling.• Organize something in the classroom.• Name two reasons why organizing helps us in life.
Lesson 17 When I Worry	Sub-Competency: Stress Management The purpose of this lesson is for students to learn ways of coping when they are feeling worried, overwhelmed, or stressed.	<ul style="list-style-type: none">• Define worry.• Describe how it feels to be worried.• Name 3 actions to take when feeling worried.
Lesson 22 Controlling Myself	Sub-Competency: Impulse Control The purpose of this lesson is for students to understand that they have control over their bodies and that there are acceptable and unacceptable actions for different situations.	<ul style="list-style-type: none">• Identify appropriate use of voice and body in various situations.• Demonstrate control of voice and body.
Lesson 25 Why We Go to School	Sub-Competency: Self-Motivation The purpose of this lesson is for students to explore self-motivation and realize that going to school is important.	<ul style="list-style-type: none">• Identify the reasons why attending school daily is important.• Connect daily steps to achieving long-term goals.• Identify school as a place where students learn to work with others and make friends.



Social Awareness

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 3 Learning to Listen	Sub-Competency: Respect for Others The purpose of this lesson is for students to practice listening skills.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today.• Describe two ways to show they are listening to somebody.
Lesson 8 Please and Thank You	Sub-Competency: Respect for Others The purpose of this lesson is to help students build relationships by using “please” and “thank you.”	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today using facial expressions and body language.• Explain what respecting others means.• Role-play a conversation that involves good manners.
Lesson 13 I Am Different from You	Sub-Competency: Perspective-Taking The purpose of this lesson is for students to understand that we all like different things.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling.• Express at least one preference during the class.• Name something they like that is different from someone else.
Lesson 18 We Are Different	Sub-Competency: Appreciating Diversity The purpose of this lesson is to understand diversity and recognize how although we are different, differences can be celebrated and accepted.	<ul style="list-style-type: none">• Understand diversity.• Explain diversity.• Recognize and learn how we are different.
Lesson 23 Understanding Others’ Feelings	Sub-Competency: Empathy The purpose of this lesson is for students to realize that they may feel differently from their friends about the same situation, and that they can view situations from another perspective.	<ul style="list-style-type: none">• Understand what the phrase “walking in someone else’s shoes” means.• Identify another’s feelings when viewing various scenarios.• Act out how they would feel in various situations.



Relationship Skills

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 4 Making Friends	Sub-Competency: Relationship Building The purpose of this lesson is to help students learn how to be a good friend.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today.• Name three traits of a good friend.
Lesson 9 Working Together	Sub-Competency: Teamwork The purpose of this lesson is for students to understand the importance of working together as a team and to practice teamwork as a strategy for problem-solving.	<ul style="list-style-type: none">• Identify characteristics of teamwork.• Make a connection between teamwork and accomplishing a collective goal.• Practice using teamwork as a problem-solving strategy.• List three reasons working on a team is beneficial.
Lesson 14 Sharing and Taking Turns	Sub-Competency: Social Engagement The purpose of this lesson is for students to recognize different ways in which they can share and take turns with others.	<ul style="list-style-type: none">• Link a body language pose with an emotion.• Discover how people feel when they share.• Problem-solve ways to share different items and activities.
Lesson 19 Talking to Each Other	Sub-Competency: Communication The purpose of this lesson is to help students learn the steps to having a conversation.	<ul style="list-style-type: none">• Name three steps of good conversation skills.• Evaluate examples and non-examples of good conversation skills.• Practice good conversation skills with a peer.



Responsible Decision-Making

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 5 I Care	Sub-Competency: Ethical Responsibility The purpose of this lesson is to understand the importance of caring for others and to identify specific ways to show how we care.	<ul style="list-style-type: none">• Identify situations where we can show care for others.• Discuss ways we can show we care.
Lesson 10 Finding My Way	Sub-Competency: Solving Problems The purpose of this lesson is for students to understand different kinds of problems and how they can solve them for someone else.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today.• Name one way to help someone else.• Describe a way to solve someone else's problem.
Lesson 15 What Is a Problem?	Sub-Competency: Identifying Problems The purpose of this lesson is to help students understand what makes a problem.	<ul style="list-style-type: none">• Identify and name an emotion that they are feeling.• Learn to recognize and name a problem.• Decide between a situation that is a problem and one that isn't.
Lesson 20 What Is a Situation?	Sub-Competency: Analyzing Situations The purpose of this lesson is to help students understand situations and how to deal with them.	<ul style="list-style-type: none">• Define situation.• Identify what happens in a situation where there is a problem.
Lesson 24 I Can Make It Better	Sub-Competency: Evaluating The purpose of this lesson is to teach students that there is room for improvement when completing a task or project.	<ul style="list-style-type: none">• Identify what makes something good.• Evaluate one way to make a class procedure better.
Lesson 26 What Can I Remember?	Sub-Competency: Reflecting The purpose of this lesson is for students to learn how reflections and memory are connected.	<ul style="list-style-type: none">• Define memory and feeling.• Identify what you can remember and how you felt about it.



Quaver Plus

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 27 Be a STAR Student	Sub-Competency: Academic Achievements The purpose of this lesson is for students to explore feelings experienced when goals are met and to develop strategies for setting them.	<ul style="list-style-type: none">• Explore the elements of STAR goals and learn how to set them.• Discuss specific ways to achieve STAR goals at home and at school.
Lesson 28 Using Kind Words	Sub-Competency: Bullying The purpose of this lesson is for students to explore feelings that are experienced when others say kind and unkind words, and to practice using kind words.	<ul style="list-style-type: none">• Describe how they think others feel when people say kind or unkind words to them.• Explore steps to take when others say unkind words to them.• Practice saying kind words and phrases to peers.
Lesson 29 Safe and Unsafe Strangers	Sub-Competency: Personal Safety The purpose of this lesson is for students to understand who strangers are and to explore situations and strategies regarding strangers.	<ul style="list-style-type: none">• Define a stranger as anyone they do not know, and that they can be of any age and have any appearance.• Identify trusted adults they can go to if they are approached by a stranger.• Identify times when a stranger can be a safe person based on their role.
Lesson 30 What Is Honesty?	Sub-Competency: Honesty The purpose of this lesson is for students to understand what honesty is and why it is important.	<ul style="list-style-type: none">• Define honesty.• Describe the benefits of honesty in their daily lives.• Identify emotions they experience when telling the truth.
Lesson 31 Trying New Things	Sub-Competency: Anxiety The purpose of this lesson is to encourage students to try new things and to explain why that is important.	<ul style="list-style-type: none">• Discover that trying new things will help you learn what you like and don't like.• Understand that trying new things helps you build skills and character.• Practice how to overcome a fear.
Lesson 32 Being Disappointed	Sub-Competency: Disappointment The purpose of this lesson is for students to learn strategies to deal with disappointment.	<ul style="list-style-type: none">• Understand that it is okay to feel more than one feeling at a time.• Follow the four steps to Paw-sitivity to work through disappointment.



