

[SEL Lessons align with NC Portrait of a Graduate](#)

August- Portrait of a Graduate Skill of the Month: Collaboration			
	Required Lesson	Choice Lesson 1	Choice Lesson 2
CASEL Domain <i>RethinkEd Domain</i>	Self-Awareness <i>Awareness of Self and Others</i>	Relationship Skills <i>Social Skills</i>	Social Awareness <i>Social Awareness</i>
Focus Area:	Self-Knowledge	Relationships	Social Contributions
6th	Social Strengths	Collaborative Relationships	Passions to Contribute
7th	Learning Strategies	Needs and Relationships	Aligning to Social Contributions
8th	Ignite Your Spark	Peer Pressure in Relationships	Community Contributions
Tier 3	What Am I Good At?	Conversation Tips	Helping My School
Respectful Communication			
Respect			
Ripples of Respect			
Respect with Active Listening			
Respectful Communication			
Respect			
September- Portrait of a Graduate Skill of the Month: Personal Responsibility			
	Required Lesson	Choice Lesson 1	Choice Lesson 2
CASEL Domain <i>RethinkEd Domain</i>	Responsible Decision-Making <i>Social Awareness</i>	Self-Awareness <i>Awareness of Self and Others</i>	Self-Management <i>Self-Management</i>
Focus Area:	Actions & Consequences	Emotions	Stress Management
6th	Actions and Consequences	Sparks of Emotion	Making Stress Work For You
7th	Intent vs. Impact	My Emotions	Negative Thinking
8th	Setting New Patterns	My Emotional Brain	Find The Funny
Supportive Friendships			
Peer Pressure			
Honesty in Friendships			

Tier 3	Good Choices	How Would You Feel?	Rethink It!	My Friends
October is National Stop Bullying Day and Cyber Safety Month				
	Required Lesson	Choice Lesson 1	Choice Lesson 2	Mental Health Lesson
CASEL Domain <i>RethinkED Domain</i>	Social Awareness <i>Social Awareness</i>	Responsible Decision-Making <i>Social Awareness</i>	Self-Management <i>Self-Management</i>	Self-Awareness <i>Awareness of Self and Others</i>
Focus Area:	Safe & Ethical Behavior	Online Safety (MH Topic)	Self-Advocacy	Healthy Identities
6th	Being an Upstander	Safe and Respectful Online (MH lesson)	Speaking Up For Your Needs	Appreciating Identity
7th	Address Cyberbullying	Safe and Aware Online (MH lesson)	Self-Advocacy Needs	Pieces of Me
8th	Upstander Culture	Safe and Connected Online (MH Lesson)	Communicate With Confidence	Impacts of Identity
Tier 3	No Bullying Zone	n/a	On My Own	n/a
November Portrait of a Graduate Skill of the Month: Adaptability				
	Required Lesson	Choice Lesson 1	Choice Lesson 2	Choice Lesson 3
CASEL Domain <i>RethinkED Domain</i>	Self-Awareness <i>Awareness of Self and Others</i>	Self-Management <i>Self-Management</i>	Social Awareness <i>Social Awareness</i>	Relationship Skills <i>Social Skills</i>
Focus Area:	Resilience	Focus	Support Systems	Cooperation
6th	Building Resilience!	Focus At Home	My Support System	Giving & Receiving Feedback
7th	Recognizing Agency	Focus With Active Listening	Building A Support System	Think Collectively

8 th	Connect To Your Values	Visualize Your Success	Access Support	Strengths & Responsibilities
Tier 3	Challenges	Am I Focused?	With A Little Help From My Friends	Make Your School Cool
December - Portrait of a Graduate Skill of the Month: Learner's Mindset				
	Required Lesson	Choice Lesson	Winter Break	
CASEL Domain <i>RethinkEd Domain</i>	Self-Management <i>Self-Management</i>	Self-Awareness <i>Awareness of Self and Others</i>	Winter Break	
Focus Area:	Goal Setting	Growth Mindset	Winter Break	
6 th	SMART Goals	What's in a Mindset?	Winter Break	
7 th	Setting Academic Goals	Growing from Feedback	Winter Break	
8 th	Plan SMART	A Good Mistake	Winter Break	
Tier 3	My Goal	Part of the Group	Winter Break	
January -Portrait of a Graduate Skill of the Month: Critical Thinking				
	Winter Break	Required Lesson	Choice Lesson 1	Choice Lesson 2
CASEL Domain <i>RethinkEd Domain</i>	Winter Break	Self-Awareness <i>Awareness of Self and Others</i>	Responsible Decision-Making <i>Self-Management</i>	Social Awareness <i>Social Awareness</i>
Focus Area:	Winter Break	Learning Skills	Problem Solving	Fairness
6 th	Winter Break	ASK Quality Questions	Think of Solutions	Reflecting on Fairness
7 th	Winter Break	Attention to Learning	Think Solution!	Fairness & Rights
8 th	Winter Break	My Study Skills	Evaluate Your Options	Promoting Fairness
Tier 3	Winter Break	Follow the Directions	Problem Maps	We All Have Rights
February- Portrait of a Graduate Skill of the Month: Communication				

