

Grade K

Unit 1: My Community and Me			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: Our Shared Agreements	Shared Agreements help children work together to develop a kind and caring classroom community.	<ul style="list-style-type: none"> Participate in making Shared Agreements. 	CASEL 5: Relationship Skills Skills: Practicing teamwork
Lesson 2: We Can Be Helpful Group Members	Learning the responsibilities of a group member helps children work together and build positive and productive relationships.	<ul style="list-style-type: none"> Identify the responsibilities of group members. Cooperate with group members. 	CASEL 5: Relationship Skills Skills: Practicing teamwork
Lesson 3: I Am Special	Exploring the things that make them special helps children build a positive self-identity and feel connected and valued in the classroom community.	<ul style="list-style-type: none"> Recognize they are special because there is no one just like them. 	CASEL 5: Self-Awareness Skills: Building self-identity
Lesson 4: We Are Special	Exploring the things that make others special helps children begin to appreciate different perspectives, cultures, and life experiences.	<ul style="list-style-type: none"> Notice the different qualities that make others special. Notice the ways people are the same and different. 	CASEL 5: Self-Awareness, Social Awareness Skills: Building strengths, Recognizing strengths in others
Lesson 5: What We Can Do	Recognizing what they do well helps children build their self-confidence and supports them in gaining new skills and interests.	<ul style="list-style-type: none"> Identify their strengths. 	CASEL 5: Self-Awareness Skills: Identifying strengths

Grade K (continued)

Unit 2: My Emotions			
Lesson Title	Overview	Children Will ...	SEL Competencies
Lesson 1: We Can Be Emotion Detectives (Part 1)	Children will learn about the emotions <i>happy</i> and <i>sad</i> to develop awareness of the emotions in themselves and others.	<ul style="list-style-type: none"> Identify and label their emotions: happy and sad. Recognize others' emotions. 	CASEL 5: Self-Awareness Skill: Identifying emotions
Lesson 2: We Can Be Emotion Detectives (Part 2)	Children will learn about the emotions <i>excited</i> and <i>scared</i> to develop awareness of those emotions in themselves and others.	<ul style="list-style-type: none"> Identify and label their emotions: excited and scared. Recognize others' emotions. 	CASEL 5: Self-Awareness Skill: Identifying emotions
Lesson 3: We Can Be Emotion Detectives (Part 3)	Children will learn about the emotions <i>frustrated</i> and <i>angry</i> to develop awareness of those emotions in themselves and others.	<ul style="list-style-type: none"> Identify and label their emotions: frustrated and angry. Recognize others' emotions. 	CASEL 5: Self-Awareness Skill: Identifying emotions
Lesson 4: Our Emotions Can Change	Developing awareness that emotions are temporary and changing helps children begin to build the foundation of emotion self-regulation.	<ul style="list-style-type: none"> Show understanding that emotions are temporary and changing. 	CASEL 5: Self-Awareness Skill: Identifying emotions

Grade K (continued)

Unit 3: Just-Right Emotions			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: We Can Calm Ourselves When Our Feelings Are Big	Building on their knowledge of how to name and notice their emotions, children can begin to practice self-regulation strategies to calm themselves.	<ul style="list-style-type: none"> • Identify opportunities to apply emotion self-regulation strategies. • Demonstrate a stress management breathing strategy. 	CASEL 5: Self-Awareness, Self-Management Skills: Identifying emotions, Using stress management strategies
Lesson 2: We Can Stop and Think Before We Act	Learning the importance of stopping to think before choosing an option helps children build impulse control and practice self-regulation.	<ul style="list-style-type: none"> • Identify situations where Stop, Think, Act would be helpful. • Demonstrate a self-regulation strategy. 	CASEL 5: Self-Management Skills: Showing impulse control, Managing emotions
Lesson 3: We Can Handle Change	Learning to recognize that change can cause big emotions and that they can notice those emotions in their bodies is an important step in developing skills to regulate emotions.	<ul style="list-style-type: none"> • Recognize that change can cause big emotions. • Demonstrate a self-regulation strategy. 	CASEL 5: Self-Management Skill: Recognizing emotions, Regulating emotions