Quaver Plus	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 33 We Have Different Feelings	Sub-Competency: Moods The purpose of this lesson is to explore ways to cope with unwanted feelings.	<ul style="list-style-type: none">• Discuss different feelings they might experience.• Understand they can change the way they feel if they don't like the feeling they're having.• Explore how movement and exercise can impact the way we are feeling.
Lesson 34 K-2: Coping with Difficult Times	Sub-Competency: Transition The purpose of this lesson is to help students transition back into school by building community in the classroom and increasing social interactions between children and adults.	<ul style="list-style-type: none">• Identify how they are feeling about returning to school.• Define community.• Identify what it means to build trust.
Lesson 35 K-2: What Is Grief?	Sub-Competency: Grief The purpose of this lesson is to define grief and create a safe and supportive space for students to explore ways to express feelings when grieving.	<ul style="list-style-type: none">• Define grief.• Identify 3 ways to express feelings when grieving.• Categorize what is being grieved.
Lesson 36 K-2: Being Grateful	Sub-Competency: Gratitude The purpose of this lesson is to define gratitude and to suggest ways students can demonstrate gratitude in their daily lives.	<ul style="list-style-type: none">• Define gratitude.• Understand how gratitude benefits their relationships.• List three ways to demonstrate gratitude.



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



Self-Awareness

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 1 Sharing Happiness	Sub-Competency: Identifying Emotions The purpose of this lesson is for students to discuss and understand their own emotions as well as spreading happiness to others.	<ul style="list-style-type: none">• Define emotion.• Identify 3 things that make them happy.• Discuss ways to brighten someone’s day.
Lesson 6 Building Confidence	Sub-Competency: Self-Confidence The purpose of this lesson is to for students to learn about confidence and how to build it in themselves and others.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today using facial expressions and body language.• Learn a chant about confidence.• Memorize at least two confidence-boosting phrases.
Lesson 11 Sharing My Strengths	Sub-Competency: Recognizing Strengths The purpose of this lesson is to help students understand that they can share their strengths and knowledge with other people.	<ul style="list-style-type: none">• Name two strengths they have.• Teach and demonstrate to a classmate how to do something they can do.
Lesson 16 Showing My Feelings	Sub-Competency: Accurate Self-Perception The purpose of this lesson is for students to identify individuals they can talk to about their feelings as well as learn how to effectively utilize “I-Messages” to communicate about their feelings.	<ul style="list-style-type: none">• Identify trusted individuals to share their feelings with.• Describe their feelings and the events that led to them feeling this way.
Lesson 21 Positive Mindset	Sub-Competency: Self-Efficacy The purpose of this lesson is to understand that a positive mindset will help you achieve your goals.	<ul style="list-style-type: none">• Define a positive mindset.• Compare and contrast negative thoughts and feelings to positive thoughts and feelings.• Explain how a positive mindset will help meet goals.



Self-Management

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 2 Rules Help Us	Sub-Competency: Self-Discipline The purpose of this lesson is to help students understand the importance of rules.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today.• Name one rule that is used at home or in school.• Describe a rule you have to keep over and over again each day.
Lesson 7 Setting Goals	Sub-Competency: Goal Setting The purpose of this lesson is to define goals and steps needed to reach them in the future.	<ul style="list-style-type: none">• Define goal.• Express the importance of setting goals.• Provide examples of goals for the future.
Lesson 12 Organizing Myself	Sub-Competency: Organizational Skills The purpose of this lesson is to help students understand that organizing their things helps them locate them, and helps save time. This in turn leads to getting more done.	<ul style="list-style-type: none">• Name a reason why being organized can save time.• Explain why organization can help them feel calm.
Lesson 17 I Feel Stressed	Sub-Competency: Stress Management The purpose of this lesson is to help students be able to understand and deal with feelings of being overwhelmed or stressed.	<ul style="list-style-type: none">• Learn and name one simple way to alleviate stress.• Understanding what causes the underlying feelings of being overwhelmed.
Lesson 22 Practicing My Self-Control	Sub-Competency: Impulse Control The purpose of this lesson is for students to identify when they are not in control of their emotions and to practice calm-down coping skills.	<ul style="list-style-type: none">• Identify warning signs their body gives when they are losing control.• Practice calm-down strategies to help regain control.
Lesson 25 Things I Should Do	Sub-Competency: Self-Motivation The purpose of this lesson is for students to examine the value of taking care of responsibilities, and to understand that some responsibilities are important but may not be fun.	<ul style="list-style-type: none">• Define the word responsible and give examples of responsible choices.• Identify that to grow healthy and strong, we often have to make choices that are responsible.



Social Awareness

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 3 Listening Carefully	Sub-Competency: Respect for Others The purpose of this lesson is to practice active listening skills and to understand why it is important to listen carefully.	<ul style="list-style-type: none">• Discuss what it means to listen carefully.• Practice active listening skills.• List 3 reasons it is important to listen carefully.
Lesson 8 Good Manners	Sub-Competency: Respect for Others The purpose of this lesson is for students to understand what good manners are and why it is important to be polite.	<ul style="list-style-type: none">• Define what manners are.• Name three situations where they can show good manners.• Determine the importance of good manners.
Lesson 13 Understanding You	Sub-Competency: Perspective-Taking The purpose of this lesson is for students to understand that people like different things and make different choices.	<ul style="list-style-type: none">• Name something they like to do that is the same as someone else.• Name something they like to do that is different from someone else.
Lesson 18 How We're Different	Sub-Competency: Appreciating Diversity The purpose of this lesson is to understand our differences and why it's important to respect and include others who are different than you.	<ul style="list-style-type: none">• Explain why our differences should be celebrated.• Understand the importance of showing respect towards everyone.• Explore inclusion and its importance.
Lesson 23 Understanding My Friends	Sub-Competency: Empathy The purpose of this lesson is to help students read physical cues (body language) to understand how others are feeling.	<ul style="list-style-type: none">• Recognize facial expressions that accompany basic emotions (happy, sad, mad, scared, or worried).• Recognize that posture also provides cues to feelings.• Identify another's feelings when viewing various facial expressions and postures.