	Required Lesson	Choice Lesson 1	Choice Lesson 2	Choice Lesson 3
CASEL Domain <i>RethinkED Domain</i>	Relationship Skills <i>Social Skills</i>	Social Awareness <i>Social Awareness</i>	Self-Awareness <i>Awareness of Self and Others</i>	Self-Management <i>Self-Management</i>
Focus Area:	Conflict Resolution	Cultural Competence	Values	Wants And Needs
6th	Resolving Conflicts	Understanding Culture	My Personal Values	Safe Boundaries
7th	Conflict Happens	Culture and Values	Values In The Media	Belonging Needs
8th	Healthy Conflict	Celebrating Culture	Reflecting On Values	Know Your Worth

Tier 3	Do It Better	Cultural Differences	Family Culture	Good Time To Ask
March - Portrait of a Graduate Skill of the Month- Empathy				
	Required Lesson	Choice Lesson 1	Choice Lesson 2	Choice Lesson 3
CASEL Domain <i>RethinkED Domain</i>	Relationship Skills <i>Social Awareness</i>	Social Awareness <i>Social Awareness</i>	Self-Management <i>Self-Management</i>	Self-Awareness <i>Awareness of Self and Others</i>
Focus Area:	Empathy	Healthy Boundaries	Self-Efficacy	Mindfulness
6th	Listening With Empathy	Setting Social Boundaries	Believe To Achieve	Focus On Mindfulness
7th	Empathy for Connection	Healthy Physical Boundaries	Learn With Self-Efficacy	In The Moment
8th	Developing Empathy	Protecting Your Boundaries	Find Your Fan Club	Practicing Non-Judgement
Tier 3	Different Perspectives	Your Limits	One Step At A Time	Being Aware
April - Portrait of a Graduate Skill of the Month: Personal Responsibility				
	Required Lesson	Choice Lesson 1	Choice Lesson 2	Choice Lesson 3
CASEL Domain	Responsible Decision-Making	Self-Awareness	Self-Management	Relationship Skills

RethinkED Domain	Self-Management	Awareness of Self and Others	Self-Management	Social Skills
Focus Area:	Self-Control	Optimism	Self-Compassion	Relationships
6 th	Managing Stress	Optimism As Self-Care	Self-Talk With Compassion	Collaborative Relationships
7 th	Goals With Self-Control	Building Optimism	Challenge The Inner Critic	Needs and Relationships
8 th	Let's Delay	Practicing Gratitude	Power Of Breath	Peer Pressure in Relationships
Tier 3	Buy It	Thankful	Turn It Around	Conversation Tips
May - Mental Health Awareness Month				
	Required Mental Health Lesson	Choice Mental Health Lesson 1	Choice Mental Health Lesson 2	Choice Mental Health Lesson 3
CASEL Domain <i>RethinkED Domain</i>	Self-Awareness <i>Awareness of Self and Others</i>	Self-Management <i>Self-Management</i>	Social Awareness <i>Social Awareness</i>	Responsible Decision-Making <i>Awareness of Self and Others</i>
Focus Area:	Mental Wellness	Resilience	Preventing Violence	Kindness to Animals
6 th	Physical and Mental Wellness	Strategies for Resilience	Feeling Safe and Protected	Animal Observations
7 th	Change It Up	Hope for Tomorrow	Silencing Harassment	Connected to Animals
8 th	Wellness Is Social	My Strength, My Resilience	Roots of Relationship Violence	Animals' Emotional Support
Tier 3	n/a	n/a	n/a	n/a

Implementation Guidance for ALL Schools

Choose one delivery format for your school

1 REQUIRED SEL Lesson a Month

Implementation Options	Lesson Duration Options	Implementation Training Needs
<p>Option 1: Whole School Approach 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>Option 2: Student Support Services Guidance Lesson All SEL instruction is delivered by a school counselor during a selected date and time with each grade level.</p> <p>Option 3: Mixture of Option 1 and 2 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>Option A: Video and 1 activity</p> <ul style="list-style-type: none"> 5-20 mins, depending on the lesson <p>Option B: Video and 2 activities</p> <ul style="list-style-type: none"> 20-30 minutes depending on the lesson <p>Option C: All Sections: Learn, Practice and Dive Deeper Activities</p> <ul style="list-style-type: none"> 30-45 minutes, depending on the lesson. <p>*Discussion questions are considered to be 1 activity</p>	<p>Training Needs for Option 1: Whole School Approach</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>Training Needs for Option 2: Student Support Services Guidance Lesson</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>Training Needs for Option 3: Mixed Instruction</p> <ul style="list-style-type: none"> Same training needs and access needs as options 1 and 2 Calendar of instruction cycle <p>*Each school will have a separate login for substitutes.</p>

SEL Walkthrough Observation Schedule: October 29-November 16, and March 11-21