

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 Skill: 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 Skill: 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 Skill: 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 Skill: Identifying strengths
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
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 Skills: 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 Skill: 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
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 Skill: 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 Skill: Expressing appreciation
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

SCOPE AND SEQUENCE: GRADES K-2



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 Skill: 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 Skill: 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 Skill: 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 Skills: Identifying strengths, Experiencing self-efficacy
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 Skill: 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 Skill: 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 Skill: 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
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 Skill: 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 Skill: 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
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 Skill: 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 Skill: Understanding and expressing gratitude
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 Skill: 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 Skill: 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 Skill: 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 Skill: Experiencing self-efficacy, Solving problems
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
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
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 Skill: Expressing gratitude
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

SCOPE AND SEQUENCE: GRADES 3–5



GRADE 3

UNIT 1: MY COMMUNITY AND ME			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: We Care and It Shows	Participating in making Shared Agreements helps children work together to develop a kind, caring, and respectful classroom community.	<ul style="list-style-type: none"> Participate in making Shared Agreements. 	CASEL 5: Relationship Skills Skills: Practicing teamwork, Developing positive relationships
LESSON 2: Together We Can Do It	When children cooperate and fulfill their roles and responsibilities, all group members can accomplish their goals successfully.	<ul style="list-style-type: none"> Learn about group guidelines and cooperating in groups. Cooperate and use group roles. 	CASEL 5: Relationship Skills Skills: Working cooperatively, Building relationships
LESSON 3: We Are Valuable	Developing an understanding of what values are and identifying their personal values helps children begin to appreciate and respect personal and community values.	<ul style="list-style-type: none"> Explore the meaning of personal values and identify some of their own values. Associate symbols with positive values. 	CASEL 5: Self-Awareness Skill: Identifying personal values
LESSON 4: We All Have Talents and Interests	Exploring their own talents and interests and discussing them with classmates helps children develop appreciation for the things they have in common with classmates, how they are different, and how those differences benefit the classroom community.	<ul style="list-style-type: none"> Identify talents and interests of themselves and classmates. Recognize how similarities and differences among classmates make the classroom community stronger. 	CASEL 5: Self-Awareness, Relationship Skills Skills: Recognizing strengths, Appreciating differences, Building relationships
LESSON 5: The Path to Self-Confidence	Connecting their existing talents and strengths to self-confidence supports children in using positive thoughts and actions to build new talents and strengths when they face hurdles.	<ul style="list-style-type: none"> Identify their talents and strengths. Identify positive thoughts and actions to build self-confidence to support gaining new strengths. 	CASEL 5: Self-Awareness Skills: Recognizing strengths of self and others, Building self-efficacy
UNIT 2: MY EMOTIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: Families of Feelings	Learning that there are families of emotion words helps children build their awareness of the nuances of emotion vocabulary and helps them more clearly describe the emotions they feel.	<ul style="list-style-type: none"> Identify and label their emotions. Explore emotion families to build their emotion vocabulary. 	CASEL 5: Self-Awareness, Relationship Skills Skills: Identifying emotions, Communicating effectively
LESSON 2: Figuring Out How Others Feel	Recognizing the emotions of others is an important aspect of building friendships. Learning a strategy to avoid misreading emotions can help children avoid confusion and hurt feelings.	<ul style="list-style-type: none"> Identify and label the emotions of others. 	CASEL 5: Social-Awareness, Relationship Skills Skills: Showing concern for the feelings of others, Developing positive relationships
LESSON 3: We Can Be Positive	Understanding that people can influence their thoughts to work toward positive actions and emotions helps children build their understanding of the interplay among thoughts, emotions, and actions.	<ul style="list-style-type: none"> Discover that their thoughts can take the lead and affect their emotions and actions. Identify positive thoughts to work toward positive emotions and actions. 	CASEL 5: Self-Awareness Skill: Linking thoughts, emotions, and actions
UNIT 3: JUST-RIGHT EMOTIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: We Can Manage Frustration	Feelings of frustration can build and cause people to feel stuck. Learning a strategy to calm their brains and bodies will prepare children to regulate their emotions when they are frustrated.	<ul style="list-style-type: none"> Describe frustration. Experience a breathing strategy to calm themselves when frustration gets in the way. 	CASEL 5: Self-Awareness, Self-Management Skills: Identifying one's emotions, Managing one's emotions
LESSON 2: We Can Read the Signs of Anger	Recognizing the signs that they are angry helps children understand when a calming strategy can help them focus.	<ul style="list-style-type: none"> Describe how anger feels in the body. Demonstrate knowledge of when and how to use Slow Bubble Blowing to calm down. 	CASEL 5: Self-Awareness, Self-Management Skills: Identifying one's emotions, Managing one's emotions
LESSON 3: Everyone Makes Mistakes	Recognizing that everyone makes mistakes and learning a positive self-talk strategy can encourage children to have self-compassion.	<ul style="list-style-type: none"> Define compassion. Demonstrate knowledge of a positive self-talk strategy to use when they make a mistake. 	CASEL 5: Self-Awareness, Self-Management Skills: Identifying one's emotions, Managing one's emotions
LESSON 4: Calming Down Worry	When worrying takes over, it can be hard for children to think of anything else. Learning a strategy to calm their thoughts helps empower children to manage their feelings of worry.	<ul style="list-style-type: none"> Describe situations that can lead to worry. Demonstrate knowledge of a strategy to help them manage feelings of worry. 	CASEL 5: Self-Awareness, Self-Management Skills: Identifying one's emotions, Managing one's emotions

