K-2

SEL Check-Ins	
SEL Competency	Lesson Names
Self-awareness	Warm Up: Gratitude Jar Warm Up: Mood Thermometer Warm Up: Favorite Objects Share Ideas: Coping Strategies Open Up: How Do You Feel? Open Up: Hope and Excitement Open Up: Worries Open Up: Seeing Your Growth Open Up: Know What You Need Reach Out: What Do You Want to Learn?
Self-management	Share Ideas: Helpful Habits Share Ideas: Healthy Bodies Share Ideas: Staying Organized Share Ideas: Setting a Calm Mood Open Up: Important Goals
Social Awareness	Warm Up: Thinking Positive Warm Up: Encouragement Warm Up: Shout-Outs Warm Up: Our Class
Relationship Skills	Open Up: Support Circles Reach Out: Let Someone Know Reach Out: Ask for Help
Responsible Decision-making	Warm Up: Wishes Open Up: What's Difficult?

SEL in Action	
SEL Competency	Lesson Names
Self-awareness	How Am I Feeling? What Are My Values?

Self-management	Regulating Our Emotions Practicing Mindfulness The Importance of Sleep Creating a Healthy Routine
Social Awareness	What Makes Us Special What is Empathy?
Relationship Skills	Let's Work Together Let's Talk
Responsible Decision-making	How Do I Decide? Setting Good Goals

SEL Moments (K-5)	
SEL Competency	Lesson Names
Self-awareness	How Is My Body Feeling? Emotion Thermometer What Are My Strengths? Positive Affirmations I Can Grow
Self-management	Using Mantras Counting Breaths Self-Discipline Finding Inspiration Organizational Skills
Social Awareness	Respecting Others' Preferences Using Empathy Appreciating Diversity Practicing Perspective-Taking Expressing Gratitude
Relationship Skills	Cooperating with Others My Support Circles Asking for Help Praising Peers Teamwork
Responsible Decision-making	Reflecting on Past Experiences Solving Problems Looking at Problems in New Ways Acting Responsibly

	The Consequences of Your Actions

Growth Mindset Practices	
	Pre-Assessment
	Intro to Growth Mindset Taking Responsible Risks Metacognition Thinking Flexibly Persisting Asking Questions
	Post-Assessment
	PBL Activity: Fostering My Growth Mindset

Lifelong Learning Strategies	
	Pre-Assessment
	Communicating My Needs Balancing Obligations Time Management Skills Setting Goals Critical Thinking, Compare and Contrast Critical Thinking, Questioning Unit Assessment
	Post-Assessment
	PBL Activity: Creating a Positive, Safe Learning Culture in Our Classroom

3-5

SEL Check-Ins (2-12)	
SEL Competency	Lesson Names
Self-awareness	Warm Up: Gratitude Board Warm Up: Temperature Check Warm Up: Favorite Objects Share Ideas: Lessons Learned Share Ideas: Coping Strategies Open Up: How Do You Feel? Open Up: What Gives You Hope? Open Up: Worries Open Up: Growing as a Person Open Up: Meeting Your Needs Reach Out: Share Your Worries Reach Out: Ask for Information Reach out: Share your Growth Reach Out: Share your Strengths Reach Out: Online Learning
Self-management	Share Ideas: Helpful Habits Share Ideas: Physical Health Share Ideas: Time Management & Organization Share Ideas: Mantras Open Up: Priorities Reach Out: Share your Best Strategies
Social Awareness	Warm Up: Thinking Positive Warm Up: Words of Encouragement Warm Up: Shout-outs Share Ideas: Staying Connected
Relationship Skills	Warm Up: Wishes Share Ideas: Staying Informed Share Ideas: Distance Learning Tips Open Up: What's Difficult?
Responsible Decision-making	Open Up: Support Circles Reach Out: Let Someone Know Reach Out: Ask for Help Reach Out: Your Support System

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SEL in Action	
SEL Competency	Lesson Names
Self-awareness	Self-Compassion My Values
Self-management	Let's Regulate Our Emotions Mindfulness: Coping With Our Emotions Creating a Healthy Routine The Importance of Sleep
Social Awareness	Embracing Our Diversity Let's Listen
Relationship Skills	I'm Listening Better Together
Responsible Decision-making	What's So Hard About Goals? Decisions for Today and Tomorrow

SEL Moments (K-5)	
SEL Competency	Lesson Names
Self-awareness	How Is My Body Feeling? Emotion Thermometer What Are My Strengths? Positive Affirmations I Can Grow
Self-management	Using Mantras Counting Breaths Self-Discipline Finding Inspiration Organizational Skills
Social Awareness	Respecting Others' Preferences Using Empathy Appreciating Diversity Practicing Perspective-Taking Expressing Gratitude

Relationship Skills	Cooperating with Others My Support Circles Asking for Help Praising Peers Teamwork
Responsible Decision-making	Reflecting on Past Experiences Solving Problems Looking at Problems in New Ways Acting Responsibly The Consequences of Your Actions

Growth Mindset Practices	
	Pre-Assessment
	Intro to Growth Mindset Taking Responsible Risks Metacognition Thinking Flexibly Persisting Asking Questions
	Post-Assessment
	PBL Activity: Fostering My Growth Mindset

Lifelong Learning Strategies	
	Pre-Assessment
	Communicating My Needs Balancing Obligations Time Management Skills Setting Goals Critical Thinking, Compare and Contrast Critical Thinking, Questioning Unit Assessment
	Post-Assessment
	PBL Activity: Creating a Positive, Safe Learning Culture in Our Classroom