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## Weekly Lesson Components: **START, CONNECT, GROW, RESPOND, EXIT**

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These five components are the building blocks of PurposeFull People and are designed to be taught each week. Designed for flexibility, lessons can stand alone or be combined in a variety of ways. Educators can present all five lesson components in one 45-60 minute weekly lesson, deliver one component per day (10-20 minutes), or adjust lessons to meet a variety of scheduling needs.



### START

Intentional activities and rituals designed to build deep understanding of each character trait through the lens of social and emotional learning. START lessons include character-trait sing-alongs, stories, quotes, and illustrations to spark rich discussion and application.

### CONNECT

Fun, engaging activities that build relationships among students, creating positive classroom culture. CONNECT lessons are slide-based, interactive, and embrace student choice.

### GROW

These lessons are the heart of the content, centered around the grade level SEL focus, overarching outcome, and character trait. GROW lessons range from explicit SEL instruction to unique opportunities to put character traits into practice.

### RESPOND

This section contains a toolkit of strategies and resources that can be used to help kids respond to a variety of situations. RESPOND includes calming activities for emotion regulation, brain boosters to increase energy and focus, and circle prompts that can be used for reflection and discussion in Morning Meetings, Community Circles, etc.

### EXIT

EXIT activities focus on connections and reflections, as well as challenging students to continue growing their character beyond the classroom. These activities create rituals and routines around the end of the day, building a positive classroom culture.






		<b>Be Kind: Social Skills</b> Character Traits: Empathy, Respect, Cooperation
Component	Grade Levels	Overview and SEL Skill Instruction
<b>START</b> 12 activities	<b>PK-5</b>	Use of definition, illustrations, quotes, and activities to foster understanding and application of Empathy, Respect, & Cooperation
<b>CONNECT</b> 12 activities	<b>PK-5</b>	Activities that build relationships, foster engagement, and promote social skills
<b>GROW</b>	<b>PK/KINDER</b> Listening 9+ lessons	Explicit teaching of listening and working memory with a focus on Empathy, Respect, & Cooperation. <b>Listening:</b> understand the importance of listening and practice the strategy of Whole Body Listening: Our eyes are watching • Our ears are listening • Our brains are focused • Our hearts are caring
	<b>1ST GRADE</b> Friendship 9+ lessons	Explicit teaching and practice of friendship skills with a focus on Empathy, Respect, & Cooperation. <b>Friendship:</b> the ability to make and keep friends: Understanding how my actions impact others • Communicating with Kindness
	<b>2ND GRADE</b> Understanding Conflict Resolution 9+ lessons	Explicit teaching and practice of Conflict Resolution skills with a focus on Empathy, Respect, & Cooperation. <b>Understanding Conflict Resolution:</b> the ability to identify a conflict and work towards solving it: Identify the size of the problem • Name your emotion • Solve: Talk it out, move it out, breathe it out
	<b>3RD GRADE</b> Perspective-Taking 9+ lessons	Explicit teaching and practice of perspective-taking with a focus on Empathy, Respect, & Cooperation. <b>Perspective-Taking:</b> the ability to consider a situation from the other person's point of view: Work to understand what others may be seeing, thinking, or feeling in different situations • Consider how best to respond after understanding others point of view
	<b>4TH GRADE</b> Practicing Conflict Resolution 9+ lessons	Explicit teaching and practice of Conflict Resolution skills with a focus on Empathy, Respect, & Cooperation. <b>Practicing Conflict Resolution:</b> the ability to find peaceful solutions: Identify and determine size of problem • Communicate emotion • Make a choice to resolve the conflict
	<b>5TH GRADE</b> Leadership 9+ lessons	Explicit teaching and practice of leadership skills with a focus on Empathy, Respect, & Cooperation. <b>Leadership:</b> the ability to positively influence and support others: Positively influence others based on what you say and do • Role model what it looks like to be a positive member of the class or school
<b>RESPOND</b> 36 activities	<b>PK-5</b>	Emotion regulation tools and activities; circle prompts to build community and promote authentic reflection
<b>EXIT</b> 12 activities	<b>PK-5</b>	Use of reflection and classroom connection activities to end the day, week or month



Be Strong: Executive Functioning Character Traits: Courage, Responsibility, Perseverance		
Component	Grade Levels	Overview and SEL Skill Instruction
<b>START</b> 12 activities	<b>PK-5</b>	Use of definition, illustrations, quotes, and activities to foster understanding and application of Courage, Responsibility, & Perseverance.
<b>CONNECT</b> 12 activities	<b>PK-5</b>	Activities that build relationships, foster engagement, and promote social skills
<b>GROW</b>	<b>PK/KINDER</b> Following Directions 9+ lessons	Explicit teaching and practice of listening skills with a focus on Courage, Responsibility, & Perseverance. <b>Following Directions</b> - the ability to follow what an adult is telling you to do: Follow 3-step instruction model: Pay attention, ask questions for understanding, and follow directions the first time
	<b>1ST GRADE</b> Focusing 9+ lessons	Explicit teaching and practice of attention, task completion with a focus on Courage, Responsibility, & Perseverance. <b>Focusing</b> - maintain attention and effort until a task is complete: Develop strategies to resist internal and external distractions (Whole Body Listening, ignoring distractions, thought awareness)
	<b>2ND GRADE</b> Engagement 9+ lessons	Explicit teaching and practice of active school and class involvement with a focus on Courage, Responsibility, & Perseverance. <b>Engagement</b> - being an active participant in school: Leading, contributing, and collaborating in groups • School and community involvement • Active participation in learning
	<b>3RD GRADE</b> Flexible Thinking 9+ lessons	Explicit teaching and practice of adaptation and flexibility with a focus on Courage, Responsibility, & Perseverance. <b>Flexible Thinking</b> - the ability to adapt to new situations and challenges: Finding multiple solutions to problems • Handling unplanned changes in schedules or situations
	<b>4TH GRADE</b> Organization 9+ lessons	Explicit teaching and practice of organization skills with a focus on Courage, Responsibility, & Perseverance. <b>Organization</b> : keeping track of time and things: Time management skills (prioritize, plan) • Organizing materials
	<b>5TH GRADE</b> Goal-setting 9+ lessons	Explicit teaching and practice of planning and time management with a focus on Courage, Responsibility, & Perseverance. <b>Goal-setting</b> : Setting an important target that you can work towards: Plan, prioritize and put into action • Accountability
<b>RESPOND</b> 36 activities	<b>PK-5</b>	Emotion regulation tools and activities; circle prompts to build community and promote authentic reflection
<b>EXIT</b> 12 activities	<b>PK-5</b>	Use of reflection and classroom connection activities to end the day, week or month



