SCOPE AND SEQUENCE

Social-Emotional Learning for Early Learning—Grade 8

Early Learning

UNIT 1 Skills for Learning
1. Welcoming
2. Listening
3. Focusing Attention
4. Self-Talk
5. Following Directions
6. Asking for What You Need or Want

UNIT 2 Empathy
7. Identifying Feelings (happy, sad)
8. More Feelings (surprised, scared)
9. Identifying Anger
10. Same or Different Feelings
11. Accidents
12. Caring and Helping

UNIT 3 Emotion Management
13. We Feel Feelings in Our Bodies (worried)
14. Strong Feelings (frustrated)
15. Naming Feelings
16. Managing Disappointment
17. Managing Anger
18. Managing Waiting

UNIT 4 Friendship Skills and Problem Solving
19. Fair Ways to Play (play together, trade, take turns)
20. Having Fun with Friends
21. Inviting to Play
22. Joining In with Play
23. Saying the Problem
24. Thinking of Solutions
25. Speaking Assertively

UNIT 5 Transitioning to Kindergarten
26. Learning in Kindergarten
27. Riding the Kindergarten Bus
28. Making New Friends in Kindergarten

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
Grade 4

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<td>Empathy and Skills for Learning</td>
<td>Emotion Management</td>
<td>Problem Solving</td>
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<td>7. Conversation and Compliments</td>
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<td>22. Reviewing Second Step Skills</td>
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<td>8. Joining In</td>
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Grade 5

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Grade 6

UNIT 1  
Mindsets and Goals  
1. Welcome!  
2A. Starting Middle School  
2B. Helping New Students  
3. Grow Your Brain 1  
4. Grow Your Brain 2  
5. Can Personalities Change?  
6. Setting Goals  
7. If–Then Plans  
Unit 1 Review and Assessment (optional)

UNIT 2  
Values and Friendships  
8. Values and Decisions  
9. Social Values  
10. What’s a Friend?  
11. Making Friends  
12. Challenge: Making Friends  
Unit 2 Review and Assessment (optional)

UNIT 3  
Thoughts, Emotions, and Decisions  
13. What Are Emotions?  
14. Values and Emotions  
15. Spot the Thought  
16. Calming Down  
17. Slow Breathing  
Unit 3 Review and Assessment (optional)

UNIT 4  
Serious Peer Conflicts  
18. Perspectives  
19. Challenge: Perspectives  
20. Recognizing Serious Conflicts  
21. Challenge: Recognizing Conflicts  
22. Resolving Serious Conflicts  
23. Challenge: Resolving Conflicts  
24. Making Amends  
25. Bullying  
26. Gratitude  
Unit 4 Review and Assessment (optional)

Grade 7

UNIT 1  
Mindsets and Goals  
1. Welcome!  
2A. Starting Middle School  
2B. Helping New Students  
3. Making Mistakes  
4. Embracing Challenges  
5. Personalities Change  
6. Setting Goals  
7. If–Then Plans  
Unit 1 Review and Assessment (optional)

UNIT 2  
Values and Friendships  
8. Values and Decisions  
9. Online Values  
10. What Kind of Friend Are You?  
11. Strengthening Friendships  
12. Challenge: Friendships  
Unit 2 Review and Assessment (optional)

UNIT 3  
Thoughts, Emotions, and Decisions  
13. The Role of Emotions  
14. Handling Emotions  
15. Unhelpful Thoughts  
16. Be Calm  
17. Frustration  
Unit 3 Review and Assessment (optional)

UNIT 4  
Serious Peer Conflicts  
18. Jumping to Conclusions  
19. Challenge: Conclusions  
20. Avoiding Serious Conflicts  
21. Challenge: Avoiding Conflicts  
22. Resolving Serious Conflicts  
23. Challenge: Resolving Conflicts  
24. Taking Responsibility  
25. Gender Harassment  
26. What You Learned  
Unit 4 Review and Assessment (optional)
Grade 8

UNIT 1
Mindsets and Goals
1. Welcome!
2. Your Identity
3. Identity and Social Groups
4. Your Interests Matter
5. Overcoming Failure
6. SMART Goals
7. If-Then Plans
Unit 1 Review and Assessment (optional)

UNIT 2
Values and Relationships
8. Values and Decisions
9. Positive Relationships
10. Relationships Change
11. Negative Relationships
12. Challenge: Relationships
Unit 2 Review and Assessment (optional)

UNIT 3
Thoughts, Emotions, and Decisions
13. Emotions and Decisions
14. Responding to Anger
15. Handling Rejection
16. Stay Calm
17. Anxiety
Unit 3 Review and Assessment (optional)

UNIT 4
Serious Peer Conflicts
18. Assumptions
19. Challenge: Assumptions
20. Helping Friends Avoid Conflicts
21. Challenge: Avoiding Conflicts
22. Helping Friends Resolve Conflicts
23. Challenge: Resolving Conflicts
24. Helping Friends After a Conflict
25. Sexual Harassment
26. High School
Unit 4 Review and Assessment (optional)