



# **Social-Emotional Learning Scope and Sequence 2023-2024**



Navigate**360**

*Building safer tomorrows.™*

**Suite360 for Students** is a comprehensive curriculum for social-emotional learning (SEL) that empowers students to achieve mental well-being and develop important social-emotional skills. With 40 weeks of instruction and lessons that are sequenced and delivered in a blended learning format, Navigate360 offers an extensive library of SEL lessons available across all five CASEL competencies.

Lessons are organized into thematic units with the recommendation of delivering one SEL lesson per week. Topics focus on the critical challenges today's schools face, and lessons are created to meet students exactly where they are, no matter what age.

Staff and Family lessons align to the student scope and sequence to ensure consistent messaging and provide opportunities to extend learning.

Suite360 includes the following:

- + Scaffolded lessons for grades K-12
- + Engaging videos and games
- + Pre- and post-lesson quizzes to gauge understanding
- + Family resources in English, Spanish, Chinese, Korean, Vietnamese and Arabic
- + Teacher Companion Guides to help facilitate lessons
- + Helpful resources and activity suggestions

Our program is flexible, and pacing can be tailored to achieve the learning outcomes desired by districts and schools. Help your students reach their full potential and thrive with Suite360!



# Kindergarten

Week 1 Beginning of Year SEL Assessment			
Week 2 Intro to SEL Program			
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	What Are My Strengths?
Week 4	Self-Management	SHIELD(S) Strategy	Using Your SHIELD
Week 5	Social Awareness	Values	Same or Different?
Week 6	Relationship Skills	Personal Boundaries	We Need Boundaries
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	The Choice Is Right
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	How Do I Feel?
Week 9	Self-Management	Self-Regulation	Lee Learns About Feelings
Week 10	Social Awareness	Gratitude	A Thank You Adventure
Week 11	Relationship Skills	Relationships	Frustration on the Playground
Week 12	Responsible Decision-Making	Exploring New Ideas	Curiosity
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Can-Do Attitude
Week 14	Self-Management	Academic Success Skills	The Thinking and Learning Game
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Caring Reactions
Week 16	Relationship Skills	Friendships	A Visit to Friendship Academy
Week 17	Responsible Decision-Making	Problem-Solving	A Problem in the Woods
Week 18 Mid-Year SEL Assessment			
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Exploring Uniqueness
Week 20	Self-Management	Stress Management	Stress Management
Week 21	Social Awareness	Perspective	Point of View
Week 22	Relationship Skills	Communication and Respect	Put Your Ears to Work
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Expected Behavior
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Treating Others
Week 25	Self-Management	Goals	What Are Goals?
Week 26	Social Awareness	Helping Others	Helper Habitat
Week 27	Relationship Skills	Cultural Competency	My Family
Week 28	Responsible Decision-Making	Bullying	We Don't Tease Our Friends
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	I Can Be Honest
Week 30	Self-Management	Executive Functioning	Organization Skills
Week 31	Social Awareness	Social Responsibility	Atticus Learns About Behavior
Week 32	Relationship Skills	Teamwork	Teamwork Sharing Ideas
Week 33	Responsible Decision-Making	Personal Responsibility	Accidents Happen
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	The Power of Positive Thinking
Week 35	Self-Management	Mindfulness and Meditation	Take a Deep Breath
Week 36	Social Awareness	Respect	Game of Respect
Week 37	Relationship Skills	Conflict Resolution	Kindergartners Can Solve Conflicts
Week 38	Responsible Decision-Making	Rules and Consequences	Consequences and Rules
Week 39 Wrap-Up Activity			
Week 40 End of Year SEL Assessment			