Be Well: Emotion Regulation Character Traits: Gratitude, Honesty, Creativity		
Component	Grade Levels	Overview and SEL Skill Instruction
<b>START</b> 12 activities	<b>PK-5</b>	Use of definition, illustrations, quotes, and activities to foster understanding and application of Gratitude, Honesty, & Creativity.
<b>CONNECT</b> 12 activities	<b>PK-5</b>	Activities that build relationships, foster engagement, and promote social skills
<b>GROW</b>	<b>PK/KINDER</b> Identifying Emotions 9+ lessons	Explicit teaching of emotion vocabulary and emotion identification with a focus Gratitude, Honesty, & Creativity. <b>Identifying Emotions-</b> the ability to name & notice my own emotions: Name and use 4 emotion words in PreK • Name and use 12 emotion words in Kinder
	<b>1ST GRADE</b> Emotion Awareness 9+ lessons	Explicit teaching of emotion vocabulary to build personal awareness with a focus on Gratitude, Honesty, & Creativity. <b>Emotion Awareness-</b> Understand what I am feeling and understand how it impacts myself or others: Identify body cues and physical feelings • Use emotion vocabulary to name my emotion
	<b>2ND GRADE</b> Emotion Regulation 9+ lessons	Explicit teaching and practice of emotion regulation skills with a focus on Gratitude, Honesty, & Creativity. <b>Emotion Regulation-</b> Ability to manage and respond to situations that trigger emotions. • Breathe It Out • Move It Out • Talk It Out
	<b>3RD GRADE</b> Emotion Advocacy 9+ lessons	Explicit teaching and practice of emotion advocacy with a focus on Gratitude, Honesty, & Creativity. <b>Emotion Advocacy-</b> share how I feel and ask for what I need: Use I-statements, I feel ____ when _____ and I would like _____.
	<b>4TH GRADE</b> Positive Self-Talk 9+ lessons	Explicit teaching and practice of positive self-talk with a focus on Gratitude, Honesty, & Creativity. <b>Positive Self-Talk-</b> The ability to utilize positivity through thought awareness: Notice negative self-talk • Reframe • Practice positive self-talk
	<b>5TH GRADE</b> Stress Management 9+ lessons	Explicit teaching and practice of stress management skills with a focus on Gratitude, Honesty, & Creativity. <b>Stress Management-</b> Learn and use strategies for coping with stress: Notice the body's reaction to feeling stress • Create plans and practice strategies to regulate stress
<b>RESPOND</b> 36 activities	<b>PK-5</b>	Emotion regulation tools and activities; circle prompts to build community and promote authentic reflection
<b>EXIT</b> 12 activities	<b>PK-5</b>	Use of reflection and classroom connection activities to end the day, week or month