GRADE 3 (continued)

UNIT 4: BUILDING CONNECTIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: Listening is a Superpower	Building their listening skills helps children strengthen their friendships and other relationships.	<ul style="list-style-type: none"> Describe how listening helps strengthen friendships. Demonstrate knowledge of the superpower listening strategy. 	CASEL 5: Relationship Skills Skills: Communicating effectively, Developing positive relationships
LESSON 2: Compromise Helps Us Work Together	Compromise helps a group move forward even though each person might not get exactly what they want. Learning when and how to compromise helps children work and play together.	<ul style="list-style-type: none"> Describe compromise. Demonstrate the steps of making a compromise. 	CASEL 5: Relationship Skills Skills: Practicing teamwork and collaborative problem solving, Resolving conflicts constructively
LESSON 3: We Each Have Our Own Perspective	Understanding that others might look at a situation differently than they do can help children avoid disagreements as they work and learn with others.	<ul style="list-style-type: none"> Define perspective. Identify different perspectives. 	CASEL 5: Relationship Skills, Social Awareness Skills: Resolving conflicts constructively, Taking others' perspectives
LESSON 4: We Belong in Our Communities	Understanding that they can make a difference in the communities they belong to helps empower children to contribute to their communities.	<ul style="list-style-type: none"> Discuss the benefits of being part of a community. Explore opportunities to contribute to their communities. 	CASEL 5: Self-Awareness, Social Awareness Skills: Developing a sense of purpose, Showing concern for others
UNIT 5: MAKING GOOD DECISIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: Our Needs and Wants	Learning to recognize their needs and wants helps children prioritize choices that keep them healthy and safe.	<ul style="list-style-type: none"> Identify needs and wants. Consider needs and wants when making a decision. 	CASEL 5: Responsible Decision-Making, Self-Management Skills: Making decisions, Exhibiting self-discipline
LESSON 2: Consider the Consequences	Taking the time to consider the consequences of their choices before they make a decision helps children make better decisions.	<ul style="list-style-type: none"> Identify positive and negative consequences. Predict consequences of possible choices before making a decision. 	CASEL 5: Responsible Decision-Making Skill: Anticipating the consequences of one's actions
LESSON 3: We Value Responsibility	Considering their decisions through the lens of their responsibilities can help children make decisions they are proud of and that have good consequences.	<ul style="list-style-type: none"> Describe responsibility. Demonstrate making responsible decisions. 	CASEL 5: Responsible Decision-Making, Self-Awareness Skills: Making decisions, Linking their values and actions
BULLYING PREVENTION			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: Is It Bullying?	Sometimes playful teasing crosses a line into bullying. Learning to notice how their teasing affects someone can help children be more careful with their words and actions.	<ul style="list-style-type: none"> Look for clues that playful teasing has crossed a line. Practice asking others to stop teasing them. 	CASEL 5: Social Awareness Skills: Showing concern for the feelings of others, Resolving conflicts constructively
LESSON 2: Responding to Bullying	Bullying behaviors can make children feel powerless. Learning about and practicing effective responses to bullying behaviors can help them take action if they experience bullying.	<ul style="list-style-type: none"> Learn effective responses to bullying. Apply responses to different bullying situations. 	CASEL 5: Responsible Decision-Making Skill: Identifying solutions for personal and social problems
LESSON 3: STOP Bullying Behaviors	Children can feel powerless when they see others being bullied. Providing them with positive ways to respond to bullying situations helps empower them to take action.	<ul style="list-style-type: none"> Understand what it means to feel empathy in bullying situations. Respond in positive and helpful ways when another student is being bullied. 	CASEL 5: Relationship Skills Skills: Building communication skills, Resolving conflicts constructively, Seeking help