Grade K (continued)

Unit 4: Building Connections			
Lesson Title	Overview	Children Will ...	SEL Competencies
Lesson 1: We Can Ask to Join In	Learning strategies for joining in helps children build their friendships and relationship skills.	<ul style="list-style-type: none"> Identify openings for joining in. Learn the steps for joining in with a person or group. 	CASEL 5: Relationship Skills Skills: Developing positive relationships
Lesson 2: We Can Ask for Help	Learning to communicate with others to give and receive help supports children in developing the skills to identify and solve problems.	<ul style="list-style-type: none"> Identify when to ask for help and who to ask. Ask for help. 	CASEL 5: Relationship Skills, Responsible Decision-Making Skills: Communicating effectively, Identifying and solving problems
Lesson 3: We Can Be Good Listeners	Learning to be good listeners helps children build their communication skills and develop positive relationships.	<ul style="list-style-type: none"> Learn ways to be a good listener. Use their listening skills to follow directions. 	CASEL 5: Relationship Skills, Social Awareness Skills: Developing positive relationships, Taking others' perspectives

Grade K (continued)

Unit 5: Kindness Matters			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: We Can Give Compliments	Learning to give compliments helps children develop relationships through kindness and appreciation.	<ul style="list-style-type: none"> • Give a simple compliment. 	CASEL 5: Social Awareness, Relationship Skills Skills: Recognizing strengths in others, Developing positive relationships
Lesson 2: We Can Be Kind When Others Are Sad	Developing the ability to recognize emotions in others, especially sadness, helps children begin to build empathy.	<ul style="list-style-type: none"> • Recognize when others feel sad. • Describe kind behaviors that might help them and others when they feel sad. 	CASEL 5: Social Awareness Skills: Recognizing strengths in others, Showing concern for the feelings of others
Lesson 3: We Can Say I'm Sorry	Developing an awareness that their actions affect others helps children view situations from the perspective of others. Learning to say "I'm sorry" is a first step in taking responsibility for their actions.	<ul style="list-style-type: none"> • Recognize that their actions affect others. • Say "I'm sorry." 	CASEL 5: Social Awareness Skills: Taking others' perspectives
Lesson 4: We Can Say Thank You	Looking for and noticing the good things in their lives can help children feel happier and help them develop gratitude.	<ul style="list-style-type: none"> • Identify things that make them happy. • Say "thank you" to show appreciation. 	CASEL 5: Social Awareness Skills: Expressing appreciation

Grade K (continued)

Bullying Prevention			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: What Is Bullying?	Everyone has conflicts from time to time, but some conflicts reach the level of bullying. Children will learn to tell the difference between bullying and other kinds of conflict.	<ul style="list-style-type: none"> • Identify what bullying is. • Understand the difference between healthy conflict and bullying. 	CASEL 5: Social Awareness, Relationship Skills Skills: Showing concern for the feelings of others, Resolving conflicts constructively
Lesson 2: What to Do When You Are Bullied	Knowing the steps to take if someone bullies them can help children feel more confident in taking action if they are bullied. Children will learn and practice steps to respond to bullying.	<ul style="list-style-type: none"> • Identify and demonstrate positive ways to respond to bullying. 	CASEL 5: Relationship Skills, Self-Management Skills: Resolving conflicts constructively, Demonstrating agency
Lesson 3: Tattling or Telling?	Knowing when to tell a trusted adult about something can keep children safe. Children can learn when to tell by learning the difference between tattling and telling.	<ul style="list-style-type: none"> • Recognize the difference between tattling and telling. • Name adults they can tell if they need help. 	CASEL 5: Self-Management, Responsible Decision-Making Skills: Showing the courage to take initiative, Learning to make a reasoned judgment after evaluating a situation