	 <p><b>Be Kind</b> <i>social skills</i></p>	 <p><b>Be Strong</b> <i>executive functioning</i></p>	 <p><b>Be Well</b> <i>emotion regulation</i></p>
<b>Pre-K/ Kinder</b>	<p><b>Listening</b> - Understand the importance of listening and practice <b>Whole Body Listening</b>.</p> <ul style="list-style-type: none"> <li>• Our eyes are watching</li> <li>• Our ears are listening</li> <li>• Our brains are focused</li> <li>• Our hearts are caring</li> </ul>	<p><b>Following Directions</b> - The ability to follow what an adult is telling you to do and practice following a <b>3-step instruction model</b>:</p> <ul style="list-style-type: none"> <li>• Pay attention</li> <li>• Ask questions for understanding</li> <li>• Follow directions the first time</li> </ul>	<p><b>Identifying Emotions</b> -: The ability to notice &amp; name my own emotions.</p> <p><b>Focus skills:</b></p> <ul style="list-style-type: none"> <li>• Name and use 4 emotion words</li> </ul>
<b>1st grade</b>	<p><b>Friendship</b> - The ability to make and keep friends. <b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Understanding how my actions impact others</li> <li>• Communicating with Kindness</li> </ul>	<p><b>Focusing</b> - Focusing: Maintain attention and effort until a task is complete. <b>Strategies:</b></p> <ul style="list-style-type: none"> <li>• Whole Body Listening</li> <li>• Ignoring distractions</li> <li>• Thought awareness</li> </ul>	<p><b>Emotion Awareness</b> -: Understand what I feel and how it impacts myself or others. <b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Identify body cues and physical feelings</li> <li>• Use emotion vocabulary correctly</li> </ul>
<b>2nd grade</b>	<p><b>Understanding Conflict Resolution</b> - Identify a conflict and work towards solving it. <b>Strategies:</b></p> <ul style="list-style-type: none"> <li>• Is the conflict big or small?</li> <li>• Name your emotion</li> <li>• Talk it out, move it out, breathe it out</li> </ul>	<p><b>Engagement</b> - Being an active participant in school. <b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Leading, contributing, &amp; collaborating in groups</li> <li>• School and community involvement</li> <li>• Building positive relationships</li> </ul>	<p><b>Emotion Regulation</b> - The ability to manage and respond to situations that trigger emotions. <b>Strategies:</b></p> <ul style="list-style-type: none"> <li>• Breathe It Out</li> <li>• Move It Out</li> <li>• Talk It Out</li> </ul>
<b>3rd grade</b>	<p><b>Perspective-Taking</b> - To consider a situation from another person's point of view. <b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Work to understand others' thoughts &amp; feelings</li> <li>• Consider how to respond after understanding other people's point of view</li> </ul>	<p><b>Flexible Thinking:</b> The ability to adapt to new situations and challenges. <b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Finding multiple solutions to problems</li> <li>• Handling unplanned changes in schedules or situations</li> </ul>	<p><b>Emotion Advocacy:</b> To appropriately share how I feel and ask for what I need. <b>Skills:</b></p> <ul style="list-style-type: none"> <li>• I-Statements: I feel ___ when ___ and I would like ___.</li> <li>• Use emotion vocabulary correctly</li> </ul>
<b>4th grade</b>	<p><b>Practicing Conflict Resolution:</b> The ability to find peaceful solutions. <b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Identify and determine size of problem</li> <li>• Communicate emotion</li> <li>• Make a choice to resolve the conflict</li> </ul>	<p><b>Organization:</b> Keeping track of time, tasks, and things (using the 3T's model-Time, Tasks, Things). <b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Time management (prioritize &amp; plan)</li> <li>• Organizing materials</li> </ul>	<p><b>Positive Self-Talk:</b> Turn unhelpful thoughts into more helpful thoughts. <b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Notice the unhelpful thoughts in response to a situation</li> <li>• Turn them into more helpful thoughts</li> </ul>
<b>5th grade</b>	<p><b>Leadership:</b> The ability to positively influence and support others. <b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Positively influence others</li> <li>• Role model what it looks like to be a positive member of the class or school.</li> </ul>	<p><b>Goal Setting:</b> Setting an important target that you can work towards. <b>Skills:</b></p> <ul style="list-style-type: none"> <li>• <b>Target</b> - Set a goal and visualize the result</li> <li>• <b>Obstacles</b> - Anticipate and plan for them</li> <li>• <b>Plan</b> - Plan at least 3 action steps</li> </ul>	<p><b>Stress Management:</b> Learn and use strategies for coping with stress. <b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Notice the body's reaction to feeling stress</li> <li>• Create plans and practice strategies to regulate stress and/or prevent stress</li> </ul>

**Pre-K**

**SEL Scope & Sequence**

Trait	Week 1	Week 2	Week 3	Week 4
<b>Respect</b>	<b><u>Classroom Respect Agreement</u></b> Students will create a classroom agreement on how to show Respect.	<b><u>Whole Body Listening</u></b> Students will show Respect by practicing Whole Body Listening with a partner.	<b><u>Respect Role Playing Game</u></b> Students will practice showing Respect in different scenarios through role-playing.	<b><u>Respect Location Cards</u></b> Students will discuss how to show Respect in different locations of the school
<b>Responsibility</b>	<b><u>Be Responsible</u></b> Students will identify Responsibility by showing what following directions looks like, sounds like, and feels like.	<b><u>Follow the Responsible Leader</u></b> Students will practice Responsibility by reviewing Whole Body Listening and playing a game.	<b><u>Question Mania</u></b> Students will practice asking questions for understanding.	<b><u>Stop &amp; Start: Responsible Choices</u></b> Students will demonstrate Responsibility by following directions the first time.
<b>Gratitude</b>	<b><u>Gratitude Journal</u></b> Students will identify things they are Grateful for and the emotions they feel about them.	<b><u>Grateful for Emotions</u></b> Students will practice identifying and showing emotions.	<b><u>Emotion Charades</u></b> Students will build their emotion vocabulary and learn to interpret the feelings of others.	<b><u>Gratitude Surprise</u></b> Students will surprise someone in the school to show them Gratitude.
<b>Empathy</b>	<b><u>Listening with Terra</u></b> Students will demonstrate Whole Body Listening with Empathy.	<b><u>4 Kind Corners</u></b> Students will identify a variety of ways to show Kindness to each other.	<b><u>Our Empathy Book</u></b> Students will create an Empathy book that shows how classmates show Empathy.	<b><u>What Can You Say?</u></b> Students will practice Empathy by using Whole Body Listening and Kind words.
<b>Perseverance</b>	<b><u>Balancing Act</u></b> Students will identify Perseverance by planning what to do when they are stuck.	<b><u>Made by Mistakes</u></b> Students will grow in Perseverance by turning mistakes into opportunities.	<b><u>The Floor is Lava</u></b> Students will use Perseverance by overcoming obstacles.	<b><u>Do 3 Things</u></b> Students will show Perseverance by practicing following 3-step directions.
<b>Honesty</b>	<b><u>Honest "I-Statements"</u></b> Students will practice identifying and sharing emotions.	<b><u>Honest Roll</u></b> Students will practice identifying and sharing emotions using Honest I-Statements.	<b><u>Colors of Emotion</u></b> Students will explore Honesty by recognizing and sharing emotions with others.	<b><u>Red Light, Green Light</u></b> Students will review the trait Honesty and play a game to practice telling the truth.
<b>Cooperation</b>	<b><u>Classroom Cooperation Circle</u></b> Students will use Cooperation to work together to keep balloons from touching the ground.	<b><u>Cooperative Counting Game</u></b> Students will work together to practice listening and Cooperation in a counting game.	<b><u>Cooperate to Pass the Ball</u></b> Students will use Cooperation skills to problem-solve and move a ball around the circle.	<b><u>Cooperation Artwork Challenge</u></b> Students will practice paying attention and Cooperating as a class to create a piece of art.
<b>Courage</b>	<b><u>Badge of Courage</u></b> Students will recognize Courage when trying new things.	<b><u>I Spy Some Courage</u></b> Students will show Courage by learning how to ignore distractions and pay attention.	<b><u>Superhero Courage</u></b> Students will explore how they feel when using Courage by demonstrating their own Superhero Courage.	<b><u>Courage In Our Community</u></b> Students will attribute Courage to making a difference in our community by Following Directions for including others.
<b>Creativity</b>	<b><u>Illustrate Emotions</u></b> Students will focus on emotions as they practice Creativity through drawing.	<b><u>Emotive Animals</u></b> Students will practice their Creativity while pretending to be different animals experiencing a variety of emotions.	<b><u>Complete the Picture</u></b> Students will practice their Creativity by drawing a picture with 2 given lines.	<b><u>Creative Thinking</u></b> Students will practice their Creativity by imagining what else objects could be.

