

Social-Emotional Learning Scope and Sequence 2023-2024



Building safer tomorrows.™

EDTECH BREAKTHROUGH AWARD 2023

Social-Emotional Learning SOLUTION OF THE YEAR

Suite360 for Students is a

comprehensive curriculum for socialemotional learning (SEL) that empowers students to achieve mental well-being and develop important social-emotional skills. With 40 weeks of instruction and lessons that are sequenced and delivered in a blended learning format, Navigate360 offers an extensive library of SEL lessons available across all five CASEL competencies.

Lessons are organized into thematic units with the recommendation of delivering one SEL lesson per week. Topics focus on the critical challenges today's schools face, and lessons are created to meet students exactly where they are, no matter what age.

Staff and Family lessons align to the student scope and sequence to ensure consistent messaging and provide opportunities to extend learning.

Suite360 includes the following:

- + Scaffolded lessons for grades K-12
- + Engaging videos and games
- + Pre- and post-lesson quizzes to gauge understanding
- + Family resources in English, Spanish, Chinese, Korean, Vietnamese and Arabic
- + Teacher Companion Guides to help facilitate lessons
- + Helpful resources and activity suggestions

Our program is flexible, and pacing can be tailored to achieve the learning outcomes desired by districts and schools. Help your students reach their full potential and thrive with Suite360!



Kindergarten

	Week 2 In	tro to SEL Program	
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	What Are My Strengths?
Week 4	Self-Management	SHIELD(S) Strategy	Using Your SHIELD
Week 5	Social Awareness	Values	Same or Different?
Week 6	Relationship Skills	Personal Boundaries	We Need Boundaries
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	The Choice Is Right
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	How Do I Feel?
Week 9	Self-Management	Self-Regulation	Lee Learns About Feelings
Week 10	Social Awareness	Gratitude	A Thank You Adventure
Week 11	Relationship Skills	Relationships	Frustration on the Playgrour
Week 12	Responsible Decision-Making	Exploring New Ideas	Curiosity
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Can-Do Attitude
Week 14	Self-Management	Academic Success Skills	The Thinking and Learning Ga
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Caring Reactions
Week 16	Relationship Skills	Friendships	A Visit to Friendship Academ
Week 17	Responsible Decision-Making	Problem-Solving	A Problem in the Woods
	Week 18 Mid	-Year SEL Assessment	
Module 4 Vellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Exploring Uniqueness
Week 20	Self-Management	Stress Management	Stress Management
Week 21	Social Awareness	Perspective	Point of View
Week 22	Relationship Skills	Communication and Respect	Put Your Ears to Work
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Expected Behavior
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Treating Others
Week 25	Self-Management	Goals	What Are Goals?
Week 26	Social Awareness	Helping Others	Helper Habitat
Week 27	Relationship Skills	Cultural Competency	My Family
Week 28	Responsible Decision-Making	Bullying	We Don't Tease Our Friend
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	I Can Be Honest
Week 30	Self-Management	Executive Functioning	Organization Skills
Week 31	Social Awareness	Social Responsibility	Atticus Learns About Behavi
Week 32	Relationship Skills	Teamwork	Teamwork Sharing Ideas
	Responsible Decision-Making	Personal Responsibility	Accidents Happen
Week 33			Lesson Title
Week 33 Module 7 Social Development	CASEL Competency	Theme	Lesson fille
Module 7	CASEL Competency Self-Awareness	Theme Growth Mindset	
Module 7 Social Development Week 34	Self-Awareness		The Power of Positive Thinki
Module 7 Social Development		Growth Mindset Mindfulness and Meditation	The Power of Positive Thinki Take a Deep Breath
Module 7 Social Development Week 34 Week 35 Week 36	Self-Awareness Self-Management	Growth Mindset Mindfulness and Meditation Respect	The Power of Positive Thinki Take a Deep Breath Game of Respect
Module 7 Social Development Week 34 Week 35	Self-Awareness Self-Management Social Awareness	Growth Mindset Mindfulness and Meditation	The Power of Positive Thinkin Take a Deep Breath

First Grade



		g of Year SEL Assessment tro to SEL Program	
Module 1	WCCK 2 II		
Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	What Are My Interests and Hobbi
Week 4	Self-Management	SHIELD(S) Strategy	Problem-Solving at the Party
Week 5	Social Awareness	Values	Our Differences Make Us Uniqu
Week 6	Relationship Skills	Personal Boundaries	Your Personal Space Suit
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Safe and Healthy Superheros
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	What Is that Emotion?
Week 9	Self-Management	Self-Regulation	All Feelings Are Okay
Week 10	Social Awareness	Gratitude	What Are You Grateful For?
Week 11	Relationship Skills	Relationships	Your Mind as a Remote Contro
Week 12	Responsible Decision-Making	Exploring New Ideas	Curiosity with New Things
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Start with a Heart
Week 14	Self-Management	Academic Success Skills	Focus!
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Knowing and Showing Empath
Week 16	Relationship Skills	Friendships	Making Friends
Week 17	Responsible Decision-Making	Problem-Solving	Positive Problem-Solving
	Week 18 Mid	-Year SEL Assessment	
Module 4 Vellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	I Am Unique
Week 20	Self-Management	Stress Management	Calming
Week 21	Social Awareness	Perspective	How Embarrassing!
Week 22	Relationship Skills	Communication and Respect	Being a Good Listener
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Rules Keep Us Safe
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Compliments Count!
Week 25	Self-Management	Goals	Big Goals and Small Goals
Week 26	Social Awareness	Helping Others	Helping Others
Week 27	Relationship Skills	Cultural Competency	My Family Tree
Week 28	Responsible Decision-Making	Bullying	What Is an Upstander?
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	What Does It Mean to be Hones
Week 30	Self-Management	Executive Functioning	Being Organized
	-	Social Responsibility	Waiting Your Turn
Week 31	Social Awareness		
Week 31	Social Awareness Relationship Skills	Teamwork	
	Relationship Skills	Teamwork	There Is No "I" in Team
Week 31 Week 32		· · · ·	
Week 31 Week 32 Week 33 Module 7	Relationship Skills Responsible Decision-Making	Teamwork Personal Responsibility	There Is No "I" in Team Sorry Safari
Week 31 Week 32 Week 33 Module 7 Social Development	Relationship Skills Responsible Decision-Making CASEL Competency	Teamwork Personal Responsibility Theme	There Is No "I" in Team Sorry Safari Lesson Title
Week 31 Week 32 Week 33 Module 7 Social Development Week 34	Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness	Teamwork Personal Responsibility Theme Growth Mindset	There Is No "I" in Team Sorry Safari Lesson Title Be Positive
Week 31 Week 32 Week 33 Module 7 Social Development Week 34 Week 35	Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management	Teamwork Personal Responsibility Theme Growth Mindset Mindfulness and Meditation	There Is No "I" in Team Sorry Safari Lesson Title Be Positive Using Your Senses for Mindfulne Friendship Soup
Week 31 Week 32 Week 33 Module 7 Social Development Week 34 Week 35 Week 36	Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness	Teamwork Personal Responsibility Theme Growth Mindset Mindfulness and Meditation Respect	There Is No "I" in Team Sorry Safari Lesson Title Be Positive Using Your Senses for Mindfulne