Relationship Skills

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 4 Friends Are Special	Sub-Competency: Relationship Building The purpose of this lesson is to encourage positive social relationships. Friends can have similar or different interests.	<ul style="list-style-type: none">• Learn interests of others.• Understand and respect the differences of others.• Identify similarities and differences between themselves and others.
Lesson 9 Parts of a Team	Sub-Competency: Teamwork The purpose of this lesson is for students to learn about, discuss, and practice being part of a team.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today using facial expressions and body language.• Define the word “team.”• Describe two different roles in a team.
Lesson 14 The Golden Rule	Sub-Competency: Social Engagement The purpose of this lesson is for students to discuss and practice the Golden Rule, linking it to the character trait of respect.	<ul style="list-style-type: none">• Learn the Golden Rule and connect it to the word “respect.”• Explain the Golden Rule.
Lesson 19 Having a Conversation	Sub-Competency: Communication The purpose of this lesson is for students to develop appropriate conversational skills, focusing on listening and taking turns.	<ul style="list-style-type: none">• Explore the basic steps of having a conversation with someone else.• Discuss how interrupting harms conversations with others.• Practice having a conversation.



Responsible Decision-Making

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 5 What I Care About	Sub-Competency: Ethical Responsibility The purpose of this lesson is to help students understand reasons it is important to care for others.	<ul style="list-style-type: none">• Identify reasons why it is important to care for your family, school, and community.• Demonstrate ways to show you care for your family, school, and community.
Lesson 10 I Can Solve Problems!	Sub-Competency: Solving Problems The purpose of this lesson is for students to utilize problem-solving skills to solve small problems independently.	<ul style="list-style-type: none">• Define problem-solving.• Differentiate between problems they can solve independently and problems that need an adult's help.• Identify three ways to solve a small problem independently.
Lesson 15 How I Feel About Problems	Sub-Competency: Identifying Problems The purpose of this lesson is for students to learn to identify feelings and coping strategies associated with experiencing problems.	<ul style="list-style-type: none">• Define problem.• Describe feelings experienced when facing a problem.• Identify ways to cope when experiencing a problem.
Lesson 20 Understanding Problems	Sub-Competency: Analyzing Situations The purpose of this lesson is to help students identify and analyze problem situations in order to understand them.	<ul style="list-style-type: none">• Explore a problem situation and determine the events that created it.• Role-play three problem situations and discuss what can be learned from them.
Lesson 24 Understanding What Worked	Sub-Competency: Evaluating The purpose of this lesson is to understand the concept and process of evaluation in order to learn and improve through asking questions.	<ul style="list-style-type: none">• Ask and answer three questions to evaluate work.• Evaluate work using reasons and evidence as support.• Make an evaluation craft to help apply evaluation questions.
Lesson 26 How Do I Reflect?	Sub-Competency: Reflecting The purpose of this lesson is for students to learn strategies to help them reflect.	<ul style="list-style-type: none">• Identify two questions to ask to help them reflect.• Identify two ways to practice reflecting.



Quaver Plus

LESSON PURPOSE

OBJECTIVES – Students Will Be Able To:

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 27 Trying My Best	Sub-Competency: Academic Achievements <p>The purpose of this lesson is for students to understand what their best effort is and why it is important.</p>	<ul style="list-style-type: none">• Discover what best effort looks like.• Understand the importance of giving their best effort.• Discuss how trying your best and giving your best effort makes yourself look the best.
Lesson 28 Standing Up for Me	Sub-Competency: Bullying <p>The purpose of this lesson is for students to explore their feelings when someone else has hurt their body or feelings. Students will also explore and practice assertive behaviors and phrases they can utilize in situations in which they may need to speak up for themselves.</p>	<ul style="list-style-type: none">• Describe steps they can take when someone else hurts their body or feelings.• Practice assertive phrases they can use if someone else is unkind to them.• Identify situations in which they would need to seek an adult’s help rather than try to handle the problem on their own.
Lesson 29 Safe and Unsafe Touch	Sub-Competency: Personal Safety <p>The purpose of this lesson is for students to differentiate between safe and unsafe touches, and for students to identify trusted adults to confide in if an unsafe touch occurs. This lesson is intended to educate students about all types of abuse using child-friendly terms.</p>	<ul style="list-style-type: none">• Define a safe touch as a touch in which they are comfortable, safe, or healthy (high five, pat on the back, fist bump, hug, shot from a doctor).• Define an unsafe touch as a touch in which they do not feel comfortable, safe, or healthy (hit, kick, uncomfortable hug, unwanted touch).• Practice saying “no” and other phrases, and tell a trusted adult about any unsafe touches.
Lesson 30 Why Honesty Is Important?	Sub-Competency: Honesty <p>The purpose of this lesson is to explain that honesty is important because it helps others to trust us.</p>	<ul style="list-style-type: none">• Explain why honesty is important.• Identify two situations in which it is important to tell the truth.• Provide two ways that honesty will help them in life.
Lesson 31 Big Changes Are Okay	Sub-Competency: Anxiety <p>The purpose of this lesson is for students to accept that change is an expected part of life and explore ways to cope with big changes in life.</p>	<ul style="list-style-type: none">• Define change as a natural part of life.• Discuss how changes impact us.• Explore how to cope with big changes in life.
Lesson 32 Understanding Disappointment	Sub-Competency: Disappointment <p>The purpose of this lesson is to identify disappointment and to understand that everyone feels it at times.</p>	<ul style="list-style-type: none">• Define disappointment.• Understand what causes disappointment.• Identify at least one way to deal with disappointment.



Quaver Plus

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 33 Having Two Feelings at the Same Time	Sub-Competency: Moods The purpose of this lesson is to help students understand that having more than one feeling at a time is normal.	<ul style="list-style-type: none">• Understand that at times they may feel two feelings at the same time.• Practice ways to control their behaviors when feeling mixed feelings.
Lesson 34 K–2: Coping with Difficult Times	Sub-Competency: Transition The purpose of this lesson is to help students transition back into school by building community in the classroom and increasing social interactions between children and adults.	<ul style="list-style-type: none">• Identify how they are feeling about returning to school.• Define community.• Identify what it means to build trust.
Lesson 35 K–2: What Is Grief?	Sub-Competency: Grief The purpose of this lesson is to define grief and create a safe and supportive space for students to explore ways to express feelings when grieving.	<ul style="list-style-type: none">• Define grief.• Identify 3 ways to express feelings when grieving.• Categorize what is being grieved.
Lesson 36 K–2: Being Grateful	Sub-Competency: Gratitude The purpose of this lesson is to define gratitude and to suggest ways students can demonstrate gratitude in their daily lives.	<ul style="list-style-type: none">• Define gratitude.• Understand how gratitude benefits their relationships.• List three ways to demonstrate gratitude.