# First Grade

Week 1 Beginning of Year SEL Assessment			
Week 2 Intro to SEL Program			
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	What Are My Interests and Hobbies?
Week 4	Self-Management	SHIELD(S) Strategy	Problem-Solving at the Party
Week 5	Social Awareness	Values	Our Differences Make Us Unique
Week 6	Relationship Skills	Personal Boundaries	Your Personal Space Suit
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Safe and Healthy Superheroes
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	What Is that Emotion?
Week 9	Self-Management	Self-Regulation	All Feelings Are Okay
Week 10	Social Awareness	Gratitude	What Are You Grateful For?
Week 11	Relationship Skills	Relationships	Your Mind as a Remote Control
Week 12	Responsible Decision-Making	Exploring New Ideas	Curiosity with New Things
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Start with a Heart
Week 14	Self-Management	Academic Success Skills	Focus!
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Knowing and Showing Empathy
Week 16	Relationship Skills	Friendships	Making Friends
Week 17	Responsible Decision-Making	Problem-Solving	Positive Problem-Solving
Week 18 Mid-Year SEL Assessment			
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	I Am Unique
Week 20	Self-Management	Stress Management	Calming
Week 21	Social Awareness	Perspective	How Embarrassing!
Week 22	Relationship Skills	Communication and Respect	Being a Good Listener
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Rules Keep Us Safe
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Compliments Count!
Week 25	Self-Management	Goals	Big Goals and Small Goals
Week 26	Social Awareness	Helping Others	Helping Others
Week 27	Relationship Skills	Cultural Competency	My Family Tree
Week 28	Responsible Decision-Making	Bullying	What Is an Upstander?
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	What Does It Mean to be Honest?
Week 30	Self-Management	Executive Functioning	Being Organized
Week 31	Social Awareness	Social Responsibility	Waiting Your Turn
Week 32	Relationship Skills	Teamwork	There Is No "I" in Team
Week 33	Responsible Decision-Making	Personal Responsibility	Sorry Safari
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Be Positive
Week 35	Self-Management	Mindfulness and Meditation	Using Your Senses for Mindfulness
Week 36	Social Awareness	Respect	Friendship Soup
Week 37	Relationship Skills	Conflict Resolution	Sizes of Problems and Reactions
Week 38	Responsible Decision-Making	Rules and Consequences	Positive or Negative Consequences
Week 39 Wrap-Up Activity			
Week 40 End of Year SEL Assessment			



# Second Grade

Week 1 Beginning of Year SEL Assessment			
Week 2 Intro to SEL Program			
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Strengths and Interests
Week 4	Self-Management	SHIELD(S) Strategy	Staying Calm with SHIELD
Week 5	Social Awareness	Values	My Values, My Choices
Week 6	Relationship Skills	Personal Boundaries	The Space Between Us
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Staying on Track with Healthy Choices
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Frustration Putting the Pieces Together
Week 9	Self-Management	Self-Regulation	Self-Control Field Trip
Week 10	Social Awareness	Gratitude	Showing Kindness to Others
Week 11	Relationship Skills	Relationships	How to Be an Upstander
Week 12	Responsible Decision-Making	Exploring New Ideas	I Can Do This!
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Running Toward Your Goal
Week 14	Self-Management	Academic Success Skills	Focus Skills
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Investigating Sharing
Week 16	Relationship Skills	Friendships	Finding Good Friends
Week 17	Responsible Decision-Making	Problem-Solving	Accident Arcade
Week 18 Mid-Year SEL Assessment			
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Being Confident
Week 20	Self-Management	Stress Management	Controlling Stress
Week 21	Social Awareness	Perspective	My Perspective
Week 22	Relationship Skills	Communication and Respect	Active Listening
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Red Light, Green Light
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	What Is Diversity?
Week 25	Self-Management	Goals	Setting Goals
Week 26	Social Awareness	Helping Others	Be a Helping Hero
Week 27	Relationship Skills	Cultural Competency	The Family Recipe
Week 28	Responsible Decision-Making	Bullying	Bullying
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Stepping Up to Do the Right Thing
Week 30	Self-Management	Executive Functioning	Planning and Prioritizing
Week 31	Social Awareness	Social Responsibility	Family Rules
Week 32	Relationship Skills	Teamwork	Trust and Teams
Week 33	Responsible Decision-Making	Personal Responsibility	The "I's" Have It!
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Mindset Matters
Week 35	Self-Management	Mindfulness and Meditation	Mindfulness
Week 36	Social Awareness	Respect	Different Perspectives and Feelings
Week 37	Relationship Skills	Conflict Resolution	When Friends Fight
Week 38	Responsible Decision-Making	Rules and Consequences	Negative and Positive Consequences
Week 39 Wrap-Up Activity			
Week 40 End of Year SEL Assessment			