Second Grade

		nning of Year SEL Assessment 2 Intro to SEL Program	
Module 1	WCCK		 [
Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Strengths and Interests
Week 4	Self-Management	SHIELD(S) Strategy	Staying Calm with SHIELD
Week 5	Social Awareness	Values	My Values, My Choices
Week 6	Relationship Skills	Personal Boundaries	The Space Between Us
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Staying on Track with Healthy Choices
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Frustration Putting the Pieces Togethe
Week 9	Self-Management	Self-Regulation	Self-Control Field Trip
Week 10	Social Awareness	Gratitude	Showing Kindness to Others
Week 11	Relationship Skills	Relationships	How to Be an Upstander
Week 12	Responsible Decision-Making	Exploring New Ideas	I Can Do This!
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Running Toward Your Goal
Week 14	Self-Management	Academic Success Skills	Focus Skills
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Investigating Sharing
Week 16	Relationship Skills	Friendships	Finding Good Friends
Week 17	Responsible Decision-Making	Problem-Solving	Accident Arcade
		Mid-Year SEL Assessment	
Module 4 Vellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Being Confident
Week 20	Self-Management	Stress Management	Controlling Stress
Week 21	Social Awareness	Perspective	My Perspective
Week 22	Relationship Skills	Communication and Respect	Active Listening
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Red Light, Green Light
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	What Is Diversity?
Week 25	Self-Management	Goals	Setting Goals
Week 26	Social Awareness	Helping Others	Be a Helping Hero
Week 27	Relationship Skills	Cultural Competency	The Family Recipe
Week 28	Responsible Decision-Making	Bullying	Bullying
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Stepping Up to Do the Right Thing
Week 30	Self-Management	Executive Functioning	Planning and Prioritizing
Week 31	Social Awareness	Social Responsibility	Family Rules
Week 32	Relationship Skills	Teamwork	Trust and Teams
Week 33	Responsible Decision-Making	Personal Responsibility	The "I's" Have It!
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Mindset Matters
Week 35	Self-Management	Mindfulness and Meditation	Mindfulness
	Social Awareness	Respect	Different Perspectives and Feelings
Week 36		Conflict Resolution	When Friends Fight
	Relationship Skills Responsible Decision-Making	Conflict Resolution Rules and Consequences	When Friends Fight Negative and Positive Consequences



Third Grade

		nning of Year SEL Assessment	
	Week	2 Intro to SEL Program	1
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Getting the Job Done Using Our Strengths and Interests
Week 4	Self-Management	SHIELD(S) Strategy	SHIELD Signs on the Highway of Life
Week 5	Social Awareness	Values	Values in Friendship
Week 6	Relationship Skills	Personal Boundaries	Keeping Feelings Private
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Self-Care Everywhere
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Recognizing Feelings
Week 9	Self-Management	Self-Regulation	Dealing with Strong Emotions
Week 10	Social Awareness	Gratitude	Gratitude Is a Powerful Thing
Week 11	Relationship Skills	Relationships	Think It or Speak It?
Week 12	Responsible Decision-Making	Exploring New Ideas	Having an Open Mind
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	What Is Self-Efficacy?
Week 14	Self-Management	Academic Success Skills	Priorities and Prioritizing
Week 15	Social Awareness	Empathy, Kindness, and	Ŭ Ŭ
		Compassion	Empathy and Kindness
Week 16	Relationship Skills	Friendships	Staying Safe Online
Week 17	Responsible Decision-Making	Problem-Solving	Problem-Solving Party
	Week 18	Mid-Year SEL Assessment	
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Character Strengths and Confidence
Week 20	Self-Management	Stress Management	Be a Stress Detective
Week 21	Social Awareness	Perspective	Birthday Party Perspective
Week 22	Relationship Skills	Communication and Respect	Non-Verbal Communication
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Taking Medication That's Not Yours
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	More Friends, More Fun!
Week 25	Self-Management	Goals	Let's Be SMART with Our Goals
Week 26	Social Awareness	Helping Others	Being a Good Neighbor
Week 27	Relationship Skills	Cultural Competency	Culture and Traditions
Week 28	Responsible Decision-Making		Stand Up to Bullying
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Integrity
Week 30	Self-Management	Executive Functioning	Executive Functioning
Week 31	Social Awareness	Social Responsibility	Social Norms
Week 32	Relationship Skills	Teamwork	Qualities of Good Teams
Week 33	Responsible Decision-Making	Personal Responsibility	Sincere Apologies
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Using a Growth Mindset to Achieve Your Dreams
Week 35	Self-Management	Mindfulness and Meditation	Take Care of Yourself with Mindfulness
Week 36	Social Awareness	Respect	Taking Perspective to Respectfully Respon
	Relationship Skills	Conflict Resolution	Resolving Challenges in Teamwork
Week 37			
	Responsible Decision-Making	Rules and Consequences	Rules Keep Us Safe
Week 37 Week 38	Responsible Decision-Making	Rules and Consequences	