Scope and Sequence

2

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



Self-Awareness

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 1 Identifying Strong Feelings	Sub-Competency: Identifying Emotions The purpose of the lesson is for students to identify different feelings that can be felt in a strong way, describe how they experience those feelings, and explore ways to discuss those feelings with others.	<ul style="list-style-type: none">• Identify the words that describe their feelings for that day.• Identify feelings that can be felt strongly.• Describe what strong feelings feel like in their experience as opposed to feelings that aren't strong.• Explore methods to calm down, including discussing their strong feelings.
Lesson 6 Showing I Am Confident	Sub-Competency: Self-Confidence The purpose of this lesson is for students to identify and describe ways to show self-confidence to the world.	<ul style="list-style-type: none">• Define self-confidence and discuss ways to show it.• Identify ways to show confidence in different situations.• Draw a visual representation of a confident action and write a sentence to describe it.
Lesson 11 My Strengths and Weaknesses	Sub-Competency: Recognizing Strengths The purpose of this lesson is to understand that everyone has strengths and weaknesses.	<ul style="list-style-type: none">• Identify and discuss qualities as strengths or weaknesses.• Understand that weaknesses are not failures, but instead, areas that need extra attention or effort.• Understand how to use positive self-talk and develop grit when dealing with their weaknesses.
Lesson 16 What My Feelings Mean	Sub-Competency: Accurate Self-Perception The purpose of this lesson is for students to learn that any emotion is internally valid, as it is their own personal experience.	<ul style="list-style-type: none">• Explore the concept that any feeling they feel is valid, but they must not hurt the body or feelings of anyone else.• Identify different clues that their bodies give them when they feel a certain way.• Discuss various ways to safely manage feelings.
Lesson 21 Growth Mindset	Sub-Competency: Self-Efficacy The purpose of this lesson is for students to understand what a growth mindset is and apply it in challenging situations.	<ul style="list-style-type: none">• Define a growth mindset.• Define a fixed mindset.• Name three ways to apply a growth mindset to a challenging situation.



Self-Management

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 2 The Reason for Rules	Sub-Competency: Self-Discipline The purpose of this lesson is to help students understand why rules are important.	<ul style="list-style-type: none">• Identify and discuss different people and places that need rules.• Create rules for given situations and settings.• Analyze the rules needed for specific situations and why they are needed.
Lesson 7 Setting a Short-Term Goal	Sub-Competency: Goal Setting The purpose of this lesson is for students to identify what constitutes a short-term goal, practice creating short-term goals, and explore how to measure progress towards attaining the goals set.	<ul style="list-style-type: none">• Identify the difference between a long-term goal and a short-term goal.• Create short-term goals for themselves.• Explore how to measure progress towards attaining short-term goals.
Lesson 12 Organization Is Important	Sub-Competency: Organizational Skills The purpose of this lesson is for students to discuss why organization is important.	<ul style="list-style-type: none">• Explain how organizing saves time.• Describe how poor organization makes it difficult to find things.• Discuss ways to organize themselves.• Explain how being disorganized is stressful.
Lesson 17 Causes of Stress	Sub-Competency: Stress Management The purpose of this lesson is to help students to understand what situations cause stress.	<ul style="list-style-type: none">• Identify situations that are stressful.• Identify causes that create situations that are stressful.• Discuss the feelings associated with stress.
Lesson 22 Controlling My Emotions	Sub-Competency: Impulse Control The purpose of this lesson is for students to examine feelings that are strong and ways to control themselves so as to not hurt others or themselves.	<ul style="list-style-type: none">• Identify strong feelings that can occur in various problem situations.• Explore the ways in which strong feelings can lead to impulsive decisions.• Practice three steps toward controlling impulses and calming down.
Lesson 25 What Is Motivation?	Sub-Competency: Self-Motivation The purpose of this lesson is for students to define and understand motivation.	<ul style="list-style-type: none">• Define motivation.• Identify different motivators.• Identify what motivates them.



Social Awareness

LESSON PURPOSE

OBJECTIVES – Students Will Be Able To:

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 3 Listening to Others	Sub-Competency: Respect for Others The purpose of this lesson is to provide students with specific skills to use when actively listening to a peer or an adult.	<ul style="list-style-type: none">• Understand that active listeners show verbal and nonverbal signs of listening.• Learn active listening questions.• Articulate why active listening is important.
Lesson 8 Respect for My Family	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 family.	<ul style="list-style-type: none">• Discuss and participate in the different ways we can show respect to our family members.• Identify two ways to show respect to our family.
Lesson 13 My Habits Are Different from Yours	Sub-Competency: Perspective-Taking The purpose of this lesson is for students to learn that their habits are different than those of other people and examine positive and negative habits that they may have.	<ul style="list-style-type: none">• Identify habits that they have.• Explain that other people do not do things the same way they do.• Describe how habits may be positive or negative.
Lesson 18 Our Differences Affect Our Choices	Sub-Competency: Appreciating Diversity The purpose of this lesson is to help students recognize that because they have different characteristics such as physical traits, strengths, and cultures, people make different choices.	<ul style="list-style-type: none">• Learn how to ask other people about their differences and choices.• Learn that they can appreciate other people's choices even though they are different from their own.• Explore their own differences and how to answer questions that others have for them.
Lesson 23 Feeling What Others Feel	Sub-Competency: Empathy The purpose of this lesson is for students to explore how they are impacted by the feelings of those close to them.	<ul style="list-style-type: none">• Explain that some feelings seem contagious.• Identify how they feel when a classmate, friend, or family member is upset.• Understand that they might not always know how to react to someone else's feelings.



Relationship Skills

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 4 What Makes a Good Friend?	Sub-Competency: Relationship Building The purpose of this lesson is for students to identify the qualities they look for in a good friend.	<ul style="list-style-type: none">• Identify positive qualities and behaviors that a friend displays.• Describe ways in which they can show friendship towards others.• Create a list of qualities they are looking for in a friend.
Lesson 9 Types of Teams	Sub-Competency: Teamwork The purpose of the lesson is for students to learn about teams both at school and outside of school.	<ul style="list-style-type: none">• Identify two different types of teams at school.• Discuss reasons why not all teams are competitive.• Explore ways different types of teams can handle problems.
Lesson 14 Including Others	Sub-Competency: Social Engagement The purpose of this lesson is for students to explore the importance of inclusion and creating community by initiating friendships with one another.	<ul style="list-style-type: none">• Examine and discuss feelings that may be experienced when someone is left out or when someone feels included.• Describe situations in which it is beneficial to include other students (i.e. when a student is new, when a student is different, when a student is shy, etc.).• Practice initiating conversations or play with other students (i.e. inviting someone to play, sit nearby at lunch, work with a group, etc.) in order to build new friendships/relationships.
Lesson 19 People I Can Talk To	Sub-Competency: Analyzing Situations The purpose of this lesson is for students to identify trusted individuals that they can talk to with feelings or problems depending on the size of the feeling and/or problem they are experiencing.	<ul style="list-style-type: none">• Identify individuals they can talk to about feelings or problems.• Describe small problems or feelings that would be acceptable to share with friends or relatives who are also children.• Describe larger problems or feelings that need to be shared with a trusted adult.