Grade 1

Unit 1: My Community and Me			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: Our Shared Agreements	Shared Agreements help children work together to develop a kind and caring classroom community.	<ul style="list-style-type: none"> Participate in making Shared Agreements. 	CASEL 5: Relationship Skills Skills: Practicing teamwork
Lesson 2: We Can Work Together	Introducing the skill of cooperating helps children understand each group member's responsibilities and the benefits of working together in a group.	<ul style="list-style-type: none"> Identify the responsibilities of group members. Cooperate in small groups. 	CASEL 5: Relationship Skills Skills: Practicing teamwork
Lesson 3: I Am Unique	Learning about their unique qualities helps children develop self-awareness and build a positive self-identity.	<ul style="list-style-type: none"> Recognize they are unique because there is no one just like them. Name things that make them unique. 	CASEL 5: Self-Awareness Skills: Building self-identity
Lesson 4: We Are the Same, and We Are Different	Learning they are similar to and different from others helps children begin to appreciate the unique qualities of others and value differences.	<ul style="list-style-type: none"> Appreciate similarities and differences. 	CASEL 5: Self-Awareness, Social Awareness Skills: Building strengths, Recognizing strengths in others
Lesson 5: We Can Build Our Strengths	Identifying their strengths helps children build their self-confidence. Understanding that they can practice and build skills supports them in gaining new strengths, even if they encounter challenges.	<ul style="list-style-type: none"> Identify their strengths. Understand that practicing can help build strengths. 	CASEL 5: Self-Awareness Skill: Identifying strengths, Experiencing self-efficacy

Grade 1 (continued)

Unit 2: My Emotions			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: We Can Look for Clues About Emotions (Part 1)	Children will learn about the emotions <i>surprised</i> and <i>worried</i> to develop awareness of the emotions in themselves and others.	<ul style="list-style-type: none"> Identify and label their emotions: surprised and worried. Recognize emotions in others. 	CASEL 5: Self-Awareness Skills: Identifying emotions
Lesson 2: We Can Look for Clues About Emotions (Part 2)	Children will learn about the emotions <i>calm</i> and <i>disappointed</i> to develop awareness of the emotions in themselves and others.	<ul style="list-style-type: none"> Identify and label their emotions: calm and disappointed. Recognize emotions in others. 	CASEL 5: Self-Awareness Skills: Identifying emotions
Lesson 3: We Each Have Our Own Emotions	Learning that emotions change and that everyone has their own emotions helps children understand the range of emotions they and others experience.	<ul style="list-style-type: none"> Show understanding that emotions are temporary and changing. Show understanding that different people can have different emotions in the same situation. 	CASEL 5: Self-Awareness Skills: Identifying emotions
Lesson 4: Our Emotions, Thoughts, and Actions Are Connected	Learning that their emotions, thoughts, and actions are connected helps children build a foundation for emotion self-regulation.	<ul style="list-style-type: none"> Show understanding that emotions, thoughts, and actions are connected. 	CASEL 5: Self-Awareness Skills: Linking emotions, thoughts, and actions

Grade 1 (continued)

Unit 3: Just-Right Emotions			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: Big Deal or Little Deal? We Can Decide	The concept of big deal or little deal gives children a way to measure their reactions to things that happen and recognize clues that they need to regulate their emotions to make better choices.	<ul style="list-style-type: none"> • Learn about evaluating situations as big deals or little deals. • Demonstrate an emotion self-regulation strategy. 	CASEL 5: Self-Management Skills: Managing emotions
Lesson 2: We Can Stop and Think Before We Act	Learning to consider options before making a decision helps children build impulse control and practice emotion self-regulation.	<ul style="list-style-type: none"> • Identify situations where Stop, Think, Act would be helpful. • Demonstrate an emotion self-regulation strategy. 	CASEL 5: Self-Management Skills: Showing impulse control, Managing emotions
Lesson 3: When Change Revs Us Up, We Can Calm Down	Learning to recognize that change can cause big feelings and that they can use strategies to manage those feelings is an important step in building emotion self-regulation skills.	<ul style="list-style-type: none"> • Recognize that change can cause big emotions. • Demonstrate an emotion self-regulation strategy. 	CASEL 5: Self-Management Skills: Recognizing emotions, Managing emotions