Fourth Grade

	Week 1 Begir	nning of Year SEL Assessment	
	Week	2 Intro to SEL Program	
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	What Are Your Values and Interests?
Week 4	Self-Management	SHIELD(S) Strategy	SHIELD Training for Self-Regulation
Week 5	Social Awareness	Values	Staying True to Yourself in Friendships
Week 6	Relationship Skills	Personal Boundaries	Personal Space in Outer Space
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	King's Mountain Healthy Kids Contest
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Strong Current
Week 9	Self-Management	Self-Regulation	Taking the Best Path with Your Emotions
Week 10	Social Awareness	Gratitude	Attitude of Gratitude
Week 11	Relationship Skills	Relationships	Is It Sharing or Oversharing?
Week 12	Responsible Decision-Making	Exploring New Ideas	Increasing Motivation
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Road Trip to Positive Self-Efficacy
Week 14	Self-Management	Academic Success Skills	Self-Monitoring: Check on Yourself
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Empathy, Compassion, and Feeling Cue
Week 16	Relationship Skills	Friendships	Exclusion and Bullying
Week 17	Responsible Decision-Making	Problem-Solving	Problem-Solving with SHIELD
	Week 18	Mid-Year SEL Assessment	
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	I Deserve Respect
Week 20	Self-Management	Stress Management	Always Swim with Friends
Week 21	Social Awareness	Perspective	Perspective
Week 22	Relationship Skills	Communication and Respect	Verbal and Non-Verbal Communication
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Healthy Decisions, Healthy You!
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Avoiding Unfair Judgements
	Jell-Awareness	Equity and Fairness	Avolulity Offian Judgements
Week 24 Week 25	Self-Management	Goals	SMART Steps for Reaching our Goals
Week 25	Self-Management	Goals	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with
Week 25 Week 26	Self-Management Social Awareness Relationship Skills	Goals Helping Others Cultural Competency	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with Empathy and Compassion
Week 25 Week 26 Week 27	Self-Management Social Awareness	Goals Helping Others	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with
Week 25 Week 26 Week 27 Week 28 Module 6	Self-Management Social Awareness Relationship Skills Responsible Decision-Making	Goals Helping Others Cultural Competency Bullying	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with Empathy and Compassion If You See Something, Say Something
Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior	Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency	Goals Helping Others Cultural Competency Bullying Theme	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with Empathy and Compassion If You See Something, Say Something Lesson Title
Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29	Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness	Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with Empathy and Compassion If You See Something, Say Something Lesson Title Integrity
Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30	Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management	Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with Empathy and Compassion If You See Something, Say Something Lesson Title Integrity Time Flies!
Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31	Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness	Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with Empathy and Compassion If You See Something, Say Something Lesson Title Integrity Time Flies! What Is a Social Group?
Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31 Week 32	Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills	Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with Empathy and Compassion If You See Something, Say Something Lesson Title Integrity Time Flies! What Is a Social Group? Conflict Resolution Strategies
Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31 Week 32 Week 33 Module 7	Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making	Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with Empathy and Compassion If You See Something, Say Something Lesson Title Integrity Time Flies! What Is a Social Group? Conflict Resolution Strategies Nova's Forgiveness
Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31 Week 32 Week 33 Module 7 Social Development	Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency	Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility Theme	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with Empathy and Compassion If You See Something, Say Something Lesson Title Integrity Time Flies! What Is a Social Group? Conflict Resolution Strategies Nova's Forgiveness Lesson Title
Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31 Week 32 Week 33 Module 7 Social Development Week 34	Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness	Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility Theme Growth Mindset	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with Empathy and Compassion If You See Something, Say Something Lesson Title Integrity Time Flies! What Is a Social Group? Conflict Resolution Strategies Nova's Forgiveness Lesson Title Oh No! Road Block
Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 30 Week 31 Week 32 Week 33 Module 7 Social Development Week 34 Week 35	Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management	Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility Cheme Growth Mindset Mindfulness and Meditation	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with Empathy and Compassion If You See Something, Say Something Lesson Title Integrity Time Flies! What Is a Social Group? Conflict Resolution Strategies Nova's Forgiveness Lesson Title Oh No! Road Block Managing Stress with Mindfulness
Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31 Week 32 Week 33 Module 7 Social Development Week 34 Week 35 Week 36	Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness	Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility Growth Mindset Mindfulness and Meditation Respect	SMART Steps for Reaching our Goals Community Helper Respecting Differing Points of View with Empathy and Compassion If You See Something, Say Something Lesson Title Integrity Time Flies! What Is a Social Group? Conflict Resolution Strategies Nova's Forgiveness Lesson Title Oh No! Road Block Managing Stress with Mindfulness Giving and Receiving Compliments



Fifth Grade

	Week 1 Begi	nning of Year SEL Assessment	
	Week	2 Intro to SEL Program	
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	My Character Stats
Week 4	Self-Management	SHIELD(S) Strategy	The SHIELD Strategy for Self-Regulation
Week 5	Social Awareness	Values	What I Like About Me
Week 6	Relationship Skills	Personal Boundaries	Personal Space for Me and Others
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Survival Camp Island
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Healthy Responses to Sadness
Week 9	Self-Management	Self-Regulation	Understanding the Different Intensities of Emotions
Week 10	Social Awareness	Gratitude	A Gratitude Breakdown
Week 11	Relationship Skills	Relationships	Positive Influencer
Week 12	Responsible Decision-Making	Exploring New Ideas	Creative Problem-Solving
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Identify Your Strengths and Limitations
Week 14	Self-Management	Academic Success Skills	Strengthen Your Self-Discipline
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Be Bold, Be Kind
Week 16	Relationship Skills	Friendships	How We Are Perceived Impacts Our Friendships
Week 17	Responsible Decision-Making	Problem-Solving	Problem-Solving Routines
		Mid-Year SEL Assessment	
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Feeling Good
Week 20	Self-Management	Stress Management	Stress Management
Week 21	Social Awareness	Perspective	Empathy
Week 22	Relationship Skills	Communication and Respect	Social Norms for Privacy
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Getting Enough Sleep
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Stereotypes
Week 25	Self-Management	Goals	Getting SMART with Our Goals
Week 26	Social Awareness	Helping Others	Being a Part of the Community
Week 27	Relationship Skills	Cultural Competency	Why Do You Do That?
Week 28	Responsible Decision-Making	Bullying	Be an Upstander Superhero
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Integrity
Week 30	Self-Management	Executive Functioning	Prioritizing and Procrastinating
Week 31	Social Awareness	Social Responsibility	Using Social Cues
Week 32	Relationship Skills	Teamwork	Collaborating with Others
Week 33	Responsible Decision-Making	Personal Responsibility	Repairing Relationships
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Overcoming Obstacles
Week 35	Self-Management	Mindfulness and Meditation	Metacognition
Week 36	Social Awareness	Respect	More Than Words
Week 37	Relationship Skills	Conflict Resolution	Keys to Conflict Resolution
Week 38	Responsible Decision-Making	Rules and Consequences	Do the Right Thing
		k 39 Wrap-Up Activity	
		nd of Year SEL Assessment	