# Kindergarten

# SEL Scope & Sequence

Trait	Week 1	Week 2	Week 3	Week 4
<b>Respect</b>	<b><u>What does Respect Mean to Us?</u></b> Students will learn Whole Body Listening skills and create a classroom Respect agreement.	<b><u>Kindness Mission</u></b> Students will review Whole Body Listening and create cards of Kindness and Respect.	<b><u>How Well Can We Listen?</u></b> Students will review and practice Whole Body Listening to complete an independent project.	<b><u>Differences Among Us</u></b> Students will practice showing Respect to those that are different from them.
<b>Responsibility</b>	<b><u>Thumbs Up, Move Up</u></b> Students will show Responsibility by learning what following directions looks like, sounds like, and feels like.	<b><u>Responsible Listening</u></b> Students will practice Responsibility by following directions using their listening skills through guided drawing.	<b><u>20 Questions</u></b> Students will practice Responsibility by demonstrating how to ask questions for understanding.	<b><u>Rolling Responsibility</u></b> Students will practice following 2 and 3-step directions working with a partner.
<b>Gratitude</b>	<b><u>Moving Emotions</u></b> Students will identify what emotion they might feel in different situations.	<b><u>Gratitude Roll</u></b> Students will understand emotions associated with Gratitude, practicing Gratitude through a variety of prompts.	<b><u>Gratitude Surprise</u></b> Students will surprise someone in the school to show them Gratitude.	<b><u>Gratitude Wall</u></b> Students will show what they have learned about Gratitude by making a Gratitude Wall.
<b>Empathy</b>	<b><u>Picture It</u></b> Students will identify and practice the traits of an Empathetic Listener.	<b><u>Kindness Jerseys</u></b> Students will discuss what Kindness looks, sounds, and feels like and create personal Kindness goals.	<b><u>Listening To People's Feelings</u></b> Students will practice Whole Body Listening to connect with other people's feelings.	<b><u>Empathy Detectives</u></b> Students will practice identifying emotions and putting Empathy into action.
<b>Perseverance</b>	<b><u>Perseverance or Not?</u></b> Students will hear scenarios and determine if the person showed Perseverance or not.	<b><u>Maze Mania</u></b> Students will work as a class to find the correct path on a maze and learn that mistakes are opportunities to learn.	<b><u>The Perseverance Push</u></b> Students will learn about Persevering through obstacles as they work together through different stations.	<b><u>Musical Chairs</u></b> Students will follow the directions of musical chairs and use Perseverance as they work to stay in the game.
<b>Honesty</b>	<b><u>Being Bree</u></b> Students will practice identifying and showing emotions.	<b><u>Re-mEmber</u></b> Students will learn 4 emotion vocabulary words and practice showing Honesty when sharing their feelings.	<b><u>Sad and Glad</u></b> Students will discuss 8 emotion vocabulary words and create visuals of those emotions with a partner.	<b><u>Honesty Review</u></b> Students will determine if a situation is Honest or dishonest and identify emotions one might feel in situations.
<b>Cooperation</b>	<b><u>Secret Agent Listening Game</u></b> Students will practice their listening skills as they Cooperate to pass along a secret message.	<b><u>Silent Toss</u></b> Students will put Cooperation skills like communication and attention into practice in a ball-toss challenge.	<b><u>Cooperation Scavenger Hunt</u></b> Students will Cooperate in teams to complete a scavenger hunt.	<b><u>Paper Chain Challenge</u></b> Students will use Cooperation skills and serve in specific group roles in order to create a paper chain as a team.
<b>Courage</b>	<b><u>Courage Up</u></b> Students will follow directions as they learn ways to use Courage to try new things.	<b><u>The Courage to Ignore</u></b> Students will practice skills to handle distractions while following directions.	<b><u>Courageous Talk</u></b> Students will practice using Courage to ask for help from others.	<b><u>Courage to Include</u></b> Students will show Courage by practicing the three steps to include others.
<b>Creativity</b>	<b><u>What If</u></b> Students will identify emotions they might feel in various scenarios and plan their reactions.	<b><u>Creative Feelings</u></b> Students will practice identifying emotions with a partner by Creatively drawing a picture.	<b><u>Emotion Motion</u></b> Students will review emotions while practicing Creativity through art and dance.	<b><u>Do-dads &amp; Tinkers</u></b> Students will create something with a small group that can be used to help others and identify their emotions during different stages of the task.