Grade 1 (continued)

Unit 4: Building Connections			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: We Can Make Friends	Learning to identify times and ways to connect with others helps children build their friendships and relationship skills.	<ul style="list-style-type: none"> • Explore opportunities to build friendships. • Work together to create a friendship quilt. 	CASEL 5: Relationship Skills Skills: Developing relationships
Lesson 2: We Can Ask for Permission	Talking about how and when to ask for permission helps children understand that asking for permission is a way to follow rules and respect others.	<ul style="list-style-type: none"> • Discuss how and when to ask for permission. 	CASEL 5: Relationship Skills, Self-Management Skills: Communicating effectively, Exhibiting self-discipline
Lesson 3: We Can Listen to Others' Ideas	Learning to be good listeners helps children build their communication skills and develop positive relationships.	<ul style="list-style-type: none"> • Learn ways to be a good listener. • Use their listening skills. 	CASEL 5: Relationship Skills, Social Awareness Skills: Developing positive relationships, Taking others' perspectives

Grade 1 (continued)

Unit 5: Kindness Matters			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: We Can Give and Receive Compliments	Practicing giving true and kind compliments supports children in building empathy and kindness.	<ul style="list-style-type: none"> • Give a kind and true compliment. • Receive a compliment. 	CASEL 5: Social Awareness, Relationship Skills Skills: Recognizing strengths in others, Developing positive relationships
Lesson 2: We Can Build Our Caring Muscles	Learning to respond to the emotions of others with kind behaviors helps children build empathy.	<ul style="list-style-type: none"> • Recognize when others feel upset (sad, worried, frustrated, or lonely). • Demonstrate ways to be kind when others are upset. 	CASEL 5: Social Awareness Skills: Showing concern for the feelings of others
Lesson 3: We Can Apologize and Make It Right	Having a way to make amends can empower children to admit when they make a mistake.	<ul style="list-style-type: none"> • Express an apology that includes what they are sorry for. • Identify actions to make the situation right. 	CASEL 5: Social Awareness Skills: Taking others' perspectives, Showing concern for the feelings of others
Lesson 4: We're Grateful for . . .	Letting children know that sometimes you have to look for the good will help them focus on positive things in their lives.	<ul style="list-style-type: none"> • Identify things they are grateful for. • Look for the good in their lives. 	CASEL 5: Social Awareness Skills: Understanding and expressing gratitude

Grade 1 (continued)

Bullying Prevention			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: What Is Bullying?	Everyone has conflicts from time to time, but some conflicts reach the level of bullying. Children will learn to tell the difference between bullying and other kinds of conflict.	<ul style="list-style-type: none"> • Identify what bullying is. • Understand the difference between healthy conflict and bullying. 	CASEL 5: Social Awareness, Relationship Skills Skills: Showing concern for the feelings of others, Resolving conflicts constructively
Lesson 2: What to Do When You Are Bullied	Knowing the steps to take if someone bullies them can help children feel more confident in taking action if they are bullied. Children will learn and practice steps to respond to bullying.	<ul style="list-style-type: none"> • Identify and demonstrate positive ways to respond to bullying. 	CASEL 5: Relationship Skills, Self-Management Skills: Resolving conflicts constructively, Demonstrating agency
Lesson 3: Tattling or Telling?	Knowing when to tell a trusted adult about something can keep children safe. Children can learn when to tell by learning the difference between tattling and telling.	<ul style="list-style-type: none"> • Recognize the difference between tattling and telling. • Name adults they can tell if they need help. 	CASEL 5: Self-Management, Responsible Decision-Making Skills: Showing the courage to take initiative, Learning to make a reasoned judgment after evaluating a situation