GRADE 4

UNIT 1: MY COMMUNITY AND ME			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: Shared Agreements for Respecting You and Me	Participating in making Shared Agreements helps children work together to develop a kind, caring, and respectful classroom community.	<ul style="list-style-type: none"> Participate in making Shared Agreements. 	CASEL 5: Relationship Skills Skills: Practicing teamwork, Developing positive relationships
LESSON 2: Cooperating for Success	When children cooperate and fulfill their roles and responsibilities, all group members can accomplish their goals successfully.	<ul style="list-style-type: none"> Learn about group guidelines and cooperating in groups. Cooperate and use group roles. 	CASEL 5: Relationship Skills Skills: Working cooperatively, Building relationships
LESSON 3: We Are a Valuable Treasure	When groups of members agree on a set of values to use while working and playing together, it lays the foundation for success as a team.	<ul style="list-style-type: none"> Identify some personal values. Identify how personal and group values help groups work together successfully. 	CASEL 5: Self-Awareness Skills: Identifying personal values and group values
LESSON 4: Keep an Open Mind to Connect	Judging others negatively can cause students to miss opportunities to connect. Practicing keeping an open mind can help them learn about the ideas, interests, and values of others in the classroom community and appreciate differences.	<ul style="list-style-type: none"> Learn what it means to judge. Keep an open mind to learn about the ideas, interests, and values of others in the classroom community. 	CASEL 5: Relationship Skills, Social Awareness, Self-Awareness Skills: Developing positive relationships, Taking others' perspectives, Recognizing strengths in others
LESSON 5: I Like It When I Do Well	Learning about internal and external motivation can help children connect to the reasons why they do things and keep going when they are completing tasks or building strengths.	<ul style="list-style-type: none"> Learn how internal and external motivation supports them in completing tasks and building strengths. Identify motivation for something they are doing. 	CASEL 5: Self-Awareness, Self-Management Skills: Recognizing strengths, Exhibiting self-motivation
UNIT 2: MY EMOTIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: Talking About Feelings	Exploring the emotion families on an emotion wheel helps children build their emotion vocabulary and see the different ways they can describe the specific emotions each person feels.	<ul style="list-style-type: none"> Identify and label their emotions. Build their emotion vocabulary and understanding of emotion families. 	CASEL 5: Self-Awareness, Relationship Skills Skills: Identifying emotions, Communicating effectively
LESSON 2: Showing Empathy	Recognizing the emotions of others helps individuals build their empathy skills. When children can imagine how they might feel in a situation, it helps them identify a possible response to show empathy.	<ul style="list-style-type: none"> Identify and label the emotions of others. Demonstrate empathy. 	CASEL 5: Social-Awareness, Relationship Skills Skills: Showing concern for the feelings of others, Developing positive relationships
LESSON 3: Emotion Connections	Noticing connections among their thoughts, emotions, and actions helps children build a foundation for emotion self-regulation.	<ul style="list-style-type: none"> Discuss how thoughts, emotions, and actions are connected. Identify thoughts, emotions, and actions and the connections among them. 	CASEL 5: Self-Awareness Skill: Linking thoughts, emotions, and actions
UNIT 3: JUST-RIGHT EMOTIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: We Can Manage Disappointment	When feelings of disappointment rise, it can be hard to move past them. Learning a strategy to calm their brains and bodies will prepare children to regulate their emotions when they are disappointed.	<ul style="list-style-type: none"> Describe disappointment. Experience a breathing strategy to calm themselves when feelings of disappointment start to get big. 	CASEL 5: Self-Awareness, Self-Management Skills: Identifying one's emotions, Managing one's emotions
LESSON 2: Calming Down to Focus	Learning to manage anger at lower levels helps children make better choices. Exercise is a way to channel their anger energy so they can focus.	<ul style="list-style-type: none"> Recognize how anger can build and affect their decisions. Exercise as a strategy to calm their emotions. 	CASEL 5: Self-Awareness, Self-Management Skills: Identifying one's emotions, Managing one's emotions
LESSON 3: We Can Shake Off Our Mistakes	Recognizing that they can learn from their mistakes if they don't get stuck in them empowers children to shake off mistakes to move forward.	<ul style="list-style-type: none"> Describe how they feel when they make mistakes. Demonstrate knowledge of a strategy to move forward when they make mistakes. 	CASEL 5: Self-Awareness, Self-Management Skills: Identifying one's emotions, Managing one's emotions
LESSON 4: Talk It Out to Manage Stress	A support network (for example, friends and trusted adults) can help when worries and stressors start to feel overwhelming. Children will learn when to reach out and why talking it out can help.	<ul style="list-style-type: none"> Describe stress and how it feels in their body and brain. Recognize when to talk to a caring adult about worries and stressors that are building up. 	CASEL 5: Self-Awareness, Self-Management Skills: Identifying one's emotions, Managing one's emotions