# Third Grade

Week 1 Beginning of Year SEL Assessment			
Week 2 Intro to SEL Program			
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Getting the Job Done Using Our Strengths and Interests
Week 4	Self-Management	SHIELD(S) Strategy	SHIELD Signs on the Highway of Life
Week 5	Social Awareness	Values	Values in Friendship
Week 6	Relationship Skills	Personal Boundaries	Keeping Feelings Private
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Self-Care Everywhere
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Recognizing Feelings
Week 9	Self-Management	Self-Regulation	Dealing with Strong Emotions
Week 10	Social Awareness	Gratitude	Gratitude Is a Powerful Thing
Week 11	Relationship Skills	Relationships	Think It or Speak It?
Week 12	Responsible Decision-Making	Exploring New Ideas	Having an Open Mind
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	What Is Self-Efficacy?
Week 14	Self-Management	Academic Success Skills	Priorities and Prioritizing
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Empathy and Kindness
Week 16	Relationship Skills	Friendships	Staying Safe Online
Week 17	Responsible Decision-Making	Problem-Solving	Problem-Solving Party
Week 18 Mid-Year SEL Assessment			
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Character Strengths and Confidence
Week 20	Self-Management	Stress Management	Be a Stress Detective
Week 21	Social Awareness	Perspective	Birthday Party Perspective
Week 22	Relationship Skills	Communication and Respect	Non-Verbal Communication
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Taking Medication That's Not Yours
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	More Friends, More Fun!
Week 25	Self-Management	Goals	Let's Be SMART with Our Goals
Week 26	Social Awareness	Helping Others	Being a Good Neighbor
Week 27	Relationship Skills	Cultural Competency	Culture and Traditions
Week 28	Responsible Decision-Making	Bullying	Stand Up to Bullying
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Integrity
Week 30	Self-Management	Executive Functioning	Executive Functioning
Week 31	Social Awareness	Social Responsibility	Social Norms
Week 32	Relationship Skills	Teamwork	Qualities of Good Teams
Week 33	Responsible Decision-Making	Personal Responsibility	Sincere Apologies
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Using a Growth Mindset to Achieve Your Dreams
Week 35	Self-Management	Mindfulness and Meditation	Take Care of Yourself with Mindfulness
Week 36	Social Awareness	Respect	Taking Perspective to Respectfully Respond
Week 37	Relationship Skills	Conflict Resolution	Resolving Challenges in Teamwork
Week 38	Responsible Decision-Making	Rules and Consequences	Rules Keep Us Safe
Week 39 Wrap-Up Activity			
Week 40 End of Year SEL Assessment			



# Fourth Grade

Week 1 Beginning of Year SEL Assessment			
Week 2 Intro to SEL Program			
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	What Are Your Values and Interests?
Week 4	Self-Management	SHIELD(S) Strategy	SHIELD Training for Self-Regulation
Week 5	Social Awareness	Values	Staying True to Yourself in Friendships
Week 6	Relationship Skills	Personal Boundaries	Personal Space in Outer Space
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	King's Mountain Healthy Kids Contest
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Strong Current
Week 9	Self-Management	Self-Regulation	Taking the Best Path with Your Emotions
Week 10	Social Awareness	Gratitude	Attitude of Gratitude
Week 11	Relationship Skills	Relationships	Is It Sharing or Oversharing?
Week 12	Responsible Decision-Making	Exploring New Ideas	Increasing Motivation
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Road Trip to Positive Self-Efficacy
Week 14	Self-Management	Academic Success Skills	Self-Monitoring Check on Yourself
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Empathy, Compassion, and Feeling Cues
Week 16	Relationship Skills	Friendships	Exclusion and Bullying
Week 17	Responsible Decision-Making	Problem-Solving	Problem Solving with SHIELD
Week 18 Mid-Year SEL Assessment			
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	I Deserve Respect
Week 20	Self-Management	Stress Management	Always Swim with Friends
Week 21	Social Awareness	Perspective	Perspective
Week 22	Relationship Skills	Communication and Respect	Verbal and Non-Verbal Communication
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Healthy Decisions, Healthy You!
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Avoiding Unfair Judgements
Week 25	Self-Management	Goals	SMART Steps for Reaching our Goals
Week 26	Social Awareness	Helping Others	Community Helper
Week 27	Relationship Skills	Cultural Competency	Respecting Differing Points of View with Empathy and Compassion
Week 28	Responsible Decision-Making	Bullying	If You See Something, Say Something
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Integrity
Week 30	Self-Management	Executive Functioning	Time Flies!
Week 31	Social Awareness	Social Responsibility	What Is a Social Group?
Week 32	Relationship Skills	Teamwork	Conflict Resolution Strategies
Week 33	Responsible Decision-Making	Personal Responsibility	Nova's Forgiveness
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Oh No! Road Block
Week 35	Self-Management	Mindfulness and Meditation	Managing Stress with Mindfulness
Week 36	Social Awareness	Respect	Giving and Receiving Compliments
Week 37	Relationship Skills	Conflict Resolution	Conflict Resolution with SHIELD
Week 38	Responsible Decision-Making	Rules and Consequences	Actions Lead to Consequences
Week 39 Wrap-Up Activity			
Week 40 End of Year SEL Assessment			