Grade 2

Unit 1: My Community and Me			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: Our Shared Agreements	Shared Agreements help children work together to develop a kind and caring classroom community.	<ul style="list-style-type: none"> Participate in making Shared Agreements. 	CASEL 5: Relationship Skills Skills: Practicing teamwork
Lesson 2: We Can Do More Together	Introducing the skill of cooperating helps children understand each group member's responsibilities and the benefits of working together in a group.	<ul style="list-style-type: none"> Identify the responsibilities of group members. Cooperate with group members. 	CASEL 5: Relationship Skills Skills: Practicing teamwork
Lesson 3: My Family Is Unique	Recognizing the groups and communities they belong to supports children in developing their unique identity.	<ul style="list-style-type: none"> Recognize that each family is unique. Name ways their family is unique. 	CASEL 5: Self-Awareness Skills: Building self-identity
Lesson 4: Every Family Is Unique	Learning about family traditions helps children feel connected to their own family identity and appreciate the family identities of others.	<ul style="list-style-type: none"> Learn about the ways families are the same and different through exploring traditions. 	CASEL 5: Self-Awareness, Social Awareness Skills: Building strengths, Recognizing strengths in others
Lesson 5: We Can Power Up	Recognizing what they do well helps children build their self-confidence. Strategies for staying motivated support them in gaining new strengths, even if they encounter challenges.	<ul style="list-style-type: none"> Identify their strengths. Learn ways to stay motivated when they are building strengths. 	CASEL 5: Self-Awareness Skills: Experiencing self-efficacy, Solving problems

Grade 2 (continued)

Unit 2: My Emotions			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: On the Case Looking for Emotions (Part 1)	Children will learn about the emotions <i>proud</i> and <i>embarrassed</i> to develop awareness of the emotions in themselves and others.	<ul style="list-style-type: none"> Identify and label their emotions: proud, embarrassed. Recognize emotions in others. 	CASEL 5: Self-Awareness Skill: Identifying emotions
Lesson 2: On the Case Looking for Emotions (Part 2)	Children will learn about the emotions <i>elated</i> and <i>enraged</i> to develop awareness of the emotions in themselves and others.	<ul style="list-style-type: none"> Identify and label their emotions: elated, enraged. Recognize emotions in others. 	CASEL 5: Self-Awareness Skill: Identifying emotions
Lesson 3: We Can Check Our Emotions	Learning that emotions change and that they can experience different amounts of an emotion helps children understand the range of emotions they and others experience.	<ul style="list-style-type: none"> Show understanding that emotions are temporary and changing. 	CASEL 5: Self-Awareness Skill: Identifying emotions
Lesson 4: We Have an Emotion Connection	Learning that their emotions, thoughts, and actions are connected helps children build a foundation for emotion self-regulation.	<ul style="list-style-type: none"> Show understanding that emotions, thoughts, and actions are connected. Connect emotions, thoughts, and actions. 	CASEL 5: Self-Awareness Skill: Linking emotions, thoughts, and actions

Grade 2 (continued)

Unit 3: Just-Right Emotions			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: We Can Calm Our Bodies and Our Brains	When children can name their emotions and recognize the level of their feelings, they can begin to understand when and how to use emotion self-regulation strategies.	<ul style="list-style-type: none"> • Identify when they should regulate their emotions. • Demonstrate an emotion self-regulation strategy. 	CASEL 5: Self-Management Skills: Managing emotions, Using stress management strategies
Lesson 2: We Can Stop and Think Before We Act	Learning the importance of considering options before making a decision helps children build impulse control and practice emotion self-regulation.	<ul style="list-style-type: none"> • Identify situations where Stop, Think, Act would be helpful. • Apply Stop, Think, Act to situations. 	CASEL 5: Self-Management Skills: Showing impulse control, Managing emotions
Lesson 3: We Can Be Our Own Cheerleaders	Learning to recognize that change can cause big feelings and they can use positive self-talk to manage those feelings is an important step in building emotion regulation skills.	<ul style="list-style-type: none"> • Identify opportunities to self-regulate emotions. • Use positive self-talk. 	CASEL 5: Self-Management Skill: Recognizing emotions