Responsible Decision-Making

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 5 Trustworthiness	Sub-Competency: Ethical Responsibility The purpose of this lesson is to learn character skills that build trusting relationships.	<ul style="list-style-type: none">• Learn the definition of trustworthiness.• Identify actions that build trusting relationships in given situations.• Discuss the benefits of trustworthy actions.
Lesson 10 Asking for Help	Sub-Competency: Solving Problems The purpose of this lesson is for students to know when and how to appropriately ask for help inside and outside of the classroom.	<ul style="list-style-type: none">• Identify in what situations students will need to ask for help.• Learn appropriate ways to ask for help.• Identify who to ask for help.
Lesson 15 Big and Small Problems	Sub-Competency: Identifying Problems The purpose of this lesson is for students to differentiate between big problems and small problems and learn the appropriate steps to take when faced with either.	<ul style="list-style-type: none">• Learn how to identify a big problem.• Learn how to identify a small problem.• Explore the appropriate steps to take when faced with a big problem or a small problem.
Lesson 20 Major and Minor Situations	Sub-Competency: Analyzing Situations The purpose of this lesson is for students to analyze a variety of situations, identify if the situations are minor or major, and determine if they require help from an adult.	<ul style="list-style-type: none">• Define and recognize minor situations.• Define and recognize major situations.• Learn how to analyze situations before taking action.
Lesson 24 How to Evaluate Something	Sub-Competency: Evaluating The purpose of this lesson is to connect evaluation to everyday life and choices we make.	<ul style="list-style-type: none">• Define evaluate.• Practice evaluating a given task.• Use a simple rubric to evaluate.
Lesson 26 What Is the Purpose of Reflecting?	Sub-Competency: Reflecting The purpose of this lesson is to understand what the purpose and benefits of reflecting are.	<ul style="list-style-type: none">• Explain what the purpose of reflecting is.• Name three benefits of reflecting.



Quaver Plus

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 27 When I Don't Understand	Sub-Competency: Academic Achievements The purpose of this lesson is for students to understand that it is appropriate to ask questions when they don't understand a concept or situation. They will also explore how and when to ask those questions.	<ul style="list-style-type: none">• Identify moments when they don't understand what to do.• Learn three strategies to use when they don't understand.• Learn appropriate question stems.
Lesson 28 Bullies, Bystanders, and Victims	Sub-Competency: Bullying The purpose of this lesson is for students to define bullying, understand the different roles that are involved in a bullying situation, and identify steps to report bullying.	<ul style="list-style-type: none">• Define bully, bystander, and victim.• Differentiate the different roles that a bully, bystander, and victim have in a bullying situation.• Identify steps to report bullying.
Lesson 29 Getting Lost	Sub-Competency: Personal Safety The purpose of this lesson is for students to understand what information they need to know and what steps to take if they were in a situation where they were lost.	<ul style="list-style-type: none">• Learn what personal information they need to know if they were lost.• Discuss what steps to take if they were to become lost.• Discuss ways to prevent being lost.
Lesson 30 Telling the Truth	Sub-Competency: Honesty The purpose of this lesson is for students to learn that telling the truth is important, even when it's hard to do.	<ul style="list-style-type: none">• Define truth.• Identify benefits of telling the truth and the consequences of not telling the truth.• Name situations where telling the truth is difficult.
Lesson 31 What to Do When I Worry	Sub-Competency: Anxiety The purpose of this lesson is for students to identify situations that lead to worried feelings, what they do when they worry, and explore helpful exercises that can help them cope.	<ul style="list-style-type: none">• Identify situations that lead to worried feelings.• Identify habits or behaviors that they have when worried.• Learn strategies to help them cope with worried feelings.
Lesson 32 When I Don't Get My Way	Sub-Competency: Disappointment The purpose of this lesson is for students to learn strategies to cope with not getting their way in various situations.	<ul style="list-style-type: none">• Define expectations.• Identify situations in which they may not get their way.• Identify three strategies to cope with disappointment.



Quaver Plus	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 33 What Is a Mood?	Sub-Competency: Moods The purpose of this lesson is to define what a mood is and its relationship with events and feelings.	<ul style="list-style-type: none">• Define mood.• Identify the relationship between moods and events or feelings.• Understand what to do if a mood is felt for a long period of time.
Lesson 34 K–2: Coping with Difficult Times	Sub-Competency: Transition The purpose of this lesson is to help students transition back into school by building community in the classroom and increasing social interactions between children and adults.	<ul style="list-style-type: none">• Identify how they are feeling about returning to school.• Define community.• Identify what it means to build trust.
Lesson 35 K–2: What Is Grief?	Sub-Competency: Grief The purpose of this lesson is to define grief and create a safe and supportive space for students to explore ways to express feelings when grieving.	<ul style="list-style-type: none">• Define grief.• Identify 3 ways to express feelings when grieving.• Categorize what is being grieved.
Lesson 36 K–2: Being Grateful	Sub-Competency: Gratitude The purpose of this lesson is to define gratitude and to suggest ways students can demonstrate gratitude in their daily lives.	<ul style="list-style-type: none">• Define gratitude.• Understand how gratitude benefits their relationships.• List three ways to demonstrate gratitude.