GRADE 4 (continued)

UNIT 4: BUILDING CONNECTIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: Showing We Are Interested	Practicing listening to support give and take in conversations helps children build positive relationships.	<ul style="list-style-type: none"> Describe listening skills. Demonstrate knowledge of the “Yes, and…” conversation tool. 	CASEL 5: Relationship Skills Skills: Communicating effectively, Developing positive relationships
LESSON 2: We Can Compromise to Get Things Done	Learning strategies to reach agreements helps children develop their ability to compromise when they work and play with others.	<ul style="list-style-type: none"> Describe compromise. Apply strategies to compromise in different situations. 	CASEL 5: Relationship Skills Skills: Practicing teamwork and collaborative problem solving, Resolving conflicts constructively
LESSON 3: Speaking Up to Avoid Disagreements	Learning a strategy to let others know something is bothering them before their emotions build helps children avoid and resolve disagreements.	<ul style="list-style-type: none"> Identify blaming language. Rephrase blaming messages as What, Why, and How messages. 	CASEL 5: Social Awareness, Relationship Skills Skills: Practicing teamwork and collaborative problem-solving, Resolving conflicts constructively
LESSON 4: We Can Celebrate Good Deeds	Celebrating positive acts in their communities can inspire children to appreciate the efforts of others and to contribute their own efforts.	<ul style="list-style-type: none"> Demonstrate appreciation for contributions and good deeds in the classroom, school, and greater community. 	CASEL 5: Self-Awareness, Social Awareness Skills: Developing a sense of purpose, Recognizing strengths in others
UNIT 5: MAKING GOOD DECISIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: Taking Charge of Decisions	Learning to take charge of their decisions helps children get more of what they want. Children will learn a decision-making process to make decisions with good outcomes.	<ul style="list-style-type: none"> Recognize the consequences of not taking charge of a decision. Demonstrate how to make decisions using a decision-making process. 	CASEL 5: Responsible Decision-Making, Self-Management Skills: Making a decision after considering the choices, Exhibiting self-discipline
LESSON 2: The Ups and Downs of Peer Influence	Recognizing that peers can influence them in positive and negative ways but that they are still responsible for their decisions and the consequences can help children make good decisions.	<ul style="list-style-type: none"> Differentiate between positive and negative peer influence. Identify positive and negative peer influence in situations. 	CASEL 5: Responsible Decision-Making Skill: Anticipating the consequences of one’s actions
LESSON 3: We Value Integrity	Learning that they can draw on their values to guide them in making good decisions can give children a compass to help them make decisions that are good for them and others.	<ul style="list-style-type: none"> Describe integrity. Examine how integrity can influence decision-making. 	CASEL 5: Responsible Decision-Making, Self-Awareness Skills: Making decisions, Linking their values and actions
BULLYING PREVENTION			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: Is It Bullying?	Sometimes playful teasing crosses a line into bullying. Learning to notice how their teasing affects someone can help children be more careful with their words and actions.	<ul style="list-style-type: none"> Look for clues that playful teasing has crossed a line. Practice asking others to stop teasing them. 	CASEL 5: Social Awareness Skills: Showing concern for the feelings of others, Resolving conflicts constructively
LESSON 2: Responding to Bullying	Bullying behaviors can make children feel powerless. Learning about and practicing effective responses to bullying behaviors can help them take action if they experience bullying.	<ul style="list-style-type: none"> Learn effective responses to bullying. Apply responses to different bullying situations. 	CASEL 5: Responsible Decision-Making Skill: Identifying solutions for personal and social problems
LESSON 3: STOP Bullying Behaviors	Children can feel powerless when they see others being bullied. Providing them with positive ways to respond to bullying situations helps empower them to take action.	<ul style="list-style-type: none"> Understand what it means to feel empathy in bullying situations. Respond in positive and helpful ways when another student is being bullied. 	CASEL 5: Relationship Skills Skills: Building communication skills, Resolving conflicts constructively, Seeking help