Sixth Grade

	Week 1 Begir	nning of Year SEL Assessment	
	Week	2 Intro to SEL Program	
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Personal Strengths Survey
Week 4	Self-Management	SHIELD(S) Strategy	Use Your Wind SHIELD
Week 5	Social Awareness	Values	Changing Values
Week 6	Relationship Skills	Personal Boundaries	Boundaries Abound
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Healthy Lifestyle Decisionsin Space
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Emotional Messages
Week 9	Self-Management	Self-Regulation	Self-Regulation with Zentangles and Mandalas
Week 10	Social Awareness	Gratitude	Gratitude
Week 11	Relationship Skills	Relationships	Social Media Safety
Week 12	Responsible Decision-Making	Exploring New Ideas	Taking Initiative
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Learn Your Learning Style
Week 14	Self-Management	Academic Success Skills	Organizational Skills
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Empathy and Compassion
Week 16	Relationship Skills	Friendships	What Does Kindness Look Like in Middle School?
Week 17	Responsible Decision-Making	Problem-Solving	The Problem-Solving Spiral
	Week 18	Mid-Year SEL Assessment	
Module 4 Vellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Self-Talk and Self-Esteem
Week 20	Self-Management	Stress Management	Your Control Zone
Week 21	Social Awareness	Perspective	What Are They Thinking?
Week 22	Relationship Skills	Communication and Respect	Validation Communication
Week 23	Responsible Decision-Making	Safe and Healthy Choices	What Is Self-Harm?
Module 5	CASEL Competency	Theme	Lesson Title
Personal Growth	Children Competency		
Personal Growth Week 24	Self-Awareness	Equity and Fairness	Examining Bias
Week 24	Self-Awareness	Equity and Fairness	Examining Bias
Week 24 Week 25	Self-Awareness Self-Management	Equity and Fairness Goals	Examining Bias Short-Term and Long-Term Goals
Week 24 Week 25 Week 26	Self-Awareness Self-Management Social Awareness	Equity and Fairness Goals Helping Others	Examining Bias Short-Term and Long-Term Goals Contributing to the Community
Week 24 Week 25 Week 26 Week 27	Self-Awareness Self-Management Social Awareness Relationship Skills	Equity and Fairness Goals Helping Others Cultural Competency	Examining Bias Short-Term and Long-Term Goals Contributing to the Community Invisible Identities
Week 24 Week 25 Week 26 Week 26 Week 27 Week 28 Module 6	Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making	Equity and Fairness Goals Helping Others Cultural Competency Bullying	Examining Bias Short-Term and Long-Term Goals Contributing to the Community Invisible Identities Three Types of Bullying Lesson Title
Week 24 Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior	Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency	Equity and Fairness Goals Helping Others Cultural Competency Bullying Theme	Examining Bias Short-Term and Long-Term Goals Contributing to the Community Invisible Identities Three Types of Bullying
Week 24 Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29	Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness	Equity and Fairness Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity	Examining Bias Short-Term and Long-Term Goals Contributing to the Community Invisible Identities Three Types of Bullying Lesson Title How Can You Show Honesty and Integrit
Week 24 Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30	Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management	Equity and Fairness Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning	Examining Bias Short-Term and Long-Term Goals Contributing to the Community Invisible Identities Three Types of Bullying Lesson Title How Can You Show Honesty and Integrit Executive Functioning
Week 24 Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31	Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness	Equity and Fairness Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility	Examining Bias Short-Term and Long-Term Goals Contributing to the Community Invisible Identities Three Types of Bullying Lesson Title How Can You Show Honesty and Integrit Executive Functioning The Value of Compliments Conflict Resolution and Compromise
Week 24 Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31 Week 32	Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills	Equity and Fairness Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork	Examining Bias Short-Term and Long-Term Goals Contributing to the Community Invisible Identities Three Types of Bullying Lesson Title How Can You Show Honesty and Integrity Executive Functioning The Value of Compliments
Week 24 Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 30 Week 31 Week 32 Week 33 Module 7	Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making	Equity and Fairness Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility	Examining Bias Short-Term and Long-Term Goals Contributing to the Community Invisible Identities Three Types of Bullying Lesson Title How Can You Show Honesty and Integrit Executive Functioning The Value of Compliments Conflict Resolution and Compromise Apologies and Repairing Relationships
Week 24 Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31 Week 32 Week 33 Module 7 Social Development	Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness	Equity and Fairness Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility Theme	Examining Bias Short-Term and Long-Term Goals Contributing to the Community Invisible Identities Three Types of Bullying Lesson Title How Can You Show Honesty and Integrit Executive Functioning The Value of Compliments Conflict Resolution and Compromise Apologies and Repairing Relationships Lesson Title
Week 24 Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 30 Week 31 Week 32 Week 33 Module 7 Social Development Week 34	Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency	Equity and Fairness Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility Theme Growth Mindset	Examining Bias Short-Term and Long-Term Goals Contributing to the Community Invisible Identities Three Types of Bullying Lesson Title How Can You Show Honesty and Integrit Executive Functioning The Value of Compliments Conflict Resolution and Compromise Apologies and Repairing Relationships Lesson Title Growth Mindset
Week 24 Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31 Week 32 Week 33 Module 7 Social Development Week 34 Week 35	Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Awareness Self-Awareness	Equity and Fairness Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility Theme Growth Mindset Mindfulness and Meditation	Examining Bias Short-Term and Long-Term Goals Contributing to the Community Invisible Identities Three Types of Bullying Lesson Title How Can You Show Honesty and Integrit Executive Functioning The Value of Compliments Conflict Resolution and Compromise Apologies and Repairing Relationships Lesson Title Growth Mindset Daily Mindfulness
Week 24 Week 25 Week 26 Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31 Week 32 Week 33 Module 7 Social Development Week 34 Week 35 Week 36	Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Awareness Self-Awareness Self-Management Social Awareness	Equity and Fairness Goals Helping Others Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility Teamwork Oright Mindset Growth Mindset Mindfulness and Meditation Respect	Examining Bias Short-Term and Long-Term Goals Contributing to the Community Invisible Identities Three Types of Bullying Lesson Title How Can You Show Honesty and Integrit Executive Functioning The Value of Compliments Conflict Resolution and Compromise Apologies and Repairing Relationships Lesson Title Growth Mindset Daily Mindfulness Respect for All Things