# 1st Grade

# SEL Scope & Sequence

Trait	Week 1	Week 2	Week 3	Week 4
<b>Respect</b>	<b><u>Classroom Respect Agreement</u></b> Students will learn and practice listening skills and create a classroom Respect agreement.	<b><u>Classroom Puzzle</u></b> Students will discover the importance of individuality and how they come together to make a connected group.	<b><u>Red, Yellow, Green Light</u></b> Students analyze scenarios to determine if they are bad signs, warning signs, or good signs in a friendship.	<b><u>Wrinkled Heart</u></b> Students will identify how words and actions affect others in a positive or negative way.
<b>Responsibility</b>	<b><u>EveryBODY is Responsible</u></b> Students will learn ways to practice Responsibility with their hands, feet, ears, eyes, and mouths.	<b><u>Distraction Action</u></b> Students will explore what it feels and looks like to manage distractions.	<b><u>Distraction Decision</u></b> Students will practice anticipating and overcoming distractions to better focus on Responsibilities.	<b><u>Shapes &amp; Self-Monitoring</u></b> Students will identify and describe ways to be Responsible by self-monitoring to stay focused on important tasks.
<b>Gratitude</b>	<b><u>Musical Emotion Cards</u></b> Students will practice identifying and communicating how they would feel in different scenarios.	<b><u>Give Gratitude a Hand</u></b> Students will identify and share different things they are Grateful for.	<b><u>Emotion Commotion</u></b> Students will make a plan for how to respond and act when feeling certain emotions.	<b><u>Attitude of Gratitude</u></b> Students will reflect on a time they have felt Grateful and identify their emotions during that time.
<b>Empathy</b>	<b><u>How Is My Friend Feeling?</u></b> Students will discuss and practice recognizing how other people could feel in different situations.	<b><u>The Friendship Chain</u></b> Students will create a list of friendship skills and reflect on their own strengths and areas to grow.	<b><u>Friendship BINGO</u></b> Students will practice showing Empathy during conflict with friends.	<b><u>Share the Stage</u></b> Students will practice positive listening skills with friends.
<b>Perseverance</b>	<b><u>Memory Madness</u></b> Students will explore different Focusing strategies, then put their Focusing abilities to the test in a memory game.	<b><u>Picking Up Perseverance</u></b> Students will discuss different types of distractions, then practice overcoming distractions using Perseverance.	<b><u>Learning from Our Mistakes</u></b> Students will practice learning from mistakes as they face a challenge	<b><u>Persevere with Perseverance!</u></b> Students will demonstrate Perseverance and focus while working with a team to correctly spell the word Perseverance.
<b>Honesty</b>	<b><u>Honesty Tic-Tac-Toe</u></b> Students will share examples of Honesty and how it makes them feel while playing a game.	<b><u>Stop or Go</u></b> Students will identify whether or not a scenario is Honest and discuss ways to show Honesty.	<b><u>Honest-I</u></b> Students will practice using I-Statements to be Honest about their feelings.	<b><u>Filter Out Unkind Words</u></b> Students will decide whether certain Honest thoughts should be kept inside their minds or said out loud.
<b>Cooperation</b>	<b><u>Build A Story</u></b> Students will work Cooperatively to help each other create a story from an image.	<b><u>Just Listen, Don't Look!</u></b> Students will practice Cooperation by focusing on communication skills such as giving clear instructions & listening.	<b><u>The Ant and the Dove</u></b> Students will Cooperate in a way that helps others achieve a common goal.	<b><u>Sneak a Peek</u></b> Students will practice the communication skills needed to Cooperate with others.
<b>Courage</b>	<b><u>Going on a Focused Bear Hunt</u></b> Students will learn to apply focusing strategies by Going on a Bear Hunt.	<b><u>Would You Rather</u></b> Students will choose between different situations that require Courage and explain their responses.	<b><u>Super Courage</u></b> Students will set a Courage goal to try something new and share it with a partner.	<b><u>Courage Showcase</u></b> Students will create a class art piece that demonstrates everything they have learned about Courage and focusing.
<b>Creativity</b>	<b><u>3D Emotions</u></b> Students will review emotion awareness and work in groups to Creatively show their understanding.	<b><u>Emotion Map</u></b> Students will identify emotions using Creativity to design an Emotion Map.	<b><u>Learning To Love Limits</u></b> Students will produce Creative works of art using limiting instructions.	<b><u>This is a What?</u></b> Students will practice Creative thinking and problem solving.