GRADE 5

UNIT 1: MY COMMUNITY AND ME			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: The Respect of Shared Agreements	Participating in making Shared Agreements helps children work together to develop a kind, caring, and respectful classroom community.	<ul style="list-style-type: none"> Participate in making Shared Agreements. 	CASEL 5: Relationship Skills Skills: Practicing teamwork, Developing positive relationships
LESSON 2: Group Workout	When children cooperate and fulfill their roles and responsibilities, all group members can accomplish their goals successfully.	<ul style="list-style-type: none"> Learn about group guidelines and cooperating in groups. Cooperate and use group roles. 	CASEL 5: Relationship Skills Skills: Working cooperatively, Building relationships
LESSON 3: There are Values in All of Us	Identifying their values and expressing them as values statements helps children understand the personal principles and beliefs that guide their attitudes, decisions, and actions.	<ul style="list-style-type: none"> Identify personal values. Express values as values statements. 	CASEL 5: Self-Awareness Skill: Identifying personal values
LESSON 4: We Appreciate Our Differences	Students will explore how diversity is reflected in their classroom community and how stereotypes can keep them from appreciating the benefits of their differences.	<ul style="list-style-type: none"> Review the meaning of diversity and stereotypes. Explore examples of stereotypes and how they can be harmful. 	CASEL 5: Self-Awareness, Social Awareness Skills: Taking others' perspectives, Recognizing strengths in others, Showing concern for the feelings of others
LESSON 5: Feeling Confident	Helping children understand how to build and draw on self-confidence supports them as they expand strengths and develop new skills, even when they hit hurdles.	<ul style="list-style-type: none"> Identify the ways they feel self-confident. Write and say affirmations to build self-confidence. 	CASEL 5: Self-Awareness Skills: Building self-confidence, Building self-efficacy, Having a growth mindset
UNIT 2: MY EMOTIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: We All Feel Mixed Emotions Sometimes	Feeling multiple emotions at once can be confusing for children. Naming their mixed emotions can help them process what they are feeling.	<ul style="list-style-type: none"> Recognize that it is normal to feel multiple emotions at the same time. Identify and label their emotions. 	CASEL 5: Self-Awareness Skill: Identifying emotions
LESSON 2: Emotions Can Be Hard to Read	Sometimes people hide their emotions. Learning to use clues from a situation to figure out what someone might be thinking or feeling can help children communicate effectively.	<ul style="list-style-type: none"> Recognize that people show their emotions in different ways. Identify clues in a situation when it is hard to tell what someone is feeling. 	CASEL 5: Social-Awareness, Relationship Skills Skill: Showing concern for the feelings of others, Developing positive relationships
LESSON 3: Positive Thoughts Are Powerful	Understanding that they can influence their thoughts to work toward positive actions and emotions helps children build a foundation for emotion self-regulation.	<ul style="list-style-type: none"> Observe that their thoughts, feelings, and actions from one situation can carry over to other situations. Identify positive thoughts to work toward positive emotions and actions. 	CASEL 5: Self-Awareness Skill: Linking thoughts, emotions, and actions
UNIT 3: JUST-RIGHT EMOTIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: We Can Feel Under Control	An emotion meter can help children develop an awareness of the level of emotion they are feeling. This supports them in using calming strategies to manage their emotions before they cause problems.	<ul style="list-style-type: none"> Explore an emotion identification tool and experience a calming strategy designed to help regulate emotions such as disappointment, frustration, and confusion. 	CASEL 5: Self-Awareness, Self-Management Skills: Identifying emotions, Managing one's emotions
LESSON 2: Feelings Below the Surface	Understanding that they can have emotions under the surface that contribute to their anger helps children build their ability to recognize what they are feeling.	<ul style="list-style-type: none"> Identify emotions under the surface to better understand what they are feeling. Discover ways to cool their anger. 	CASEL 5: Self-Awareness, Self-Management Skills: Identifying one's emotions, Managing one's emotions
LESSON 3: We Can Move Through Mistakes	Learning how positive self-talk can help them move forward after they make a mistake gives children a way to get unstuck if they feel frustrated, overwhelmed, or embarrassed.	<ul style="list-style-type: none"> Describe the Brain Critic and Brain Coach. Demonstrate knowledge of a Brain Coach strategy. 	CASEL 5: Self-Awareness, Self-Management Skill: Identifying one's emotions, Managing one's emotions
LESSON 4: Change Can Be Stressful	Change can be stressful. Learning ways to focus their thoughts when they are stressed can help children manage their stress during times of change.	<ul style="list-style-type: none"> Describe stress they can feel when change happens. Demonstrate knowledge of a strategy to focus their thoughts. 	CASEL 5: Self-Awareness, Self-Management Skills: Identifying one's emotions, Managing one's emotions

