

- Highlighted Lessons aligned with Portrait of a Graduate are for 5th graders and begins in January

July's Focus is Being Prepared to Learn				
	Required Lesson	Choice Lesson 1	Mental Health Lesson	Choice Lesson 2
Competency	Awareness of Self & Others	Social Skills	Self-Management	Self-Management
Grade	Learning Skills	Cooperation	Self-Control	Stress Management
K	Learning with Our Senses	Let's Cooperate!	Breathe In, Breathe Out	My Recipe for Happiness
1 st	Whole Body Listening	Fair is Fun	Wait For It!	Feelings Booster
2 nd	How We Learn	Work Together	Take 5!	My Stress Thermometer
3 rd	My Best Brain	Practice Cooperation	Keep Calm	Feelings, Thoughts, and Behaviors
4 th	Remember This!	Do Your Part!	Freeze!	Making Changes
5 th	Let's CREATE	Together for the Goal!	Stop. Think. Decide	You Can Change It!
Tier 3: PK-2	Good Listening	Classroom Chores	What I Like	What I Like
Tier 3: 3 rd -5 th	2-Step Directions	Teamwork	Likes and Dislikes	Likes and Dislikes

August's Focus is Awareness of Self and Others				
	Required Lesson	Choice Lesson 1	Mental Health Lesson	Choice Lesson 2
Competency	Awareness of Self & Others	Social Skills	Self-Management	Self-Management
Grade	Learning Skills	Cooperation	Self-Control	Stress Management
K	Learning with Our Senses	Let's Cooperate!	Breathe In, Breathe Out	My Recipe for Happiness

1 st	Whole Body Listening	Fair is Fun	Wait For It!	Feelings Booster
2 nd	How We Learn	Work Together	Take 5!	My Stress Thermometer
3 rd	My Best Brain	Practice Cooperation	Keep Calm	Feelings, Thoughts, and Behaviors
4 th	Remember This!	Do Your Part!	Freeze!	Making Changes
5 th	Let's CREATE	Together for the Goal!	Stop. Think. Decide	You Can Change It!
Tier 3: PK-2	Good Listening	Classroom Chores	What I Like	What I Like
Tier 3: 3 rd -5 th	2-Step Directions	Teamwork	Likes and Dislikes	Likes and Dislikes
September's Focus is Self-Management and Skills for Learning				
	Required Lesson	Mental Health Lesson	Choice Lesson 1	Choice Lesson 2
Competency	Self-Management	Mental Health	Self-Management	Self-Care
Grade	Focus	Resilience	Self-Control	Self-Efficacy
K	Following Instructions	Get Your Bounce Back!	Breathe In, Breathe Out	Mistakes Are a Part of Learning
1 st	Hocus Pocus: Focus!	How Can You Bounce Back?	Wait for It!	Believe!
2 nd	The Focus Toolbox	Can't Stop Me Now	Take 5!	You Can Do It!
3 rd	Improving My Focus	Tools to Bounce Back	Keep Calm	Belief Builders
4 th	Keep Focused	Feeling Resilient	Freeze!	Believe It!
5 th	Focus at School	Support for Resilience	Stop. Think. Decide	I Believe in Me
Tier 3: PK-2	What We Like	Tier 3 supports included in lesson above	What I Like	I Can Do It!

Tier 3: 3rd-5th	We Like This But Not That	Tier 3 supports included in lesson above	Likes and Dislikes	You Can Learn To Do It Too!
October is National Stop Bullying Day and Cyber Safety Month				
	Required Lesson	Mental Health Lesson	Choice Lesson 1	Choice Lesson 2
Competency	Social Awareness	Mental Health	Self-Care	Self-Care
Grade	Safe & Ethical Behavior	Online Safety	Healthy Boundaries	Optimism
K	Helpful vs. Harmful	I Can Be Safe	Safety First	Proud to Be Me!
1st	Ripples of Kindness	I Can Be Kind Online	What's That Feeling?	Turn That Frown Upside Down
2nd	Safe Adults at School	Safe and Fun Online	STOP!	Level Up Your Mood
3rd	Conflict or Bullying?	How I Unplug	Understanding Boundaries	Give a Little Happiness
4th	Prevent Bullying	I'm Kind Online	Boundaries	Attitude of Gratitude
5th	Our Responsibility	Be AWARE Online	Ready, SET, SEE	Good News, Bad News
Tier 3: PK-2	Classroom Rules	Tier 3 supports included in lesson above	Is That Okay?	Happy Thoughts
Tier 3: 3rd-5th	School Safety	Tier 3 supports included in lesson above	Ouch! That Hurts!	Find Something Good
November is World Kindness Day				
	Required Lesson	Mental Health Lesson	Choice Lesson 1	Choice Lesson 2
Competency	Social Skills	Mental Health	Social Awareness	Awareness of Self & Others
Grade	Friendship	Depression	Actions and Consequences	Values