Scope and Sequence

3

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



Self-Awareness

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 1 When I Feel Angry	Sub-Competency: Identifying Emotions <p>The purpose of this lesson is for students to explore different feelings of anger, how they experience it personally, and learn coping skills to effectively help them manage their own personal feelings of anger.</p>	<ul style="list-style-type: none">• Explore anger and how it can occur in different amounts (from annoyance to rage).• Recognize signs that the body gives to alert them when they are feeling angry.• Describe ways in which they typically react when they feel angry.• Practice ways to de-escalate from feeling angry.
Lesson 6 Value of Self-Confidence	Sub-Competency: Self-Confidence <p>The purpose of this lesson is for students to understand how and why being confident can help them conquer their fears.</p>	<ul style="list-style-type: none">• Discuss ways self-confidence can be beneficial.• Identify ways positive self-talk can affect self-discipline.• Analyze fears to find ways to overcome them through self-confidence.
Lesson 11 Overcoming My Weakness	Sub-Competency: Recognizing Strengths <p>The purpose of this lesson is for students to recognize their weaknesses and explore strategies to overcome them.</p>	<ul style="list-style-type: none">• Recognize that everyone faces challenges from things that are difficult for them.• Change their mindsets to see weaknesses as challenges they haven't overcome yet.• Learn that many people will be happy to help and support them as they tackle challenges.
Lesson 16 Perseverance	Sub-Competency: Accurate Self-Perception <p>The purpose of this lesson is for students to identify goals they are reaching towards and how to persevere, even in the face of obstacles.</p>	<ul style="list-style-type: none">• Define perseverance and discuss how it can be used when trying hard things.• Identify obstacles they may face when persevering towards a goal.• Explore steps to take to overcome an obstacle.
Lesson 21 Succeeding in a New Situation	Sub-Competency: Self-Efficacy <p>The purpose of this lesson is for students to explore how using a positive mindset can help them be successful in a new situation.</p>	<ul style="list-style-type: none">• Discuss how to be successful in a new situation.• Discuss strategies to use in a new situation such as having a positive mindset and reflecting on past successes.• Apply those strategies in new situations.



Self-Management

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 2 Making Rules for Myself	Sub-Competency: Self-Discipline The purpose of this lesson is for students to learn how to make effective rules to manage their own behavior.	<ul style="list-style-type: none">• Identify what makes a rule effective.• Analyze given rules and decide whether or not they are effective.• Create rules for given situations.
Lesson 7 Goals and Motivation	Sub-Competency: Goal Setting The purpose of this lesson is for students to explore the concept of motivation and how it affects accomplishing long- and short-term goals.	<ul style="list-style-type: none">• Identify tasks and activities that they feel motivated to complete and connect them to goals they have.• Explore the concept of motivation and discuss why it is sometimes difficult to stay motivated toward reaching a goal.• Explore setbacks that may come their way when working toward a goal.
Lesson 12 Organizing and Prioritizing My Work	Sub-Competency: Organizational Skills The purpose of this lesson is for students to prioritize tasks and explore methods to complete them in an organized manner.	<ul style="list-style-type: none">• Write down the tasks they need to accomplish.• Decide what order to complete the tasks.
Lesson 17 Managing Stress	Sub-Competency: Stress Management The purpose of this lesson is to remind students how to recognize stress and to identify and apply ways to relieve stress during stressful situations.	<ul style="list-style-type: none">• Recognize stress during a situation.• Identify ways to relieve stress in stressful situations.• Apply ways to relieve stress in stressful situations.
Lesson 22 Thinking Things Through	Sub-Competency: Impulse Control The purpose of this lesson is to identify the steps it takes to think through situations in order to practice impulse control.	<ul style="list-style-type: none">• Identify the steps it takes to think through a situation before reacting impulsively.• Practice applying impulse control techniques in two situations.
Lesson 25 Exploring Motivation	Sub-Competency: Self-Motivation The purpose of this lesson is for students to explore different ways to be motivated.	<ul style="list-style-type: none">• Define motivation.• Identify the difference between external and internal motivation.• Determine if they are externally or internally motivated.



Social Awareness

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 3 Benefits of Listening	Sub-Competency: Respect for Others The purpose of this lesson is for students to understand the benefits of listening, which can promote healthy relationships with others.	<ul style="list-style-type: none">• Identify relational benefits of listening to others.• Learn that when others think you are a good listener, they trust you, and you will feel proud.• Practice listening to key details in various situations.
Lesson 8 Respect for My School	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 school.	<ul style="list-style-type: none">• Discuss and participate in the different ways we can show respect to our school.• Identify the different members that make the school and how we can show respect for them.
Lesson 13 We All See Things Differently	Sub-Competency: Perspective-Taking The purpose of this lesson is for students to learn that people do not always view or react to situations in the same way, which is a sign of their individuality.	<ul style="list-style-type: none">• Identify how they react to various situations.• Discuss the different reactions and views that others may have.• Learn they may not always understand other people's reactions.
Lesson 18 Learning About Cultures	Sub-Competency: Appreciating Diversity The purpose of this lesson is for students to learn that the world is comprised of many cultures, with some represented in their own classrooms and communities.	<ul style="list-style-type: none">• Learn what culture means.• Explore the cultures represented in their classrooms and communities.• Share information and objects that represent different cultures (languages, art, music, foods) and ask questions to learn more.
Lesson 23 My World is Bigger Than Me	Sub-Competency: Empathy The purpose of this lesson is for students to understand that other people's feelings are equally as important as their own.	<ul style="list-style-type: none">• Describe the feelings that others may have.• Recognize that noticing other people's feelings will make them feel seen.



Relationship Skills

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
<p>Lesson 4 Signs of a Strong Friendship</p>	<p>Sub-Competency: Relationship Building</p> <p>The purpose of this lesson is for students to learn the signs of a strong friendship and the characteristics it takes to be a good friend.</p>	<ul style="list-style-type: none">• Identify signs of a strong friendship.• Discern between healthy and unhealthy friendship qualities.• Practice scenarios in which they can display friendship qualities.
<p>Lesson 9 Building a Strong Team</p>	<p>Sub-Competency: Teamwork</p> <p>The purpose of this lesson is for students to understand the steps and qualities that it takes to make a strong team.</p>	<ul style="list-style-type: none">• Identify different roles that make a strong team.• Classify qualities that are necessary to make a strong team.• Communicate what it feels like to be on a strong team.
<p>Lesson 14 Solving Conflict</p>	<p>Sub-Competency: Social Engagement</p> <p>The purpose of this lesson is for students to gain perspective in a conflict situation and practice strategies to resolve conflicts that occur in their lives.</p>	<ul style="list-style-type: none">• Identify the source of a conflict.• Consider all sides of a conflict.• Practice effective conflict resolution strategies.
<p>Lesson 19 Different Ways to Communicate My Feelings</p>	<p>Sub-Competency: Communication</p> <p>The purpose of this lesson is for students to explore various ways to communicate how they feel when they don't want to talk about their feelings.</p>	<ul style="list-style-type: none">• Discuss that communication does not always involve talking.• Brainstorm a variety of ways in which to communicate their emotions.• Practice various forms of communicating their emotions.



