SCOPE AND SEQUENCE
Social-Emotional Learning for Kindergarten–Grade 5

**Kindergarten**

**UNIT 1**
Skills for Learning
1. Learning to Listen
2. Focusing Attention
3. Following Directions
4. Self-Talk for Staying on Task
5. Being Assertive

**UNIT 2**
Empathy
6. Feelings
7. More Feelings
8. Identifying Anger
9. Same or Different?
10. Accidents
11. Caring and Helping

**UNIT 3**
Emotion Management
12. We Feel Feelings in Our Bodies
13. Managing Frustration
14. Calming Down Strong Feelings
15. Handling Waiting
16. Managing Anger
17. Managing Disappointment
18. Handling Being Knocked Down

**UNIT 4**
Problem Solving
19. Solving Problems
20. Inviting to Play
21. Fair Ways to Play
22. Having Fun with Our Friends
23. Handling Having Things Taken Away
24. Handling Name-Calling
25. Reviewing Second Step Skills

**Grade 1**

**UNIT 1**
Skills for Learning
1. Listening to Learn
2. Focusing Attention
3. Following Directions
4. Self-Talk for Learning
5. Being Assertive

**UNIT 2**
Empathy
6. Identifying Feelings
7. Looking for More Clues
8. Similarities and Differences
9. Feelings Change
10. Accidents
11. Showing Care and Concern

**UNIT 3**
Emotion Management
12. Identifying Our Own Feelings
13. Strong Feelings
14. Calming Down Anger
15. Self-Talk for Calming Down
16. Managing Worry

**UNIT 4**
Problem Solving
17. Solving Problems, Part 1
18. Solving Problems, Part 2
19. Fair Ways to Play
20. Inviting to Join In
21. Handling Name-Calling
22. Reviewing Second Step Skills

**Grade 2**

**UNIT 1**
Skills for Learning
1. Being Respectful
2. Focusing Attention and Listening
3. Using Self-Talk
4. Being Assertive

**UNIT 2**
Empathy
5. Identifying Feelings
6. Learning More About Feelings
7. Feeling Confident
8. Respecting Different Preferences
9. Showing Compassion
10. Predicting Feelings

**UNIT 3**
Emotion Management
11. Introducing Emotion Management
12. Managing Embarrassment
13. Handling Making Mistakes
14. Managing Anxious Feelings
15. Managing Anger
16. Finishing Tasks

**UNIT 4**
Problem Solving
17. Solving Problems, Part 1
18. Solving Problems, Part 2
19. Taking Responsibility
20. Responding to Playground Exclusion
21. Playing Fairly on the Playground
22. Reviewing Second Step Skills
## Grade 3

#### UNIT 1: Skills for Learning
1. Being Respectful Learners
2. Using Self-Talk
3. Being Assertive
4. Planning to Learn

#### UNIT 2: Empathy
5. Identifying Others’ Feelings
6. Understanding Perspectives
7. Conflicting Feelings
8. Accepting Differences
9. Showing Compassion
10. Making Friends

#### UNIT 3: Emotion Management
11. Introducing Emotion Management
12. Managing Test Anxiety
13. Handling Accusations
14. Managing Disappointment
15. Managing Anger
16. Managing Hurt Feelings

#### UNIT 4: Problem Solving
17. Solving Problems, Part 1
18. Solving Problems, Part 2
19. Solving Classroom Problems
20. Solving Peer-Exclusion Problems
21. Dealing with Negative Peer Pressure
22. Reviewing Second Step Skills

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## Grade 4

#### UNIT 1: Empathy and Skills for Learning
1. Empathy and Respect
2. Listening with Attention
3. Being Assertive
4. Respecting Similarities and Differences
5. Understanding Complex Feelings
6. Understanding Different Perspectives
7. Conversation and Compliments
8. Joining In
9. Showing Compassion

#### UNIT 2: Emotion Management
10. Introducing Emotion Management
11. Managing Strong Feelings
12. Calming Down Anger
13. Managing Anxiety
14. Avoiding Jumping to Conclusions
15. Handling Put-Downs

#### UNIT 3: Problem Solving
16. Solving Problems, Part 1
17. Solving Problems, Part 2
18. Making a Plan
19. Solving Playground Problems
20. Taking Responsibility for Your Actions
21. Dealing with Peer Pressure
22. Reviewing Second Step Skills

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## Grade 5

#### UNIT 1: Empathy and Skills for Learning
1. Empathy and Respect
2. Listening with Attention
3. Being Assertive
4. Predicting Feelings
5. Taking Others’ Perspectives
6. Accepting Differences
7. Disagreeing Respectfully
8. Responding with Compassion
9. Introducing Emotion Management
10. Calming Down
11. Managing Anxiety
12. Managing Frustration
13. Resisting Revenge
14. Handling Put-Downs
15. Avoiding Assumptions

#### UNIT 2: Emotion Management
16. Solving Problems, Part 1
17. Solving Problems, Part 2
18. Making a Plan
19. Seeking Help
20. Dealing with Gossip
21. Dealing with Peer Pressure
22. Reviewing Second Step Skills