Seventh Grade

CASEL Competency Self-Awareness Self-Management	2 Intro to SEL Program Theme	Lesson Title
Self-Awareness		Lesson Title
Self-Management	Strengths and Interests	My Value: Recognizing and Valuing Your Strengths
Och-Management	SHIELD(S) Strategy	SHIELDS Self-Regulation
Social Awareness	Values	Prioritizing Based on Your Values
Relationship Skills	Personal Boundaries	Out of Bounds!
Responsible Decision-Making	Healthy Choices and Decisions	Sustained Attention
CASEL Competency	Theme	Lesson Title
Self-Awareness	Emotions and Feelings	The Language of Emotions
Self-Management	Self-Regulation	Your Personal Anthem
Social Awareness	Gratitude	Gratitude: It's an Intentional Thing
Relationship Skills	Relationships	10 Ways to Resist Peer Pressure
Responsible Decision-Making	Exploring New Ideas	Facing Challenges with an Open Mine
CASEL Competency	Theme	Lesson Title
Self-Awareness	Self-Efficacy	Supporting Your Own Learning Styles
Self-Management	Academic Success Skills	Acting on Impulse
Social Awareness	Empathy, Kindness, and Compassion	Empathy Goggles
Relationship Skills	Friendships	Compassion + Action = Kindness
		The Decision Machine
CASEL Competency	Theme	Lesson Title
Self-Awareness	Self-Confidence	Standing Up, Speaking Up
Self-Management	Stress Management	Mini-Vacation from Stress
Social Awareness	Perspective	Communicating Your Perspective
Relationship Skills	Communication and Respect	Debating Respectfully
Responsible Decision-Making	Safe and Healthy Choices	Staying Healthy
CASEL Competency	Theme	Lesson Title
Self-Awareness	Equity and Fairness	Challenging Stereotypes
Self-Management	Goals	Motivation and SMART Goals
Social Awareness	Helping Others	Benefits of Volunteering
Relationship Skills	Cultural Competency	Cultural Competence: ASK (Awareness, Skills, Knowledge)
Responsible Decision-Making	Bullying	Standing Up for Others
CASEL Competency	Theme	Lesson Title
Self-Awareness	Honesty and Integrity	Integrity: When No One's Looking
	, , ,	Working Memory
÷		Social Media Overload
Relationship Skills	Teamwork	Effective Leadership
		Responsibility in the Digital World
CASEL Competency	Theme	Lesson Title
Self-Awareness	Growth Mindset	Growth Mindset
		Mindfulness and the Brain
İ		Respect Yourself
		Jumping to Conclusions
		Flexible Thinking
		. Ioxibio Thinking
	Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency	Self-Awareness Emotions and Feelings Self-Management Self-Regulation Social Awareness Gratitude Relationship Skills Relationships Responsible Decision-Making Exploring New Ideas CASEL Competency Theme Self-Awareness Self-Efficacy Social Awareness Self-Efficacy Social Awareness Self-Management Academic Success Skills Empathy, Kindness, and Compassion Relationship Skills Friendships Responsible Decision-Making Problem-Solving Week 18 Mid-Year SEL Assessment CASEL Competency Self-Awareness Self-Confidence Self-Management Stress Management Social Awareness Perspective Relationship Skills Communication and Respect Responsible Decision-Making Safe and Healthy Choices CASEL Competency Theme Self-Awareness Equity and Fairness Self-Awareness Equity and Fairness Social Awareness Helping Others Relationship Skills Cultural Competency



Eighth Grade

	Week 1 Begir	nning of Year SEL Assessment	
	Week	2 Intro to SEL Program	
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Using My Skills to Improve
Week 4	Self-Management	SHIELD(S) Strategy	Seven-Pointed SHIELDS
Week 5	Social Awareness	Values	Building Strong Foundations
Week 6	Relationship Skills	Personal Boundaries	Your Personal Space Craft
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	What Is Your Body Image?
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Emotion Data
Week 9	Self-Management	Self-Regulation	Your Personal Motto
Week 10	Social Awareness	Gratitude	Greta's Gratitude Challenge
Week 11	Relationship Skills	Relationships	Making Things Right
Week 12	Responsible Decision-Making	Exploring New Ideas	Stepping Out of Your Comfort Zone
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Self-Determination: Writing Your Own Story
Week 14	Self-Management	Academic Success Skills	Self-Monitoring
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Walking in Someone Else's Shoes
Week 16	Relationship Skills	Friendships	Random Acts of Kindness
Week 17	Responsible Decision-Making	Problem-Solving	Kat Cracks the Code for Decision-Making
	Week 18	Mid-Year SEL Assessment	
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Giving and Receiving Feedback
Week 20	Self-Management	Stress Management	Stress and Anxiety
Week 21	Social Awareness	Perspective	Experience and Perspective
Week 22	Relationship Skills	Communication and Respect	The Secret of Assertiveness
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Positive Self-Talk in Challenging Situations
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Explicit and Implicit Bias
Week 25	Self-Management	Goals	Transitioning to High School
Week 26	Social Awareness	Helping Others	The Benefits of Volunteering
Week 27	Relationship Skills	Cultural Competency	The Influence of Culture
Week 28	Responsible Decision-Making	Bullying	The Impact of Cyberbullying
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Integrity When It's Not Easy
Week 30	Self-Management	Executive Functioning	Managing Our Time
Week 31	Social Awareness	Social Responsibility	Being an Upstander
Week 32	Relationship Skills	Teamwork	Establishing Priorities: Making a Plan and Following Through
Week 33	Responsible Decision-Making	Personal Responsibility	Taking Accountability
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Self-Talking Our Way to a Growth Mindset
Week 35	Self-Management	Mindfulness and Meditation	Mindfulness and Non-Judgement
Week 36	Social Awareness	Respect	What Does Your Reputation Say About You
Week 37	Relationship Skills	Conflict Resolution	De-Escalation Communication
	j		1
Week 38	Responsible Decision-Making	Rules and Consequences	Mapping Consequences
		Rules and Consequences k 39 Wrap-Up Activity	Mapping Consequences