K	Exploring Friendships	Boost Your Sad Feelings	Fix Your Mistake	My Family
1st	Let's Be Friends	Level Up with Love	What Could Happen?	Being Together
2nd	Filling Buckets	Level Up!	STOP Then Decide	Spot Our Family Values
3rd	Be a Friend	Manage Sad Feelings	STOP Before You Say It	Character Values
4th	Friendship Is...	Big or Small Problems	THINK and Be Honest	My Values, My Choices
5th	COOL Communication	We've Got Options	Choices and Consequences	Our School's Value
Tier 3: PK-2	Let's Play!	Tier 3 supports included in lesson above	The Things You Do	What We Like
Tier 3: 3rd-5th	Common Interests	Tier 3 supports included in lesson above	Consequences	We Like This But Not That
December's Focus is Emotion Management				
	Required Lesson	Choice Lesson	Winter Break	
Competency	Self-Management	Self-Care	Winter Break	
Grade	Goal Setting	Self-Advocacy	Winter Break	
K	Say the Goal!	Ask for Help	Winter Break	
1st	Steps to the Goal	Speak Up and Ask!	Winter Break	
2nd	Set a Goal	Get Your Needs Met	Winter Break	
3rd	Make a Plan	Speaking Up to Meet My Needs	Winter Break	
4th	Planning for Success	Getting the Help I Need	Winter Break	
5th	Reach Your Goals	Speak Up with Confidence	Winter Break	

Tier 3: PK-2	Follow the Pictures	Help Please!	Winter Break	
Tier 3: 3 rd -5 th	Get Fit!	When to Ask for Help	Winter Break	
January's Focus is Responsible Decision-Making and Problem Solving (Prek-4th) Intro to Portrait of a Graduate: January's Durability Skill of the Month: Critical Thinking (5th grade only)				
	Winter Break	Required Lesson	Mental Health Lesson	Choice Lesson
Competency	Winter Break	Self-Management	Mental Health	Self-Management
Grade	Winter Break	Problem-Solving	Substance Use Disorders	Resilience
K	Winter Break	Say the Problem	My Healthy Needs	Get it Done!
1 st	Winter Break	Problem Solving Help	Safe and Unsafe Substances	Bounce Back!
2 nd	Winter Break	What's the Problem?	Using Medicine Safely	Challenge Accepted!
3 rd	Winter Break	Let's Brainstorm!	My Healthy Brain	Be Resilient
4 th	Winter Break	Ways to Solve a Problem	My Healthy Choices	The Resilient Kid
5 th	Winter Break	Think of Solutions	Planning for Health	If at First You Don't Succeed...
Tier 3: PK-2	Winter Break	Making Requests	Tier 3 supports included in lesson above	I Can Do That!
Tier 3: 3 rd -5 th	Winter Break	Wants vs. Needs	Tier 3 supports included in lesson above	Join In!
February's Focus is Social Awareness and Global Awareness Intro to Portrait of a Graduate: February's Durability Skill of the Month: Empathy (5th Grade Only)				

	Required Lesson	Mental Health Lesson	Choice Lesson 1	Choice Lesson 2
Competency	Social Awareness	Mental Health	Social Skills	Awareness of Self & Others
Grade	Cultural Competence	Anxiety	Relationships	Self-Knowledge
K	Me and You	Feeling Scared or Worried	People We Meet	I Like It!
1st	Our Families	My Fears and Worries	Kindness Kaleidoscope	You Are Unique!
2nd	Traditions in Families	Managing My Worries	Making Friends at School	I am One of a Kind
3rd	What is Culture?	Check In, Be Calm	Thoughtful Communication	My Kind of Strong
4th	Unique Cultures	Challenge That Thought	Respecting Your Neighborhood	What Your Superpower?
5th	Taking the Perspective of Another	In Someone Else's Shoes	Character Counts	Social Cues
Tier 3: PK-2	People Are People	Tier 3 supports included in lesson above	Say Something Nice!	What I Like
Tier 3: 3rd-5th	My Family Culture	Tier 3 supports included in lesson above	Let's Talk	Likes and Dislikes
March's Focus is Relationship Skills and Cooperation Intro to Portrait of a Graduate: March's Durability Skill of the Month: Collaboration (5th grade Only)				
	Required Lesson	Mental Health Lesson	Choice Lesson 1	Choice Lesson 2
Competency	Social Skills	Mental Health	Social Awareness	Awareness of Self & Others
Grade	Fairness	Healthy Identities	Support Systems	Growth Mindset
K	Let's Play Fair	We Are Unique	Ask Kindly	I'm Growing!
1st	Understanding Tattle	My Unique Interests	My Family, My Support	Marvelous Mistakes
2nd	That's Not Fair!	My Family and Me	Help at School	Using Positive Self-Talk

