

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

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

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

UNIT 2

Emotion Management

9. Introducing Emotion Management
10. Calming Down
11. Managing Anxiety
12. Managing Frustration
13. Resisting Revenge
14. Handling Put-Downs
15. Avoiding Assumptions

UNIT 3

Problem Solving

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

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)