

## Kindergarten

### Unit 1: My Community and Me

Lesson 1: Our Shared Agreements

Lesson 2: We Can Be Helpful Group Members

Lesson 3: I Am Special

Lesson 4: We Are Special

Lesson 5: What We Can Do

### Unit 2: My Emotions

Lesson 1: We Can Be Emotion Detectives: Part 1

Lesson 2: We Can Be Emotion Detectives: Part 2

Lesson 3: We Can Be Emotion Detectives: Part 3

Lesson 4: Our Emotions Can Change

### Unit 3: Just-Right Emotions

Lesson 1: We Can Calm Ourselves When Our Feelings Are Big

Lesson 2: We Can Stop and Think Before We Act

Lesson 3: We Can Handle Change

### Unit 4: Building Connections

Lesson 1: We Can Ask to Join In

Lesson 2: We Can Ask for Help

Lesson 3: We Can Be Good Listeners

### Unit 5: Kindness Matters

Lesson 1: We Can Give Compliments

Lesson 2: We Can Be Kind When Others Are Sad

Lesson 3: We Can Say I'm Sorry

Lesson 4: We Can Say Thank You

## First Grade

### Unit 1: My Community and Me

Lesson 1: Our Shared Agreements

Lesson 2: We Can Work Together

Lesson 3: I Am Unique

Lesson 4: We Are the Same, and We Are Different

Lesson 5: We Can Build Our Strengths

### Unit 2: My Emotions

Lesson 1: We Can Look for Clues About Emotions: Part 1

Lesson 2: We Can Look for Clues About Emotions: Part 2

Lesson 3: We Each Have Our Own Emotions

Lesson 4: Our Emotions, Thoughts, and Actions Are Connected

### Unit 3: Just-Right Emotions

Lesson 1: Big Deal or Little Deal? We Can Decide

Lesson 2: We Can Stop and Think Before We Act

Lesson 3: When Change Revs Us Up, We Can Calm Down

### Unit 4: Building Connections

Lesson 1: We Can Make Friends

Lesson 2: We Can Ask for Permission

Lesson 3: We Can Listen to Others' Ideas

### Unit 5: Kindness Matters

Lesson 1: We Can Give and Receive Compliments

Lesson 2: We Can Build Our Caring Muscles

Lesson 3: We Can Apologize and Make It Right

Lesson 4: We're Grateful for...

## Grade 2

### Unit 1: My Community and Me

- Lesson 1: Our Shared Agreements
- Lesson 2: We Can Do More Together
- Lesson 3: My Family Is Unique
- Lesson 4: Every Family Is Unique
- Lesson 5: We Can Power Up

### Unit 2: My Emotions

- Lesson 1: On the Case Looking for Emotions: Part 1
- Lesson 2: On the Case Looking for Emotions: Part 2
- Lesson 3: We Can Check Our Emotions
- Lesson 4: We Have an Emotion Connection

### Unit 3: Just-Right Emotions

- Lesson 1: We Can Calm Our Bodies and Our Brains
- Lesson 2: We Can Stop and Think Before We Act
- Lesson 3: We Can Be Our Own Cheerleaders

### Unit 4: Building Connections

- Lesson 1: We Can Welcome Others
- Lesson 2: We Can Ask Adults for Help
- Lesson 3: We Can Show Others We Are Listening

### Unit 5: Kindness Matters

- Lesson 1: We Appreciate Others' Strengths
- Lesson 2: We Can Support Others Who Are Upset
- Lesson 3: We Can Give and Receive Apologies
- Lesson 4: We Can Show Our Gratitude

## **Grade 3**

### **Unit 1: My Community and Me**

Lesson 1: We Care and It Shows

Lesson 2: Together We Can Do It

Lesson 3: We Are Valuable

Lesson 4: We All Have Talents and Interests

Lesson 5: The Path to Self-Confidence

### **Unit 2: My Emotions**

Lesson 1: Families of Feelings

Lesson 2: Figuring Out How Others Feel

Lesson 3: We Can Be Positive

### **Unit 3: Just-Right Emotions**

Lesson 1: We Can Manage Frustration

Lesson 2: We Can Read the Signs of Anger

Lesson 3: Everyone Makes Mistakes

Lesson 4: Calming Down Worry

### **Unit 4: Building Connections**

Lesson 1: Listening Is a Superpower

Lesson 2: Compromise Helps Us Work Together

Lesson 3: We Each Have Our Own Perspective

Lesson 4: We Belong In Our Communities

### **Unit 5: Making Good Decisions**

Lesson 1: Our Needs and Wants

Lesson 2: Consider the Consequences

Lesson 3: We Value Responsibility

## Grade 4

### Unit 1: My Community and Me

Lesson 1: Shared Agreements for Respecting You and Me

Lesson 2: Cooperating for Success

Lesson 3: We Are a Valuable Treasure

Lesson 3: Keep an Open Mind to Connect

Lesson 4: I Like It When I Do Well

### Unit 2: My Emotions

Lesson 1: Talking About Feelings

Lesson 2: Showing Empathy

Lesson 3: Emotion Connections

### Unit 3: Just-Right Emotions

Lesson 1: We Can Manage Disappointment

Lesson 2: Calming Down to Focus

Lesson 3: We Can Shake Off Our Mistakes

Lesson 4: Talk It Out to Manage Stress

### Unit 4: Building Connections

Lesson 1: Showing We Are Interested

Lesson 2: We Can Compromise to Get Things Done

Lesson 3: Speaking Up to Avoid Disagreements

Lesson 4: We Can Celebrate Good Deeds

### Unit 5: Making Good Decisions

Lesson 1: Taking Charge of Decisions

Lesson 2: The Ups and Downs of Peer Influence

Lesson 3: We Value Integrity

## Grade 5

### Unit 1: My Community and Me

Lesson 1: The Respect of Shared Agreements

Lesson 2: Group Workout

Lesson 3: There Are Values In All of Us

Lesson 4: We Appreciate Our Differences

Lesson 5: Feeling Confident

### Unit 2: My Emotions

Lesson 1: We All Feel Mixed Emotions  
Sometimes

Lesson 2: Emotions Can Be Hard to Read

Lesson 3: Positive Thoughts Are Powerful

### Unit 3: Just-Right Emotions

Lesson 1: We Can Feel Under Control

Lesson 2: Feelings Below the Surface

Lesson 3: We Can Move Through Mistakes

Lesson 4: Change Can Be Stressful

### Unit 4: Building Connections

Lesson 1: Building Our Conversation Skills

Lesson 2: We Can Be Flexible

Lesson 3: We Can Agree to Disagree

Lesson 4: We Can Be Active Community  
Members

### Unit 5: Making Good Decisions

Lesson 1: Making Responsible Decisions

Lesson 2: We Can Reflect and Do Better

Lesson 3: We Value Dependability