



RESPONSIBLE DECISION-MAKING

The abilities to make caring and positive choices about personal behavior, social interactions, safety issues and ethical standards across various settings.

I CAN MAKE SMART CHOICES.

FREE EDUCATOR ACCESS

SEL EDUCATOR LESSON RESOURCES

HARMONY FREE Educator Account Required	Pre-K-2	3-4 Grades	5-6 Grades
Unit 2: Empathy and Critical Thinking Unit 4: Problem Solving Unit 5: Peer Relationship	2.2 Predicting and Explaining Feelings 4.1 Identifying Problems 4.2 Solving Problems 4.4 Recognizing How Behaviors Affect Others	3 rd Grade 4.1 The Animals of Conflict 4 th Grade 4.1 Watch and Learn 4.2 Stop, Think, and Cool Off 4.3 Talk It Out and Clear it Up 4.4 Let's Step it Up 5.3 I've Got Your Back	4.1 The Animals of Conflict 4.2 Name That Conflict Style 4.3 Step it Up 4.4 Practice Makes Perfect 5.3 Talk It Out 5.4 Battle the Bullies
NEARPOD DSD Educator Log-in Required	Pre-K-2 Grades		3-6 Grades
SEL in Action	<ul style="list-style-type: none"> • How Do I Decide? • Setting Good Goals 	<ul style="list-style-type: none"> • What's So Hard About Goals? • Decisions for Today and Tomorrow 	
SEL Moments	Pre-K-6 Grades <ul style="list-style-type: none"> • The Consequences of Your Actions • Acting Responsibly • Looking at Problems in New Ways • Solving Problems • Reflecting on Past Experiences 		
Lifelong Learning	<ul style="list-style-type: none"> • Critical Thinking, Questioning • Critical Thinking, Compare and Contrast • Setting Goals • Time Management Skills • Balancing Obligations • Communicating My Needs 		

<p>PURE EDGE, INC. Success Through Focus FREE Educator Account Required</p>	<p>Pre-K-6 Grades</p>
<p>Mindful Movement, Breathing, and Rest Strategies</p>	<ul style="list-style-type: none"> • Arrival: Engaging in a Mindful Minute offers learners a chance to check in with themselves at the start of the day. The start of the day is also a great time to incorporate Breathe exercises such as Anchor Breathing or Rest exercises like Mindful Listening. • Refocus Between Lessons: Bring a little movement and breathing as a break to re- energize learners. Good options are Chair Cat/Cow, Chair Twist, and Stork. • Before Testing: Breathing exercises help relieve testing related stress and put learners in a state of focus. Breathing Ball, Take Five and Ocean Breath, are simple and effective choices. • Lining Up: Use Mountain and Tree postures to help learners stay calm during transition to and from the classroom. • Recess: Chair Sunrise Twist is a good way to help learners calm down if they have a lot of energy after they have played outside. Once they have settled down, try Even In-Even Out to build focus. • Create a Calming Space: Sit in Seated Mountain and have a Mind Jar and Breathing Ball available for learners to access in a quiet area. Have posture cards printed (available on ww.pureedgeinc.org) for learners to practice postures on their own. • Departure: Attitude of Gratitude, are great ways to end the school day. • Additional videos: Breathe Belly-Heart, Breathe Easy In Extend Out, Move Brain Balance, Move Mirror Movement, Rest Taking in the Good, Guided Rest (9 minute activity).