## 2nd Grade

## SEL Scope & Sequence

Trait	Week 1	Week 2	Week 3	Week 4
<b>Respect</b>	<b><u>Create a Class Respect Agreement</u></b> Students will create detailed guidelines based on Respect to build a positive classroom environment.	<b><u>Solve the Size</u></b> Students will practice naming the conflict and recognizing the size of the conflict.	<b><u>Communication Connection</u></b> Students will practice communicating with Respect using I-Statements.	<b><u>Apples Don't Fall Far From the Tree of Choices</u></b> Students will identify ways to resolve conflict using the Tree of Choices.
<b>Responsibility</b>	<b><u>Community Circle Agreements</u></b> Students will discuss and demonstrate what a Responsible community circle looks like.	<b><u>Engage in Community Circle</u></b> Students will show Responsibility by reviewing community circle agreements and engaging in a community circle.	<b><u>ResponsiBINGO</u></b> Students will come up with actions that demonstrate Responsibility at school.	<b><u>Team Scavenger Hunt</u></b> Students will demonstrate how having a specific Responsibility impacts others.
<b>Gratitude</b>	<b><u>Grateful Guessing</u></b> Students will practice expressing Gratitude as a way to regulate emotions.	<b><u>Grateful To Be Me</u></b> Students will identify different things they are Grateful for and proud of within themselves.	<b><u>Gratitude Collage</u></b> Students will express what they are Grateful for by making a Gratitude Collage.	<b><u>Gratitude Balloon</u></b> Students will understand how feelings of Gratitude can help them balance out big emotions.
<b>Empathy</b>	<b><u>Sort the Situation</u></b> Students will identify a problem and determine if it is big or small.	<b><u>Grow with Kindness</u></b> Students will identify what grows Kindness and what does not.	<b><u>Partner Drawing</u></b> Students will practice Empathy with each other when working through challenges.	<b><u>What's the Solution?</u></b> Students will practice using Empathy to resolve conflict.
<b>Perseverance</b>	<b><u>Decision Time</u></b> Students will show engagement by being active learners of the character trait Perseverance.	<b><u>Improving our World!</u></b> Students will reflect on ways to engage in the world to make it a better place and create a plan with a partner.	<b><u>Exploring Roles</u></b> Students will engage in small groups with specific roles to create a mascot for Perseverance.	<b><u>A Structure of Perseverance</u></b> Students will Persevere and engage in group roles to build the tallest structure they can.
<b>Honesty</b>	<b><u>What's Your Superpower?</u></b> Students will identify ways to show Honesty by evaluating strengths they can use to feel more confident and focused.	<b><u>Honest with Our Emotions</u></b> Students will practice Honesty while identifying emotions and discussing strategies to regulate emotions.	<b><u>Redesign Regulation</u></b> Students will identify emotions that make it hard to be Honest and practice strategies to regulate those emotions.	<b><u>Emotional Regulation Game</u></b> Students will learn about and try out different strategies that would help with regulating emotions.
<b>Cooperation</b>	<b><u>Collaborative Drawing</u></b> Students will practice Cooperation skills like sharing ideas and taking turns while drawing collaboratively.	<b><u>Music To My Ears</u></b> Students will Cooperate to create music using different sounds.	<b><u>Animal Cooperation</u></b> Students will Cooperate while working with classmates to create a new animal.	<b><u>Chain of Strength</u></b> Students will create a chain to showcase their individual strengths.
<b>Courage</b>	<b><u>Gallery of Courage</u></b> Students will use visualization skills to create a Gallery of Courage that shows each student engaging in something Courageous.	<b><u>Tower of Courage</u></b> Students will engage in a small group challenge by sharing their ideas and encouraging others.	<b><u>Engaging with Powerline</u></b> Students will evaluate their overall classroom engagement, then work together to create fun reminders to improve engagement.	<b><u>Courage Charades</u></b> Students will engage in Courage Charades through acting out and identifying different acts of Courage.
<b>Creativity</b>	<b><u>Not a Box</u></b> Students will think Creatively to generate unique coping strategies.	<b><u>Statues of Strategies</u></b> Students will identify and practice using movement regulation strategies.	(Not the same activity in Notion & CMS) <b><u>A-Maze-ing Breathing</u></b> Students will identify and practice breathing regulation strategies.	<b><u>Emotion Elements Theater</u></b> Students will act out the different emotional elements and ways to regulate emotions.

# 3rd Grade

# SEL Scope & Sequence

Trait	Week 1	Week 2	Week 3	Week 4
<b>Respect</b>	<b><u>Create a Class Respect Agreement</u></b> Students will work collaboratively to create a classroom Respect Agreement.	<b><u>Respectful Recipe</u></b> Students will discover and identify how to show Respect through creating a recipe.	<b><u>See The Good</u></b> Students will practice Respect by identifying the good in others.	<b><u>Guess &amp; Check</u></b> Students will practice perspective-taking by guessing someone else's point of view and then checking their guess.
<b>Responsibility</b>	<b><u>Responsibility in All Forms</u></b> Students will identify a variety of ways in which they can show Responsibility in specific situations.	<b><u>Responsibility TOPs the Charts</u></b> Students will explore TOP goals and create a Mountain TOP Goal for themselves.	<b><u>Response – Ability</u></b> Students will identify obstacles or challenges related to goal setting and practice flexible thinking.	<b><u>Plan Into Action</u></b> Students will work in groups to create skits about flexible thinking, goal setting, and Responsibility.
<b>Gratitude</b>	<b><u>Collaborative Drawing</u></b> Students will identify emotions and explain why they are Grateful for their emotions.	<b><u>Moving the Scale to Gratitude</u></b> Students will find reasons for Gratitude in disappointing situations.	<b><u>What's In My Control?</u></b> Students will understand how they have control over big emotions and can advocate for help.	<b><u>Gratitude Scavenger Hunt</u></b> Students will create a poster of Gratitude using I-statements to express what they are thankful for.
<b>Empathy</b>	<b><u>Read the Cues</u></b> Students will practice understanding and connecting with other people's feelings.	<b><u>A Map of Kindness</u></b> Students will create a school map of Kindness that includes how they will show Kindness around the school.	<b><u>The Other Side</u></b> Students will explore and identify different perspectives and understand perspective-taking.	<b><u>Climbing the Tree of Choices</u></b> Students will apply Perspective-Taking to conflict resolution strategies in the Tree of Choices.
<b>Perseverance</b>	<b><u>Personal Best</u></b> Students will practice Perseverance by breaking down goals and action items.	<b><u>Grouping Game</u></b> Students will implement ideas on what to do when they are stuck while working on a challenging task.	<b><u>Persevere or Procrastinate?</u></b> Students will contrast Perseverance with procrastination, then use flexible thinking to adjust plans as needed.	<b><u>Toss Across</u></b> Students will integrate Perseverance with flexible thinking to adapt to new challenges in a game.
<b>Honesty</b>	<b><u>Fiery Feelings</u></b> Students will build emotion vocabulary by analyzing the feelings associated with Fire & create I-Statements.	<b><u>My Earthy Essence</u></b> Students will build emotion vocabulary by analyzing the feelings associated with Earth & create I-Statements.	<b><u>Up in the Air</u></b> Students will get Honest about their feelings by creating and sharing I-Statements on paper airplanes.	<b><u>Water Ways</u></b> Students will explore the Water emotions, evaluate situations, and create an I-Statement.
<b>Cooperation</b>	<b><u>Spiderman vs. Superman</u></b> Students will look at other people's perspectives and practice Respectful, persuasive communication skills.	<b><u>Collaborative Storybooks</u></b> Students will Cooperate and share their perspectives to create a picture and story to go with it.	<b><u>Cooperation Relay</u></b> Students will practice Cooperation by completing challenges to get the from point A to point B.	<b><u>Hot Seat</u></b> Students will Cooperate with one another in order to help their teammates guess hidden words.
<b>Courage</b>	<b><u>Courage Comic Strip Adventures</u></b> Students will develop flexible thinking skills to help us demonstrate Courage to do what is right, even when it's hard.	<b><u>Courage With Change</u></b> Students will explore how Courage and Flexible Thinking skills can be used when they experience change.	<b><u>Connections: Comfort or Courage?</u></b> Students will use Courage and Flexible Thinking when stepping outside of their comfort zone in social connections.	<b><u>Mountain TOP Goals</u></b> Students will set Courageous character TOP goals and make a plan for flexible thinking.
<b>Creativity</b>	<b><u>Creative Solutions</u></b> Students will apply a formula for Creative problem-solving, empowering them to advocate for their needs.	<b><u>Mixed Up Emotions</u></b> Students will learn about mixed emotions and how to Creatively express how they feel.	<b><u>Creative Categories</u></b> Students will show Creativity advocating for themselves after the game.	<b><u>Creative Expression</u></b> Students will create an emotion mind map and share it with a small group.