Responsible Decision-Making

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 5 My Responsibilities	Sub-Competency: Ethical Responsibility The purpose of this lesson is for students to understand the concept of responsibility and how it is relevant to their lives.	<ul style="list-style-type: none">• Define the term “responsibility” and discuss the benefits of making responsible choices.• Analyze given situations and choose the most responsible action.• Analyze responsibilities they have in different settings.
Lesson 10 Brainstorming Solutions	Sub-Competency: Solving Problems The purpose of this lesson is for students to work together in groups to think through creative solutions to problems.	<ul style="list-style-type: none">• Learn the basics to brainstorming.• Analyze a problem and suggest creative solutions in a group.
Lesson 15 What Caused the Problem?	Sub-Competency: Identifying Problems The purpose of this lesson is to examine a variety of problematic situations, identify the causes, and discuss helpful strategies to avoid future problems.	<ul style="list-style-type: none">• Identify causes of a problem.• Analyze problematic situations.• Identify strategies to solve a problem.
Lesson 20 Breaking Down Situations	Sub-Competency: Analyzing Situations The purpose of this lesson is to review the types of situations (major and minor) and learn the steps to break down a situation.	<ul style="list-style-type: none">• Review the types of situations (major and minor).• Explain how to break down a situation.• Practice with a partner breaking down a situation.
Lesson 24 Evaluating My Day	Sub-Competency: Evaluating The purpose of this lesson is for students to identify an intention for their day and evaluate their progress using simple criteria.	<ul style="list-style-type: none">• Identify a goal or intention they would like to set for their day.• Develop a means by which they can measure their progress.• Evaluate their day using simple criteria.
Lesson 26 Reflecting with Others	Sub-Competency: Reflecting The purpose of this lesson is to learn how reflecting is a building block of relationships and shared memories.	<ul style="list-style-type: none">• Identify benefits to reflecting with an adult, at home, and with people at school.• Practice reflecting with others.



Quaver Plus

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 27 Improving My School Work	Sub-Competency: Academic Achievements The purpose of this lesson is to introduce students to the importance of and the tools for improving school work.	<ul style="list-style-type: none">• Explain reasons why it's important to improve school work.• Identify three tools to improve school work.
Lesson 28 Assertiveness and Bullying	Sub-Competency: Bullying The purpose of this lesson is to teach assertiveness techniques, which can help students in the face of bullying.	<ul style="list-style-type: none">• Review the differences between passive, assertive, and aggressive.• Describe what assertiveness looks like in a bullying situation.• Practice assertive techniques.
Lesson 29 What to Do in an Emergency	Sub-Competency: Personal Safety The purpose of this lesson is to identify what an emergency is and what to do in an emergency at home, at school, or in the community.	<ul style="list-style-type: none">• Define what an emergency is and the different situations that would be considered an emergency.• List what to do in an emergency in specific environments (home, school, community).• Discuss how to handle feelings during an emergency.
Lesson 30 What Is Integrity?	Sub-Competency: Honesty The purpose of this lesson is for students to understand that integrity is doing the right thing, even when nobody is watching.	<ul style="list-style-type: none">• Define integrity.• Identify the choices that show integrity in given situations.• List the qualities that someone with integrity has.
Lesson 31 What I Can and Can't Control	Sub-Competency: Anxiety The purpose of this lesson is for students to realize that there are a variety of things that they worry about, many of which are outside of their control.	<ul style="list-style-type: none">• Identify things that they can control.• Identify things that they cannot control.• Learn strategies to manage what they can and cannot control.
Lesson 32 How to Lose Respectfully	Sub-Competency: Disappointment The purpose of this lesson is for students to learn they will not win all the time and how to lose in a positive, respectful way that is beneficial for themselves and others.	<ul style="list-style-type: none">• Identify different situations in which they may win or lose.• Identify feelings associated with losing.• Learn strategies to become a good loser.



Quaver Plus

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 33 When I Don't Like My Mood	Sub-Competency: Moods The purpose of this lesson is for students to recognize when they are in a mood they don't like and explore strategies to help them cope with/improve their mood.	<ul style="list-style-type: none">• Review the definition of "mood."• Recognize feelings associated with various moods.• Identify moods that feel uncomfortable.• Learn strategies to cope with or improve mood.
Lesson 34 3–5: 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.	<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.
Lesson 35 3–5: Dealing with Grief	Sub-Competency: Grief The purpose of this lesson is to normalize various ways to process grief and express associated feelings.	<ul style="list-style-type: none">• Identify various feelings associated with grief.• Describe how processing grief is unique to each individual.• Express how they are personally processing grief.
Lesson 36 3–5: The Gift of Gratitude	Sub-Competency: Gratitude The purpose of this lesson is to understand the value of gratitude and explore ways to express gratefulness in our daily lives.	<ul style="list-style-type: none">• Define gratitude.• Explain why gratitude is important.• Explore ways to express gratitude.



Scope and Sequence

4

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	4 th Grade Lesson	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	Consequences Help Me Choose	Responsible Decision-Making / Solving Problems
11	My Personality Traits	Self-Awareness / Recognizing Strengths
12	Optimizing My Time	Self-Management / Organizational Skills
13	What Affects People's Perspectives?	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	Being Resilient	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 / Reflecting
27	Good Study Skills	Quaver Plus – Academic Achievements
28	Standing Up for Others	Quaver Plus – Bullying
29	Setting Personal Boundaries	Quaver Plus – Personal Safety
30	Being Honest with Myself and Others	Quaver Plus – Honesty
31	What I Feel Anxious About	Quaver Plus – Anxiety
32	Setting Realistic Expectations	Quaver Plus – Disappointment
33	When a Mood Stays Too Long	Quaver Plus – Moods
34	3–5: Beginning Again	Quaver Plus – Transition
35	3–5: Dealing with Grief	Quaver Plus – Grief
36	3–5: The Gift of Gratitude	Quaver 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.	<ul style="list-style-type: none">• Identify different major categories that emotions may fall into: happiness, anger, sadness, fear, disappointment, and so on.• Explore 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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 Being Resilient	Sub-Competency: Self-Efficacy The purpose of this lesson is to help students understand the importance of resilience in daily life.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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 them 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.	<ul style="list-style-type: none">• 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 to analyze both types of stress expressed in a given situation.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• Discuss and participate in the different ways we can show respect to our community.• Identify the different members who make the community and how we can show respect for them.
Lesson 13 What Affects People’s Perspectives?	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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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:
<p>Lesson 4 Celebrating Our Friendships</p>	<p>Sub-Competency: Relationship Building</p> <p>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.</p>	<ul style="list-style-type: none">• 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.
<p>Lesson 9 Keeping the Team Together</p>	<p>Sub-Competency: Teamwork</p> <p>The purpose of this lesson is for students to learn cooperation skills necessary to keep a team united.</p>	<ul style="list-style-type: none">• 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.
<p>Lesson 14 What Is Bullying?</p>	<p>Sub-Competency: Social Engagement</p> <p>The purpose of this lesson is for students to develop a working definition of what is and is not bullying.</p>	<ul style="list-style-type: none">• 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.
<p>Lesson 19 Reading Body Language</p>	<p>Sub-Competency: Communication</p> <p>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.</p>	<ul style="list-style-type: none">• Recognize and identify five facial expressions.• Recognize and identify five different body postures.