Grade 2 (continued)

Unit 4: Building Connections			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: We Can Welcome Others	Learning to welcome others helps children build empathy and relationships.	<ul style="list-style-type: none"> • Welcome others to join a group. 	CASEL 5: Relationship Skills Skills: Taking others' perspectives, Developing positive relationships
Lesson 2: We Can Ask Adults for Help	Learning how to evaluate a situation to determine when and how to ask for help supports children in identifying and solving problems.	<ul style="list-style-type: none"> • Identify a problem. • Determine when and how to ask for help. 	CASEL 5: Relationship Skills, Responsible Decision-Making Skills: Communicating effectively, Identifying and solving problems
Lesson 3: We Can Show Others We Are Listening	Learning to be good listeners helps children build their communication skills and develop positive relationships.	<ul style="list-style-type: none"> • Demonstrate listening and engaging with the speaker. 	CASEL 5: Relationship Skills, Social Awareness Skills: Developing positive relationships, Taking others' perspectives

Grade 2 (continued)

Unit 5: Kindness Matters			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: We Can Appreciate Others' Strengths	Learning to recognize the strengths of others and provide positive feedback through compliments helps children develop positive relationships.	<ul style="list-style-type: none"> • Compliment a peer on their strengths. • Receive a compliment. 	CASEL 5: Social Awareness, Relationship Skills Skills: Recognizing strengths in others, Developing positive relationships
Lesson 2: We Can Support Others Who Are Upset	Showing caring behavior helps children feel connected to their community and build empathy.	<ul style="list-style-type: none"> • Recognize different ways people show they are upset. • Show caring support when others are upset. 	CASEL 5: Social Awareness Skills: Demonstrating empathy and compassion, Showing concern for the feelings of others
Lesson 3: We Can Give and Receive Apologies	Having a plan to give a complete apology can help children move forward through hard feelings.	<ul style="list-style-type: none"> • Give a complete apology. • Respond when someone gives them an apology. 	CASEL 5: Social Awareness Skills: Showing empathy, Taking others' perspectives
Lesson 4: We Can Show Our Gratitude	Expressing gratitude helps people feel happier and build relationships with others.	<ul style="list-style-type: none"> • Appreciate the effort others put into helping them. • Write a thank you note. 	CASEL 5: Social Awareness Skills: Expressing gratitude

Grade 2 (continued)

Bullying Prevention			
Lesson Title	Overview	Children Will . . .	SEL Competencies
Lesson 1: What Is Bullying?	Everyone has conflicts from time to time, but some conflicts reach the level of bullying. Children will learn to tell the difference between bullying and other kinds of conflict.	<ul style="list-style-type: none"> • Identify what bullying is. • Understand the difference between healthy conflict and bullying. 	CASEL 5: Social Awareness, Relationship Skills Skills: Showing concern for the feelings of others, Resolving conflicts constructively
Lesson 2: What to Do When You Are Bullied	Knowing the steps to take if someone bullies them can help children feel more confident in taking action if they are bullied. Children will learn and practice steps to respond to bullying.	<ul style="list-style-type: none"> • Identify and demonstrate positive ways to respond to bullying. 	CASEL 5: Relationship Skills, Self-Management Skills: Resolving conflicts constructively, Demonstrating agency
Lesson 3: Tattling or Telling?	Knowing when to tell a trusted adult about something can keep children safe. Children can learn when to tell by learning the difference between tattling and telling.	<ul style="list-style-type: none"> • Recognize the difference between tattling and telling. • Name adults they can tell if they need help. 	CASEL 5: Self-Management, Responsible Decision-Making Skills: Showing the courage to take initiative, Learning to make a reasoned judgment after evaluating a situation