## 4th Grade

## SEL Scope & Sequence

Trait	Week 1	Week 2	Week 3	Week 4
<b>Respect</b>	<b><u>Create A Class Respect Agreement</u></b> Students will create detailed guidelines based on Respect to build a positive classroom environment.	<b><u>Respect, Lights, Camera, Action!</u></b> Students will create a skit or a graphic novel page that shows how to resolve conflict Respectfully.	<b><u>The Power in Our Differences</u></b> Students will practice appreciating, learning from, and Respecting other people's opinions and ideas.	<b><u>A Scenario of Respect</u></b> Students will use scenarios to discuss how to show Respect to others during conflict.
<b>Responsibility</b>	<b><u>How Organized Are You?</u></b> Students will assess the importance of organization and learn the 3 T's model.	<b><u>Telling Time</u></b> Students will put time-management skills into practice to grow in Responsibility.	<b><u>All of the Things!</u></b> Students will determine the importance of organizing their things and choose organization strategies.	<b><u>Big Goals, Small Steps</u></b> Students will learn how to organize tasks to achieve their goals.
<b>Gratitude</b>	<b><u>Talking to Ourselves...About Gratitude</u></b> Students will use positive self-talk to put Gratitude into practice.	<b><u>Gratitude for Me and You</u></b> Students will express Gratitude to others and to themselves, creating tools for practicing positive self-talk.	<b><u>Mirror, Mirror, Flip!</u></b> Students will practice reframing negative self-talk to positive self-talk.	<b><u>Posting Positivity</u></b> Students will share Gratitude and positive self-talk with others in the school community.
<b>Empathy</b>	<b><u>Resolving Conflict with the Tree of Choices</u></b> Students will learn to use the 3 steps in The Tree of Choices to resolve conflict.	<b><u>Fingerprints of Kindness</u></b> Students will learn about and plan 3 ways to practice meaningful Kindness.	<b><u>I-Statements</u></b> Students will learn how to use I-Statements to communicate emotions.	<b><u>Resolving Conflicts In Action</u></b> Students will learn that we may have different opinions and that at times we must agree to disagree.
<b>Perseverance</b>	<b><u>Over the Top Organization</u></b> Students will practice breaking down large goals into smaller action items.	<b><u>Let's Play 3T's!</u></b> Students will learn and practice the If...Then strategy for facing organizational obstacles by playing a game.	<b><u>Top Priority</u></b> Students will practice organizing tasks by learning to prioritize.	<b><u>3T's - Your Way</u></b> Students will synthesize organization skills and Perseverance to create their own 3T's game.
<b>Honesty</b>	<b><u>Who To Listen To?</u></b> Students will play a game to practice choosing helpful, Honest thoughts that lead to positive actions.	<b><u>Act it Out with Honesty</u></b> Students will determine how to respond to various situations with positive self-talk and Honesty.	<b><u>Reframe It!</u></b> Students will work together to reframe negative thoughts.	<b><u>Positively Honest</u></b> Students will practice positive Honesty by creating posters that encourage others.
<b>Cooperation</b>	<b><u>Cooperation Cup Challenge</u></b> Students will Cooperate and apply conflict resolution strategies to complete a challenge as a team.	<b><u>Cooperative Act It Out</u></b> Students will work in groups to complete a short skit about Cooperation using I-statements to resolve conflict.	<b><u>Cooperation Flag</u></b> <u>Students will work Cooperatively</u> to create a flag representing each group member as well as something they have in common.	<b><u>Let's Play the Conflict Game!</u></b> Students will work Cooperatively to answer questions during an interactive game resolving conflicts.
<b>Courage</b>	<b><u>Courage to Dream</u></b> Students will identify how Courage is used to reach their Character goals by creating and executing a plan.	<b><u>Creating Time For Others</u></b> Students will organize their time to create space to grow relationships with others.	<b><u>Time = Values</u></b> Students will use Courage by planning a schedule that reflects their values.	<b><u>Let's Get Organized</u></b> Students will help create a rubric for organizing their things, then put their skills into practice.
<b>Creativity</b>	<b><u>Looking Back to Look Ahead</u></b> Students will create a collage of memories from their lives and add positive self-talk statements to each.	<b><u>Positive Self-Talk Project</u></b> Students will use Creativity to create a positive self-talk project.	<b><u>Creatively Positive</u></b> Students will use Creativity to make a positive self-talk tool.	<b><u>Timelines</u></b> Students will practice using positive self-talk by creating a project for their future selves.