Ninth Grade

Week 1 Beginning of Year SEL Assessment				
	Week	2 Intro to SEL Program	1	
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title	
Week 3	Self-Awareness	Strengths and Interests	Role Model Crossing: Strengths and Interests	
Week 4	Self-Management	SHIELD(S) Strategy	SHIELDS Strategy Training	
Week 5	Social Awareness	Values	Making Judgements	
Week 6	Relationship Skills	Personal Boundaries	Your Personal Boundaries	
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Mindfulness and Self-Care for Sleep	
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title	
Week 8	Self-Awareness	Emotions and Feelings	Primary and Secondary Emotions	
Week 9	Self-Management	Self-Regulation	Thoughts, Emotions, and Behaviors	
Week 10	Social Awareness	Gratitude	What Role Does Gratitude Play in My Relationships?	
Week 11	Relationship Skills	Relationships	Peer Pressure Pop	
Week 12	Responsible Decision-Making	Exploring New Ideas	Making the Most of Your Time	
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title	
Week 13	Self-Awareness	Self-Efficacy	Your Personal Learning Style	
Week 14	Self-Management	Academic Success Skills	Procrastination and Being Accountable	
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Karim Struggles with Self-Compassion	
Week 16	Relationship Skills	Friendships	The Value of Kindness	
Week 17	Responsible Decision-Making	Problem-Solving	Advanced Problem-Solving	
	Week 18	Mid-Year SEL Assessment		
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title	
Week 19	Self-Awareness	Self-Confidence	My Dependability Matters	
Week 20	Self-Management	Stress Management	Thinking Traps	
Week 21	Social Awareness	Perspective	Perspective in a Virtual Environment	
Week 22	Relationship Skills	Communication and Respect	Deal or No Deal	
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Dealing with Self-Harm	
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title	
Week 24	Self-Awareness	Equity and Fairness	Finding Fake News	
Week 25	Self-Management	Goals	Motivating Myself	
Week 26	Social Awareness	Helping Others	Giving Back	
Week 27	Relationship Skills	Cultural Competency	Cultural Competency	
Week 28	Responsible Decision-Making	Bullying	Bullying and Safety	
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title	
Week 29	Self-Awareness	Honesty and Integrity	Honesty and Integrity	
Week 30	Self-Management	Executive Functioning	What Is Executive Functioning?	
Week 31	Social Awareness	Social Responsibility	Taking a Stand Against Sexual Harassment	
Week 32	Relationship Skills	Teamwork	Perspectives and the Group Project	
Week 33	Responsible Decision-Making	Personal Responsibility	Rick's Risk	
Module 7 Social Development	CASEL Competency	Theme	Lesson Title	
Week 34	Self-Awareness	Growth Mindset	Flexible Thinking for Building Resiliency and Perseverance	
Week 35	Self-Management	Mindfulness and Meditation	Tai Tries to Meditate	
Week 36	Social Awareness	Respect	Self-Confidence	
Week 37	Relationship Skills	Conflict Resolution	Peer Mediation	
Week 38	Responsible Decision-Making	Rules and Consequences	What Would You Do?	
	Wee	ek 39 Wrap-Up Activity	·	



Tenth Grade

	Week 1 Begir	nning of Year SEL Assessment	
	Week	2 Intro to SEL Program	
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Soren's Strengths
Week 4	Self-Management	SHIELD(S) Strategy	Self-Regulation with SHIELDS
Week 5	Social Awareness	Values	Aligning Your Values With Your Goals
Week 6	Relationship Skills	Personal Boundaries	Influencing Healthy Boundaries with Ivy the Influencer
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Harley's Healthy Lifestyle
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Conflict and Anger
Week 9	Self-Management	Self-Regulation	The Cycle of Thoughts, Feelings, and Actions
Week 10	Social Awareness	Gratitude	Spreading Gratitude
Week 11	Relationship Skills	Relationships	Sexting
Week 12	Responsible Decision-Making	Exploring New Ideas	Shifting Gears
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Why Belief in Yourself Matters
Week 14	Self-Management	Academic Success Skills	What Is Your Learning Style?
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Dealing With Injustice
Week 16	Relationship Skills	Friendships	Relationship Repair 101
Week 17	Responsible Decision-Making	Problem-Solving	Hernando's Healthy Decisions
	Week 18	Mid-Year SEL Assessment	
Module 4			
Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Developing Your Identity
Week 20	Self-Management	Stress Management	Hack Your Stress
Week 21	Social Awareness	Perspective	Using Perspective to Build Empathy
Week 22	Relationship Skills	Communication and Respect	Avoiding Miscommunication
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Substance Misuse and Your Health
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Speaking Up About Bias
Week 25	Self-Management	Goals	Meeting My Personal and Academic Goals
Week 26	Social Awareness	Helping Others	Contributing to the Community
Week 27	Relationship Skills	Cultural Competency	Making the World a Better Place
Week 28	Responsible Decision-Making	Bullying	Stand Up to Bullying
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Being Honest with Yourself
Week 30	Self-Management	Executive Functioning	Planning and Prioritizing
Week 31	Social Awareness	Social Responsibility	Collaboration and Cooperation
Week 32	Relationship Skills	Teamwork	Feats of Feedback
Week 33	Responsible Decision-Making	Personal Responsibility	Avoiding Social Media Mishaps
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Resiliency
Week 35	Self-Management	Mindfulness and Meditation	Merim Mediates
Week 36	Social Awareness	Respect	Respect in the Virtual World
Week 37	Relationship Skills	Conflict Resolution	Rachel's Risk
VVEER 37			
	Responsible Decision-Making	Rules and Consequences	Social Justice
Week 37 Week 38	Responsible Decision-Making	Rules and Consequences	Social Justice