Responsible Decision-Making

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 5 Understanding Right from Wrong	Sub-Competency: Ethical Responsibility The purpose of this lesson is for students to develop strategies for distinguishing between right and wrong when choosing a course of action.	<ul style="list-style-type: none">• 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 Consequences Help Me Choose	Sub-Competency: Solving Problems The purpose of this lesson is for students to identify the positive and negative consequences of potential choices when solving problems.	<ul style="list-style-type: none">• Define positive and negative consequences.• Create a pros and cons list to evaluate potential solutions.• Develop confidence in the problem-solving process.
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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• Analyze a variety of situations.• Discuss different lessons that are learned from a situation.• Role-play different situations that they can learn from.
Lesson 24 Evaluating Our Decisions	Sub-Competency: Evaluating The purpose of this lesson is to develop an evaluation criteria for good decision-making.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• Discuss three ways they may apply reflecting in their lives.• Describe what they have learned through reflection that they can apply in future situations.



Quaver 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 learn study skills and habits that set them up for academic success.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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, in relationships, at home, and in the future.	<ul style="list-style-type: none">• 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, in relationships, at home, or in the future.



Quaver Plus

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
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.	<ul style="list-style-type: none">• Identify characteristics of a long-lasting mood.• Determine steps to take if a long-lasting mood becomes problematic.
Lesson 34 3–5: 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.	<ul style="list-style-type: none">• Identify how they are feeling about returning to school.• Communicate their needs in regard to feeling safe and supported at school.• Journal ways to practice self-care when they are experiencing strong emotions.
Lesson 35 3–5: Dealing with Grief	Sub-Competency: Grief The purpose of this lesson is to normalize various ways to process grief and express associated feelings.	<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.
Lesson 36 3–5: The Gift of Gratitude	Sub-Competency: Gratitude The purpose of this lesson is to understand the value of gratitude and explore ways to express being grateful in our daily lives.	<ul style="list-style-type: none">• Define gratitude.• Explain why gratitude is important.• Explore ways to express gratitude.



Scope and Sequence

5

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	5 th Grade Lesson	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 for 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	Quaver Plus – Academic Achievements
28	Why Bullies Bully	Quaver Plus – Bullying
29	Technology Safety	Quaver Plus – Personal Safety
30	Consequences of Honesty and Dishonesty	Quaver Plus – Honesty
31	Reframing Anxious Thoughts	Quaver Plus – Anxiety
32	Handling Broken Promises	Quaver Plus – Disappointment
33	Mood: Changes in My Body and My Brain	Quaver Plus – Moods
34	3–5: Beginning Again	Quaver Plus – Transition
35	3–5: Dealing with Grief	Quaver Plus – Grief
36	3–5: The Gift of Gratitude	Quaver Plus – Gratitude



Self-Awareness

LESSON PURPOSE

OBJECTIVES – Students Will Be Able To:

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 1 Dealing with Multiple Feelings	Sub-Competency: Identifying Emotions <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.
Lesson 6 I Am Valuable	Sub-Competency: Self-Confidence <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.
Lesson 11 Using My Strengths to Help Others	Sub-Competency: Recognizing Strengths <p>The purpose of this lesson is for students to be able to recognize and apply their strengths to help others in the present and future.</p>	<ul style="list-style-type: none">• Identify their strengths.• Recognize their strengths and how they are valuable to others.• Discuss how to apply their strengths to future career choices.
Lesson 16 Understanding My Personality	Sub-Competency: Accurate Self-Perception <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.
Lesson 21 Character Helps Me Succeed	Sub-Competency: Self-Efficacy <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:
Lesson 2 Practicing Self-Discipline	Sub-Competency: Self-Discipline The purpose of this lesson is for students to understand how to practice self-discipline and why doing so is important.	<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.
Lesson 7 Setting Life Goals	Sub-Competency: Goal Setting 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.	<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.
Lesson 12 Organize, Prioritize, Optimize	Sub-Competency: Organizational Skills The purpose of this lesson is for students to utilize a planning template to set goals and track progress towards group projects.	<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.
Lesson 17 Consequences of Stress	Sub-Competency: Stress Management The purpose of this lesson is to understand the consequences of stress and how using stress relief strategies can be beneficial.	<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.
Lesson 22 Impulses and My Brain	Sub-Competency: Impulse Control The purpose of this lesson is for students to learn basic brain anatomy and how it impacts their impulses.	<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.
Lesson 25 Self-Motivation Leads to Success	Sub-Competency: Self-Motivation The purpose of this lesson is for students to identify self-motivation as a key factor for success in life.	<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 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 learn and practice skills to become better active listeners as well as to understand the benefits of being a good listener.	<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.• Learn and practice the skills to become an active listener.
Lesson 8 Respect for 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 embrace and seek to understand differences.	<ul style="list-style-type: none">• Learn the meaning of diversity.• Learn strategies for seeking to understand differences.• Explore the benefits of diversity.
Lesson 23 Empathy in Action	Sub-Competency: Empathy The purpose of this lesson is for students to explore examples of empathy and understand the impact of applying action to what they're empathetic about.	<ul style="list-style-type: none">• Identify people who have used their empathy to change lives.• Understand how having empathy can result in passion and action.• Establish a plan of action to apply in their own environment.



Relationship Skills

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
<p>Lesson 4 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.• Practice conflict resolution strategies to utilize with friends.• Discuss concerns they have about friendships and the transition to middle school.
<p>Lesson 9 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 that 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 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 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.



Responsible Decision-Making

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
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.



Quaver 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 to 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.



Quaver Plus

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
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.
Lesson 34 3–5: 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.	<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.
Lesson 35 3–5: Dealing with Grief	Sub-Competency: Grief The purpose of this lesson is to normalize various ways to process grief and express associated feelings.	<ul style="list-style-type: none">• Identify various feelings associated with grief.• Describe how processing grief is unique to each individual.• Express how they are personally processing grief.
Lesson 36 3–5: The Gift of Gratitude	Sub-Competency: Gratitude The purpose of this lesson is to understand the value of gratitude and explore ways to express gratefulness in our daily lives.	<ul style="list-style-type: none">• Define gratitude.• Explain why gratitude is important.• Explore ways to express gratitude.



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