# 5th Grade

# SEL Scope & Sequence

Trait	Week 1	Week 2	Week 3	Week 4
<b>Respect</b>	<b><u>Respect Agreements</u></b> Students will create detailed guidelines based on Respect to build a positive classroom environment.	<b><u>Respect For Self and Others Online</u></b> Students will reflect on how they can show Respect while using social media.	<b><u>Our Words Stick</u></b> Students will learn how words can impact others & apply the 3-1 rule to outweigh negative words with positive.	<b><u>The Compliment Project</u></b> Students will practice how to give effective, meaningful compliments as a leadership strategy.
<b>Responsibility</b>	<b><u>Mountain TOP</u></b> Students will explore TOP Goals and create a Mountain TOP Goals poster	<b><u>Co-Climbing The Mountain</u></b> Students will work in groups to create a TOP Goals plan for achieving various Responsibility goals.	<b><u>A Matter of Time</u></b> Students will evaluate the way they spend their time and build time-management skills.	<b><u>You Can Count on Me</u></b> Students will create meaningful TOP Goals and establish accountability partners.
<b>Gratitude</b>	<b><u>Cooking Up Some Calm</u></b> Students will evaluate stress management tools by creating a Gratitude recipe for coping with stress.	<b><u>Unexpected Gratitude</u></b> Students will practice Gratitude as a way to manage stressful situations.	<b><u>Who's Your Person?</u></b> Students will each identify and show Gratitude for a person who can help them manage their stress.	<b><u>Stress Supports PSA</u></b> Students will work together to create a Public Service Announcement to communicate ways to manage stress.
<b>Empathy</b>	<b><u>Leadership Line Up</u></b> Students will learn to identify the qualities of a good leader and build awareness of their own strengths and areas of growth.	<b><u>Make Kindness Normal</u></b> Students will strategize ways to lead the charge to make Kindness normal at school.	<b><u>Goals that Matter!</u></b> Students will set goals that will utilize their strengths and interests as leaders to make a difference in the world.	<b><u>Leading at Home and School</u></b> Students will practice leadership skills by responding with Empathy to other people's problems.
<b>Perseverance</b>	<b><u>Overcoming Obstacles</u></b> Students will demonstrate Perseverance by creating If...Then plans for overcoming obstacles.	<b><u>Big Plans!</u></b> Students will learn to make goals more attainable by breaking them into smaller goals.	<b><u>BHAGs with Purpose, Part 1</u></b> Students practice Perseverance by setting Big Goals and creating a timeline.	<b><u>BHAGs with Purpose, Part 2</u></b> Students will plan for practicing Perseverance by setting Big Goals and creating a timeline.
<b>Honesty</b>	<b><u>Preventing Stress Honestly</u></b> Students will understand the connection between stress and dishonesty, using Honesty as a stress-prevention tool.	<b><u>Honesty With Peers</u></b> Students will analyze how stress impacts us and discuss how they might manage stress in various situations..	<b><u>Balancing Act</u></b> Students will analyze the impact of various stressors and work with a partner to choose a management tool for each.	<b><u>Lighten Up!</u></b> Students will explore how stress and dishonesty feel and brainstorm tools for stress management.
<b>Cooperation</b>	<b><u>A Leader in Action</u></b> Students will work in groups to create a Profile of a Leader showcasing what a true leader looks like.	<b><u>Leading Through Conflict</u></b> Students will collaborate to lead others through positive resolutions to potential conflicts.	<b><u>Leadership Project, Part 1</u></b> Students will Cooperate to create recess activities for a younger grade level.	<b><u>Leadership Project, Part 2</u></b> Students will Cooperate to create recess activities for a younger grade level.
<b>Courage</b>	<b><u>Character: Courage or Comfort Zone?</u></b> Students will reflect on their level of Courage or comfort in a variety of situations that require character.	<b><u>Corners of Courage</u></b> Students will explore strategies for practicing Courage to stand up for others.	<b><u>TOP Character Goals</u></b> Students will use the TOP Goal model for building out their character goals.	<b><u>Courage to Try New Things</u></b> Students will grow in Courage by setting goals around trying new things.
<b>Creativity</b>	<b><u>Creative Stress-Relief</u></b> Students will engage in Creative activities of their choice that can help manage stress.	<b><u>Creating Solutions</u></b> Students will work together to Creatively solve problems to manage stress proactively and reactively.	<b><u>Creation Rotation Stations, Part 1</u></b> Students will rotate through stations to practice critical thinking, Creativity, and stress management strategies.	<b><u>Creation Rotation Stations, Part 2</u></b> Students will rotate through stations to practice critical thinking, Creativity, and stress management strategies.