3 rd	Make It Fair!	Our Stories	Asking for Help	My Curious Mind
4 th	Great Responsibility	My Unique Strengths	Who Do You Turn To?	Trying My Best
5 th	COOL Communication	Right On, Rights!	Stop, Think, Decide	We Gotta Have Fun!
Tier 3: PK-2	Sharing is Fun!	Tier 3 supports included in lesson above	We Are Family	I Can Do That!
Tier 3: 3 rd -5 th	Be A Good Sport!	Help at School	Tier 3 supports included in lesson above	Join In!
April's Focus is Self-Awareness and Emotional Regulation Intro to Portrait of a Graduate: April's Durability Skill of the Month: Personal Responsibility (5th Grade Only)				
	Required Lesson	Mental Health Lesson	Choice Lesson 1	Choice Lesson 2
Competency	Self-Care	Mental Health	Trauma	Awareness of Self & Others
Grade	Self-Compassion	Preventing Violence	Support Systems	Wants and Needs
K	Look What I Can Do!	Choose Helpful!	You Belong	What We Need
1st	I Like Me!	I Can Be Helpful!	Who Can Help?	Balancing Wants and Needs
2nd	What I Like About Me	Helpful Boundaries	Thank You!	Getting My Needs Met
3rd	Give Yourself a Break	Safety Needs	My Connections	We Need to Have Fun!
4th	Kindness to Myself	My Safe Relationships	Connect 4 Support	I Belong
5th	Expressing Emotions	Beyond Boredom!	You Can Change It!	Be An Upstander
Tier 3: PK-2	Super Powers	Tier 3 supports included in lesson above	Tier 3 supports included in lesson above	Making Requests

Tier 3: 3 rd -5 th	You Are Cool!	Tier 3 supports included in lesson above	Tier 3 supports included in lesson above	Wants vs. Needs
May is Mental Health Awareness Month				
	Required Lesson	Mental Health Lesson	Choice Lesson	Testing
Competency	Self-Care	Mental Health	Social Skills	Testing
Grade	Mindfulness	Mental Wellness	Conflict Resolution	Testing
K	Notice with Your Senses	Feeling Happy	Getting Along	Testing
1 st	The Big Breath	Happy Feelings	I'm Sorry!	Testing
2 nd	My Mindful Body	Spreading Happiness	Let's Get Along	Testing
3 rd	Mindfulness	My Emotion Superpowers	The I-Message	Testing
4 th	Martian Mind	Caring for My Emotions	Calm the Conflict	Testing
5 th	Quiet Your Brain	Empathy for Emotions	ICE Rumors and Gossip	Testing
Tier 3: PK-2	Let It Go!	Tier 3 supports included in lesson above	Problems with Others	Testing
Tier 3: 3 rd -5 th	What Do You Hear?	Tier 3 supports included in lesson above	Dealing with Problems	Testing

Implementation Guidance for Schools

Choose one delivery format for your school

Elementary Schools
1 REQUIRED SEL Lesson a Month

Implementation Options	Lesson Duration Options	Implementation Training Needs
<p><u>Option 1: Whole School Approach</u> All Teachers will deliver Instruction during morning meetings, homeroom, beginning of Core 1, intervention, flex time, after lunch and recess, or during the last class of the school day.</p> <p><u>Option 2: Student Support Services Guidance Lesson</u> All SEL instruction is delivered by a school counselor during a selected date and time with each grade level.</p> <p><u>Option 3: Mixture of Option 1 and 2</u> Whole school instruction (Teacher led) 4 times during the school year and Student Support Services led instruction 4 times during the school year.</p>	<p><u>Option A: Video and 1 activity</u></p> <ul style="list-style-type: none"> 5-20 mins, depending on the lesson <p><u>Option B: Video and 2 activities</u></p> <ul style="list-style-type: none"> 20-30 minutes depending on the lesson <p><u>Option C: All Sections: Learn, Practice and Dive Deeper Activities</u></p> <ul style="list-style-type: none"> 30-45 minutes, depending on the lesson. <p><u>*Discussion questions are considered to be 1 activity</u></p>	<p><u>Training Needs for Option 1: Whole School Approach</u></p> <ul style="list-style-type: none"> All teachers (new and returning) would need to attend a Rethink Ed training. All teachers would need Rethink Ed access <p><u>Training Needs for Option 2: Student Support Services Guidance Lesson</u></p> <ul style="list-style-type: none"> All new counselors would need to attend a Rethink Ed training Returning counselors can attend as a refresher All new counselors would need Rethink Ed access <p><u>Training Needs for Option 3: Mixed Instruction</u></p> <ul style="list-style-type: none"> Same training needs and access needs as options 1 and 2 Calendar of instruction cycle <p><u>*Each school will have a separate login for substitutes.</u></p>

SEL Walkthrough Observation Schedule: 1st Round-October 29-November 16, 2nd Round- March 11-21