# Fifth Grade

Week 1 Beginning of Year SEL Assessment			
Week 2 Intro to SEL Program			
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	My Character Stats
Week 4	Self-Management	SHIELD(S) Strategy	The SHIELD Strategy for Self-Regulation
Week 5	Social Awareness	Values	What I Like About Me
Week 6	Relationship Skills	Personal Boundaries	Personal Space for Me and Others
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Survival Camp Island
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Healthy Responses to Sadness
Week 9	Self-Management	Self-Regulation	Understanding the Different Intensities of Emotions
Week 10	Social Awareness	Gratitude	A Gratitude Breakdown
Week 11	Relationship Skills	Relationships	Positive Influencer
Week 12	Responsible Decision-Making	Exploring New Ideas	Creative Problem-Solving
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Identify Your Strengths and Limitations
Week 14	Self-Management	Academic Success Skills	Strengthen Your Self-Discipline
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Be Bold, Be Kind
Week 16	Relationship Skills	Friendships	How We Are Perceived Impacts Our Friendships
Week 17	Responsible Decision-Making	Problem-Solving	Problem-Solving Routines
Week 18 Mid-Year SEL Assessment			
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Feeling Good
Week 20	Self-Management	Stress Management	Stress Management
Week 21	Social Awareness	Perspective	Empathy
Week 22	Relationship Skills	Communication and Respect	Social Norms for Privacy
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Getting Enough Sleep
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Stereotypes
Week 25	Self-Management	Goals	Getting SMART with Our Goals
Week 26	Social Awareness	Helping Others	Being a Part of the Community
Week 27	Relationship Skills	Cultural Competency	Why Do You Do That?
Week 28	Responsible Decision-Making	Bullying	Be an Upstander Superhero
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Integrity
Week 30	Self-Management	Executive Functioning	Prioritizing and Procrastinating
Week 31	Social Awareness	Social Responsibility	Using Social Cues
Week 32	Relationship Skills	Teamwork	Collaborating with Others
Week 33	Responsible Decision-Making	Personal Responsibility	Repairing Relationships
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Overcoming Obstacles
Week 35	Self-Management	Mindfulness and Meditation	Metacognition
Week 36	Social Awareness	Respect	More Than Words
Week 37	Relationship Skills	Conflict Resolution	Keys to Conflict Resolution
Week 38	Responsible Decision-Making	Rules and Consequences	Do the Right Thing
Week 39 Wrap-Up Activity			
Week 40 End of Year SEL Assessment			





# Sixth Grade

Week 1 Beginning of Year SEL Assessment			
Week 2 Intro to SEL Program			
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Personal Strengths Survey
Week 4	Self-Management	SHIELD(S) Strategy	Use Your Wind SHIELD
Week 5	Social Awareness	Values	Changing Values
Week 6	Relationship Skills	Personal Boundaries	Boundaries Abound
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Healthy Lifestyle Decisions...in Space
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Emotional Messages
Week 9	Self-Management	Self-Regulation	Self-Regulation with Zentangles and Mandalas
Week 10	Social Awareness	Gratitude	Gratitude
Week 11	Relationship Skills	Relationships	Social Media Safety
Week 12	Responsible Decision-Making	Exploring New Ideas	Taking Initiative
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Learn Your Learning Style
Week 14	Self-Management	Academic Success Skills	Organizational Skills
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Empathy and Compassion
Week 16	Relationship Skills	Friendships	What Does Kindness Look Like in Middle School?
Week 17	Responsible Decision-Making	Problem-Solving	The Problem-Solving Spiral
Week 18 Mid-Year SEL Assessment			
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Self-Talk and Self-Esteem
Week 20	Self-Management	Stress Management	Your Control Zone
Week 21	Social Awareness	Perspective	What Are They Thinking?
Week 22	Relationship Skills	Communication and Respect	Validation Communication
Week 23	Responsible Decision-Making	Safe and Healthy Choices	What Is Self-Harm?
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Examining Bias
Week 25	Self-Management	Goals	Short-Term and Long-Term Goals
Week 26	Social Awareness	Helping Others	Contributing to the Community
Week 27	Relationship Skills	Cultural Competency	Invisible Identities
Week 28	Responsible Decision-Making	Bullying	Three Types of Bullying
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	How Can You Show Honesty and Integrity?
Week 30	Self-Management	Executive Functioning	Executive Functioning
Week 31	Social Awareness	Social Responsibility	The Value of Compliments
Week 32	Relationship Skills	Teamwork	Conflict Resolution and Compromise
Week 33	Responsible Decision-Making	Personal Responsibility	Apologies and Repairing Relationships
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Growth Mindset
Week 35	Self-Management	Mindfulness and Meditation	Daily Mindfulness
Week 36	Social Awareness	Respect	Respect for All Things
Week 37	Relationship Skills	Conflict Resolution	Different Perspectives in Conflict
Week 38	Responsible Decision-Making	Rules and Consequences	Perseverance in the Face of Consequences
Week 39 Wrap-Up Activity			
Week 40 End of Year SEL Assessment			