GRADE 5 (continued)

UNIT 4: BUILDING CONNECTIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: Building Our Conversation Skills	Building their conversation skills (listening, asking questions, responding, and reflecting) helps children learn about others and share about themselves.	<ul style="list-style-type: none"> Discuss examples of conversation skills. Demonstrate conversation skills. 	CASEL 5: Relationship Skills Skills: Communicating effectively, Developing positive relationships
LESSON 2: We Can Be Flexible	When students can remain flexible when they are in situations that require a compromise, they are more likely to reach a positive outcome that everyone feels good about.	<ul style="list-style-type: none"> Describe why flexibility is important for compromise. Show how to use compromise strategies and remain flexible. 	CASEL 5: Relationship Skills Skills: Practicing teamwork and collaborative problem solving, Resolving conflicts constructively
LESSON 3: We Can Agree to Disagree	Learning when and how to agree to disagree with others helps children have respectful conversations with others who have different perspectives.	<ul style="list-style-type: none"> Identify another person's perspective. Explore when and how to agree to disagree. 	CASEL 5: Relationship Skills, Social Awareness Skills: Resolving conflicts constructively, Taking others' perspectives
LESSON 4: We Can Be Active Community Members	Children will learn how being an active participant in the community can make the community better and more welcoming.	<ul style="list-style-type: none"> Identify the importance of being an active community member. Create a banner to welcome others to the community. 	CASEL 5: Self-Awareness, Social Awareness Skills: Developing a sense of purpose, Recognizing strengths in others
UNIT 5: MAKING GOOD DECISIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: Making Responsible Decisions	Some decisions can be made quickly, and others take more thought. Children will learn how predicting the consequences of their choices can help them make responsible decisions.	<ul style="list-style-type: none"> Classify decisions as snap decisions or responsible decisions. Demonstrate knowledge of the responsible decision-making process. 	CASEL 5: Responsible Decision-Making, Self-Management Skills: Making decisions, Exhibiting self-discipline
LESSON 2: We Can Reflect and Do Better	Reflecting on the consequences of their decisions and actions can help children make better decisions in the future.	<ul style="list-style-type: none"> Describe how self-reflection can help them make better decisions in the future. Reflect on their actions to determine what went well and what to improve in the future. 	CASEL 5: Responsible Decision-Making Skills: Reflecting on the consequences of one's actions
LESSON 3: We Value Dependability	Exploring how dependability can affect relationships can show children how being dependable can help them make good decisions and follow through on them.	<ul style="list-style-type: none"> Describe dependability. Identify ways to improve their dependability. 	CASEL 5: Responsible Decision-Making, Self-Awareness Skills: Making good decisions, Showing dependability, Using planning and organizational skills
BULLYING PREVENTION			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
LESSON 1: Is It Bullying?	Sometimes playful teasing crosses a line into bullying. Learning to notice how their teasing affects someone can help children be more careful with their words and actions.	<ul style="list-style-type: none"> Look for clues that playful teasing has crossed a line. Practice asking others to stop teasing them. 	CASEL 5: Social Awareness Skills: Showing concern for the feelings of others, Resolving conflicts constructively
LESSON 2: Responding to Bullying	Bullying behaviors can make children feel powerless. Learning about and practicing effective responses to bullying behaviors can help them take action if they experience bullying.	<ul style="list-style-type: none"> Learn effective responses to bullying. Apply responses to different bullying situations. 	CASEL 5: Responsible Decision-Making Skills: Identifying solutions for personal and social problems
LESSON 3: STOP Bullying Behaviors	Children can feel powerless when they see others being bullied. Providing them with positive ways to respond to bullying situations helps empower them to take action.	<ul style="list-style-type: none"> Understand what it means to feel empathy in bullying situations. Respond in positive and helpful ways when another student is being bullied. 	CASEL 5: Relationship Skills Skills: Building communication skills, Resolving conflicts constructively, Seeking help