



Social Emotional Learning and Mental Health

High School Scope and Sequence 2024-2025



[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
9 th	Our Personalities	Healthy Social Groups	Passion to CARE
10 th	Sense of Purpose	Reciprocity and Relationships	Make a Difference
11 th	Accepting Ourselves	Shifting Relationships	Take Action, Make a Difference
12 th	Knowing Our SELVES	Building Healthy Relationships	Changemakers
Tier 3	Who Am I?	Relationships	Community Volunteer
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
9 th	Decisions, Decisions, Decisions	Waves of Emotion	Facing Your Fears
10 th	Online Consequences	Degrees of Emotion	Got Stress?
			Choice Lesson 3
			Responsible Decision-Making <i>Social Skills</i>
			Respect
			Respect Yourself
			Respect for All
			Understanding Respect
			Navigating Respect
			Respecting Authority
			Choice Lesson 3
			Relationship Skills <i>Social Skills</i>
			Friendship
			Quality Friendship
			Friendship Boundaries

11 th	The Long and Short Of It	Accepting Emotions	Balancing Stress	Healthy Friendships
12 th	Decision Making	My Emotional Intelligence	Be Your Own CEO	Lasting Friendships
Tier 3	Paving the Path for Success	Emotions and Behavior	Calm, Cool, and Collected	Types of 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
9 th	Safe and Ethical Online	Balancing Screen Time	Self-Advocacy For All	Identity Inspiration
10 th	Values and Behavior	Online Respect	Benefits of Self-Advocacy	Identity Messages
11 th	Bullying and Harassment	Online Accuracy	Advocate for You	Identity in Context
12 th	Stopping Harassment	Solve the Problem Online	Self-Advocacy in Adulthood	Identity Intersections
Tier 3	Keeping Safe	n/a	Speak UP	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
9 th	Strength from Support	Overcoming Distractors	Supporting Emotional Needs	Giving & Receiving Feedback

10 th	Focus on the Big Picture	Staying Focused	Learning From Support Systems	Cooperation in Groups
11 th	Growing Resilience	Self-Care For Focus	Giving Support	Wired for Cooperation
12 th	Overcoming Challenges	Reach Your Goals	Supporting Your Goals	Group Decision Making
Tier 3	When Things Get Hard	Distract Me Not	It Takes a Village	Thanks for the Feedback!
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
9 th	Work the Plan	Challenge Accepted		Winter Break
10 th	Make a Comeback	Effort is Key		Winter Break
11 th	Persevere Towards the Goal	Growing from Setbacks		Winter Break
12 th	Grow Your Goal	Your Growth is My Growth		Winter Break
Tier 3	Get SMART	My New 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
9 th	Winter Break	Getting Organized	Effective Solutions	Understanding Fairness
10 th	Winter Break	Study Strategies	Facts and Feelings	Fairness in School

11 th	Winter Break	Nourishing a Positive Mindset	Cognitive Flexibility	Fairness in Communities
12 th	Winter Break	Lifelong Learning	Higher-Order Thinking	Achieving Fairness
Tier 3	Winter Break	Remember This	What Will Work?	Fairness
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
9 th	Seeking Compromise	Opposing Stereotypes	Respecting Values	My Contributions
10 th	When Conflicts Spark	Responding to Discrimination	Values and Decisions	Cultivating Curiosity
11 th	Reaching Consensus	Valuing All Cultures	My Values, My Passions	Exploring Creativity
12 th	Resolve, Restore, Repeat	Reflecting on Culture	My Life Compass	The World We Need

Tier 3	6 Steps for Peace	Culture Research	My Values	We Are Different
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
9 th	Empathy Busters	Responding to Boundaries	Let Go of Limiting Beliefs	Being Mindful
10 th	Resolving Conflicts with Empathy	Beliefs, Values, and	Belief to Reach a Goal	Practicing Mindfulness

		Boundaries		
11 th	Care to Care	The Balancing Act	Collective Goals	Practicing PEACE
12 th	Empathy and Social Change	My Boundaries	Build Your Self-Efficacy	A New Perspective
Tier 3	Showing Empathy	Healthy Body, Happy Heart	Believe in Yourself!	Being Mindful
April - Portrait of a Graduate Skill of the Month: Personal Responsibility				
	Required Lesson	Choice Lesson 1	Choice Lesson 2	Choice Lesson 3
CASEL Domain <i>RethinkED Domain</i>	Responsible Decision-Making <i>Self-Management</i>	Self-Awareness <i>Awareness of Self and Others</i>	Self-Management <i>Self-Management</i>	Relationship Skills <i>Social Skills</i>
Focus Area:	Self-Control	Optimism	Self-Compassion	Relationships
9 th	Take Control	Optimistic Self Talk	Self-Compassion	Healthy Social Groups
10 th	Developing Healthy Habits	Focus on Optimism	Reflecting on Self-Compassion	Reciprocity and Relationships
11 th	Self-Control and Resilience	Respond with Optimism	Take Care of You	Shifting Relationships
12 th	In The Drivers Seat	Leading with Optimism	Self-Compassion and Collective Care	Building Healthy Relationships
Tier 3	Savings		Be Kind to Yourself	Relationships
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
9 th	Mental Wellness Factors	Trust and Resilience	#HealthyRelationships	Save the Animals

10th	Mental Wellness Supports	Things Change	Consent Culture	Humane Treatment of Animals
11th	Social Factors of Mental Wellness	Hope Is...	Collecting Violence	Animals and Culture
12th	Mental Wellness Policies	Build Your Resilience	Take Action to Prevent Violence	Protecting Animals
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