Eleventh Grade



Week 6 Responsible Decision-Making Personal Boundaries Sharpay Sets Her Boundaries Week 7 Responsible Decision-Making Healthy Choices and Decisions Mental Health and You Module 2 Emotional Intelligence CASEL Competency Theme Lesson Title Week 8 Self-Avareness Emotions and Feelings Recognizing When Others Need Week 10 Social Awareness Gratitude Pay I Forward Week 11 Relationship Skills Relationship Skills Conquering Challenges with Confid Module 3 CASEL Competency Theme Lesson Title Week 13 Self-Awareness Self-Efficacy Sydney Self-Advocates Week 13 Self-Awareness Self-Efficacy Understanding Delayed Gratifica Week 13 Social Awareness Compassion The Compassionata Activist Week 16 Responsible Decision-Making Problem-Solving C&C Choices and Consequent Week 16 Responsible Decision-Making Frendships C2: The Consent Connection Week 17 Responsible Decision-Making Salef-Confidence Self-Confidence and Social Me		\M/ook	2 Intro to SEL Program	
Personal Development CASEL Competency Ineme Lesson Title Week 3 Self-Awareness Strengts and Interests Carls Career Choices Week 4 Self-Awareness Values Wetcome to SHIELDS High Week 5 Social Awareness Values How My Dalues Make Me Unip Week 6 Responsible Decision-Making Healthy Choices and Decisions Mental Health and You Module 2 CASEL Competency Theme Lesson Title Week 8 Self-Awareness Emotional Intelligence Responsible Decision-Making Exploring New Ideas Conquering Challenges with Conf Week 10 Social Awareness Graffuude Pay It Friend Factor Week 11 Relationship Skills Responsible Decision-Making Exploring New Ideas Conquering Challenges with Conf Module 3 CASEL Competency Theme Lesson Title Evelocing Skills Conductsanding Delayed Graffic Week 13 Self-Awareness Self-Efficacy Sydney Self-Awacees Self-Advacates Week 14 Self-Awareness Self-Confidence Self-Confidence and Cosoal Me Self-Confidence	Madula 4	VVeek		
Week 4 Self-Management SHIELD(S) Strategy Welcome to SHIELDS High Week 6 Relationship Skills Personal Boundaries Sharpay Sets Her Boundarie Week 7 Responsible Dacision-Making Healthy Choices and Dacisions Mental Health and You Module 2 CASEL Competency Theme Lesson Title Week 8 Self-Management Self-Maraness Emotions and Feelings Recognizing When Others Need Week 9 Self-Management Self-Agraness Gratude Pay II Forward Week 10 Social Avareness Gratude Pay II Forward Week Title The Friend Factor Week 12 Responsible Dacision-Making Exploring New Ideas Conquering Challenges with Confid Week 12 Responsible Dacision-Making Exploring New Ideas Understanding Delayed Gratific Week 13 Self-Management Academic Success Skills Understanding Delayed Gratific Week 14 Self-Management Academic Success Skills Understanding Delayed Gratific Week 15 Social Awareness Self-Confidence Manage Your Week 16 Relationship Skills		CASEL Competency	Theme	Lesson Title
Week 5 Social Awareness Values How My Values Make Me Unig Week 7 Responsible Decision-Making Healthy Choices and Decisions Mental Health and You Module 2 CASEL Competency Theme Lesson Title Emotional Intelligence CASEL Competency Theme Lesson Title Week 8 Self-Awareness Emotions and Feelings Recognizing When Others Need Week 10 Social Awareness Gratitude Pay It Froward Week 11 Relationship Skilis Relationships The Friend Factor Week 12 Responsible Decision-Making Exploring New Ideas Conquering Challenges with Confi Module 3 Self-Awareness Self-Efficacy Sydney Self-Advocates Week 13 Self-Awareness Self-Efficacy Sydney Self-Advocates Week 14 Self-Awareness Empathy, Kindness, and Compassion The Compassionate Advivat Week 16 Relationship Skilis Friendships C2: The Consent Connection Week 17 Responsible Decision-Making Problem-Solving C3: Choices and Consequent Week 20 <t< td=""><td>Week 3</td><td>Self-Awareness</td><td>-</td><td>Carl's Career Choices</td></t<>	Week 3	Self-Awareness	-	Carl's Career Choices
Week 6 Relationship Skills Personal Boundaries Sharpay Sets Her Boundaries Week 7 Responsible Decision-Making Healthy Choices and Decisions Mental Health and You Week 8 Self-Management Self-Regulation What Will ID owith These Emotions and Feelings Recognizing When Others Need Week 8 Self-Management Self-Regulation What Will ID owith These Emotions and Feelings Recognizing When Others Need Week 10 Social Awareness Grafitude Pay II Forward Pay II Forward Week 11 Relationship Skills Relationship Skills The Friend Factor Conquering Challenges with Confidences Success Skills CASEL Competency Theme Lesson Title Week 13 Self-Management Academic Success Skills Understanding Delayed Grafitica Week 16 Relationship Skills Friendships C2: The Consent Connection Week 19 Self-Amagement Stess Management Maage Your Time, Manage Your Week 20 Self-Management Stess Management Maage Your Time, Manage Your Week 21 Social Awareness Self-Confidence Self-Co	Week 4	Self-Management	SHIELD(S) Strategy	Welcome to SHIELDS High
Week 7 Responsible Decision-Making Healthy Choices and Decisions Mental Health and You Emotional Intelligence CASEL Competency Theme Lesson Title Week 8 Self-Awareness Emotional Intelligence Recognizing When Others Need Week 10 Social Awareness Grafiluide Pay II Forward Week 11 Relationship Skills Relationship Skills Conquering Challenges with Confil Module 3 CASEL Competency Theme Lesson Title Week 13 Self-Awareness Self-Efficacy Sydney Self-Advocates Week 13 Self-Awareness Self-Efficacy Sydney Self-Advocates Week 14 Self-Awareness Self-Efficacy Sydney Self-Advocates Week 15 Social Awareness Compassion The Compassional Activist Week 16 Relationship Skills Friendships C2: The Consent Connector Week 17 Responsible Decision-Making Problem-Solving C3: Choices and Social Wareness Week 16 Relationship Skills Confidence Self-Confidence and Social Mareness Week 19 Self-	Week 5	Social Awareness	Values	How My Values Make Me Unique
Module 2 Emotional Intelligence CASEL Competency Theme Lesson Title Week 8 Self-Awareness Emotions and Feelings Recognizing When Others Need Week 9 Self-Awareness Gratitude Pay It Forward Week 10 Social Awareness Gratitude Pay It Forward Week 11 Relationship Skills Relationships The Friend Factor Week 12 Responsible Decision-Making Exploring New Ideas Conquering Challenges with Confl Success Skills CASEL Competency Theme Lesson Title Week 13 Self-Awareness Self-Efficacy Sydney Self-Advocates Week 15 Social Awareness Empathy, Kindness, and Compassion The Compassionale Activist Week 16 Relationship Skills Friendships C2: The Consent Connection Week 17 Responsible Decision-Making Problem-Solving C2: Choices and Consequent Week 20 Self-Awareness Self-Confidence Self-Confidence and Social Me Week 21 Social Awareness Self-Confidence Self-Confidence and Social Me Week 23 <t< td=""><td>Week 6</td><td>Relationship Skills</td><td>Personal Boundaries</td><td>Sharpay Sets Her Boundaries</td></t<>	Week 6	Relationship Skills	Personal Boundaries	Sharpay Sets Her Boundaries
Emotional Intelligence CKSEL Competency Ineme Lesson Title Week 8 Self-Awareness Emotions and Feelings Recognizing When Others Need Week 10 Social Awareness Gratitude Pay II Forward Week 11 Relationship Skills Relationships The Friend Factor Week 12 Responsible Decision-Making Exploring New Ideas Conquering Challenges with Confi Module 3 Self-Awareness Self-Efficacy Sydney Self-Advacates Week 13 Self-Awareness Self-Efficacy Sydney Self-Advacates Week 14 Self-Management Academic Success Skills Understanding Delayed Gratificz Week 15 Social Awareness Self-Confidences, and The Compassionate Activist Week 16 Relationship Skills Friendships C2: The Consent Connection Week 17 Responsible Decision-Making Problem-Solving C3: Choices and Consequence Week 19 Self-Amareness Self-Confidence Self-Confidence and Social Me Week 20 Self-Management Stress Management Manage Your Time, Manage Your Time, Manage Your Time, Manage Your	Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Mental Health and You
Week 9 Self-Management Self-Regulation What Will 1Do with These Emoti Pay It Forward Week 10 Social Awareness Gratitude Pay It Forward Week 11 Retationship Skills Retationships The Friend Factor Week 12 Responsible Decision-Making Exploring New Ideas Conquering Challenges with Confl Module 3 CASEL Competency Theme Lesson Title Week 13 Self-Awareness Self-Efficacy Sydney Self-Advocates Week 15 Social Awareness Self-Efficacy Sydney Self-Advocates Week 16 Relationship Skills Compassion The Compassionata Activits Week 17 Responsible Decision-Making Problem-Solving C&C: Choices and Consequent Week 19 Self-Anagement Self-Confidence Self-Confidence and Social Me Week 20 Self-Management Stress Management Manage Your Time,		CASEL Competency	Theme	Lesson Title
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Week 11 Relationship Skills Relationship Skills Relationship Skills The Friend Factor Module 3 Success Skills CASEL Competency Theme Lesson Title Week 13 Self-Awareness Self-Efficacy Sydney Self-Advocates Week 14 Self-Awareness Self-Efficacy Sydney Self-Advocates Week 15 Social Awareness Compassion The Compassionate Activist Week 16 Relationship Skills Friendships C2: The Consent Connection Week 17 Responsible Decision-Making Problem-Solving C&C: Choices and Consequent Week 17 Responsible Decision-Making Problem-Solving C&C: Choices and Social Medianagement Week 19 Self-Awareness Self-Confidence Self-Confidence and Social Medianage Your: Week 20 Self-Marangement Stress Management Manage Your: Time, Manage Your: Week 21 Social Awareness Perspective Being Senstive to Others Week 22 Responsible Decision-Making Safe and Healthy Choices Avoiding Vaping and Smoking Week 23 Responsible Decision-Making Safe and Healthy Cho	Week 9	Self-Management	Self-Regulation	What Will I Do with These Emotions?
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	Week 38	Responsible Decision-Making	Rules and Consequences	
Week 39 Wrap-Up Activity	11001100			

