

SEL/PBIS Curriculum Outline - Tier 1

Month	CASEL Competency Language & Practices	Subtopics	Monthly PBIS Focus(defined, page 2)
August/ September	Self Awareness	Identify Emotions Self Confidence	Self-Awareness/Respect
October	Social Awareness	Empathy Respect for Others	Empathy
November	Self Management	Self control Organizational Skills Stress management	Self control
December	Relationship Building	Communication Social Engagement	Communication
January	Responsible Decision Making	Identifying problems Analyzing Problems Reflecting	Responsibility
February	Self Awareness	Accurate Self-Perception Recognizing Strengths	Confidence or Taking risks
March	Social Awareness	Perspective taking Appreciating diversity	Acceptance
April	Self Management	Self motivation Self discipline Goal setting	Perseverance
May	Relationship Building	Team Work Relationship Building	Team Work
	Responsible Decision Making	Solving Problems Evaluating Ethical Responsibility	

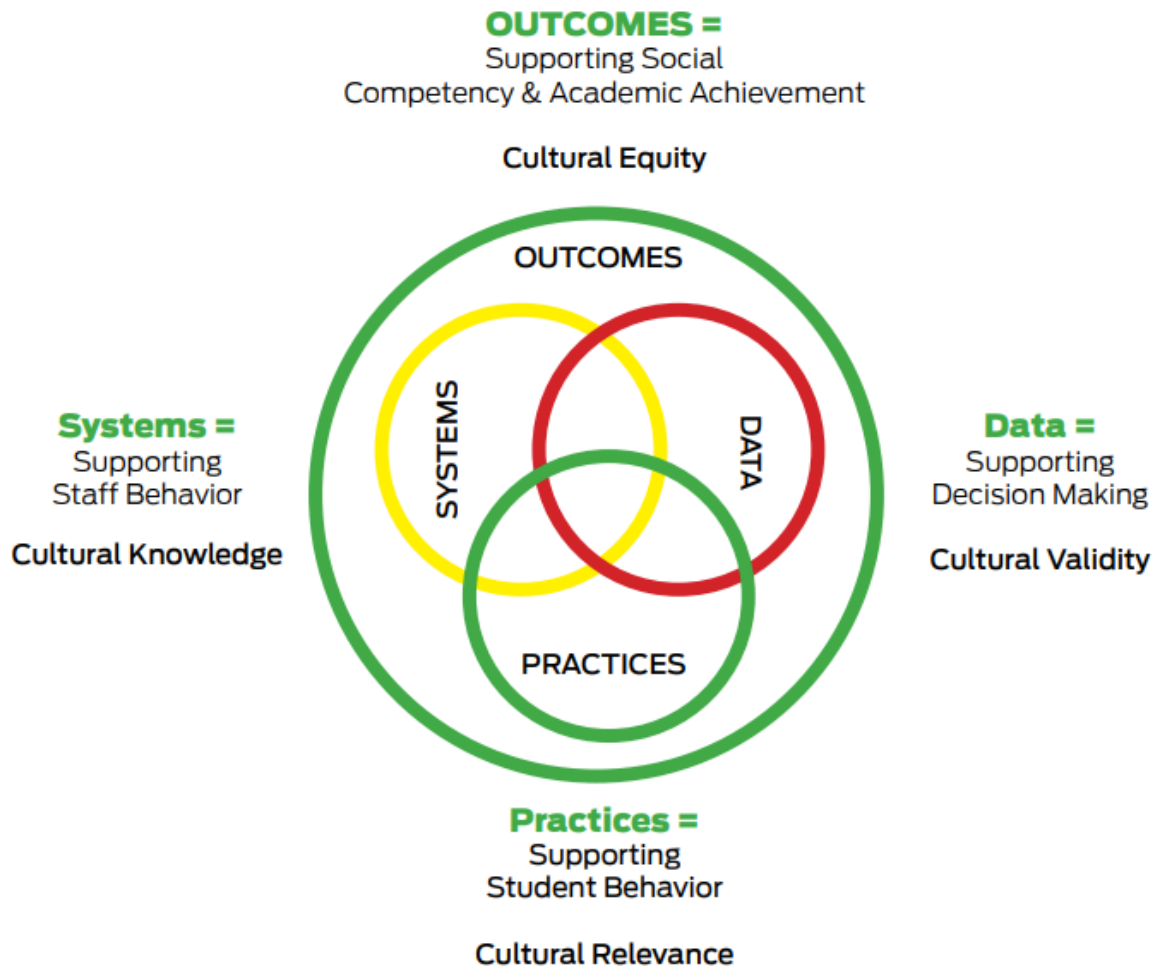
20(ish) minutes per week (1 lesson) = 4 lessons a month

- Video/discussion question
- Activity/discussion question
- Book/discussion question
- Should I or Shouldn't I situations

Terms Defined:

Self-Awareness /Respect	Self Awareness: ability to understand your own feelings and thoughts, and how they influence your behaviors or choices. Respect: acting in a way that shows you care about others, so that you don't do things that hurt someone else or their feelings.
Empathy	Empathy: Being able to understand how someone else is feeling, even if you aren't in the same situation they are.
Self control	Self control: Being able to resist acting on impulse
Communication	Communication: When you send a message by talking, writing, or body language, or you receive a message by listening, reading and watching body language.
Responsibility	Responsibility: being dependable, making good choices, and looking out for others
Confidence or Taking risks	Confidence: Knowing, trusting and believing in your own strengths Taking risks: Being willing to try something that is hard or uncomfortable.
Acceptance	Acceptance: Understanding how we are alike, how we are different, and that everyone is unique
Perseverance	Perseverance: When you push yourself to work through challenges or difficulties
Team Work	Team Work: working together with others to meet a goal or challenge.

The Four Interconnected Elements of SW-PBS



Vincent et al., 2011