Twelfth Grade



		nning of Year SEL Assessment	
	Week	2 Intro to SEL Program	1
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Career Interests with JumpStart
Week 4	Self-Management	SHIELD(S) Strategy	SHIELDS and Co.
Week 5	Social Awareness	Values	My Best Self
Week 6	Relationship Skills	Personal Boundaries	Healthy vs. Unhealthy Dating Boundarie
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Self-Care for Me
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Asking for Help
Week 9	Self-Management	Self-Regulation	Advanced Self-Regulation Techniques
Week 10	Social Awareness	Gratitude	The Impact of Gratitude
Week 11	Relationship Skills	Relationships	Avoiding Substance Abuse
Week 12	Responsible Decision-Making	Exploring New Ideas	Being an Optimist
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Dmitri Is Determined
Week 14	Self-Management	Academic Success Skills	Delayed Gratification
		Empathy, Kindness, and	
Week 15	Social Awareness	Compassion	Putting Kindness in Action
Week 16	Relationship Skills	Friendships	Friendship: Changes from High School Adulthood
Week 17	Responsible Decision-Making	Problem-Solving	Conflict Resolution in the Coffee Shop
	Week 18	Mid-Year SEL Assessment	
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Road to Adulthood 5K
Week 20	Self-Management	Stress Management	Balance or Burnout
Week 21	Social Awareness	Perspective	Workplace Perspectives
Week 22	Relationship Skills	Communication and Respect	Effective Communication
Week 23	Responsible Decision-Making	Safe and Healthy Choices	The Safety Plan
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Stereotypes
Week 25	Self-Management	Goals	Setting Up for a SMART Start to Adultho
		Helping Others	Motivating and Inspiring Others
	Social Awareness		
Week 26	Social Awareness Relationship Skills		
Week 27	Relationship Skills	Cultural Competency	Cultural Awareness and Diversity
Week 27 Week 28 Module 6			
Week 27 Week 28 Module 6 Ethical Behavior	Relationship Skills Responsible Decision-Making CASEL Competency	Cultural Competency Bullying Theme	Cultural Awareness and Diversity Workplace Bullying Lesson Title
Week 27 Week 28 Module 6 Ethical Behavior Week 29	Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness	Cultural Competency Bullying Theme Honesty and Integrity	Cultural Awareness and Diversity Workplace Bullying Lesson Title Developing Integrity
Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30	Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management	Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning	Cultural Awareness and Diversity Workplace Bullying Lesson Title Developing Integrity Planning and Organizing
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Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31 Week 32 Week 33 Module 7 Social Development	Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency	Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility Theme	Cultural Awareness and Diversity Workplace Bullying Lesson Title Developing Integrity Planning and Organizing VOTE: Doing Your Civic Duty Leadership Skills What's Next? My Plan After High School Lesson Title
Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31 Week 32 Week 33 Module 7 Social Development Week 34	Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness	Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility Theme Growth Mindset	Cultural Awareness and Diversity Workplace Bullying Lesson Title Developing Integrity Planning and Organizing VOTE: Doing Your Civic Duty Leadership Skills What's Next? My Plan After High School Lesson Title Growth Mindset
Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31 Week 32 Week 33 Module 7 Social Development Week 34 Week 35	Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Awareness Self-Awareness Self-Awareness Self-Awareness Self-Awareness Self-Awareness Self-Awareness Self-Awareness Self-Awareness	Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility Theme Growth Mindset Mindfulness and Meditation	Cultural Awareness and Diversity Workplace Bullying Lesson Title Developing Integrity Planning and Organizing VOTE: Doing Your Civic Duty Leadership Skills What's Next? My Plan After High Schoo Lesson Title Growth Mindset Mindful Matters
Week 27 Week 28 Module 6 Ethical Behavior Week 29 Week 30 Week 31 Week 32 Week 33 Module 7 Social Development Week 34 Week 35 Week 36	Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Amagement Social Awareness Relationship Skills Responsible Decision-Making CASEL Competency Self-Awareness Self-Management Social Awareness	Cultural Competency Bullying Theme Honesty and Integrity Executive Functioning Social Responsibility Teamwork Personal Responsibility Theme Growth Mindset Mindfulness and Meditation Respect	Cultural Awareness and Diversity Workplace Bullying Lesson Title Developing Integrity Planning and Organizing VOTE: Doing Your Civic Duty Leadership Skills What's Next? My Plan After High Scho Lesson Title Growth Mindset Mindful Matters Self-Respect for Young Adults