# Seventh Grade

Week 1 Beginning of Year SEL Assessment			
Week 2 Intro to SEL Program			
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	My Value Recognizing and Valuing Your Strengths
Week 4	Self-Management	SHIELD(S) Strategy	SHIELDS Self-Regulation
Week 5	Social Awareness	Values	Prioritizing Based on Your Values
Week 6	Relationship Skills	Personal Boundaries	Out of Bounds!
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Sustained Attention
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	The Language of Emotions
Week 9	Self-Management	Self-Regulation	Your Personal Anthem
Week 10	Social Awareness	Gratitude	Gratitude It's an Intentional Thing
Week 11	Relationship Skills	Relationships	10 Ways to Resist Peer Pressure
Week 12	Responsible Decision-Making	Exploring New Ideas	Facing Challenges with an Open Mind
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Supporting Your Own Learning Styles
Week 14	Self-Management	Academic Success Skills	Acting on Impulse
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Empathy Goggles
Week 16	Relationship Skills	Friendships	Compassion + Action = Kindness
Week 17	Responsible Decision-Making	Problem-Solving	The Decision Machine
Week 18 Mid-Year SEL Assessment			
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Standing Up, Speaking Up
Week 20	Self-Management	Stress Management	Mini-Vacation from Stress
Week 21	Social Awareness	Perspective	Communicating Your Perspective
Week 22	Relationship Skills	Communication and Respect	Debating Respectfully
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Staying Healthy
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Challenging Stereotypes
Week 25	Self-Management	Goals	Motivation and SMART Goals
Week 26	Social Awareness	Helping Others	Benefits of Volunteering
Week 27	Relationship Skills	Cultural Competency	Cultural Competence ASK (Awareness, Skills, Knowledge)
Week 28	Responsible Decision-Making	Bullying	Standing Up for Others
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Integrity When No One's Looking
Week 30	Self-Management	Executive Functioning	Working Memory
Week 31	Social Awareness	Social Responsibility	Social Media Overload
Week 32	Relationship Skills	Teamwork	Effective Leadership
Week 33	Responsible Decision-Making	Personal Responsibility	Responsibility in the Digital World
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Growth Mindset
Week 35	Self-Management	Mindfulness and Meditation	Mindfulness and the Brain
Week 36	Social Awareness	Respect	Respect Yourself
Week 37	Relationship Skills	Conflict Resolution	Jumping to Conclusions
Week 38	Responsible Decision-Making	Rules and Consequences	Flexible Thinking
Week 39 Wrap-Up Activity			
Week 40 End of Year SEL Assessment			



# Eighth Grade

Week 1 Beginning of Year SEL Assessment			
Week 2 Intro to SEL Program			
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Using My Skills to Improve
Week 4	Self-Management	SHIELD(S) Strategy	Seven-Pointed SHIELDS
Week 5	Social Awareness	Values	Building Strong Foundations
Week 6	Relationship Skills	Personal Boundaries	Your Personal Space Craft
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	What Is Your Body Image?
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Emotion Data
Week 9	Self-Management	Self-Regulation	Your Personal Motto
Week 10	Social Awareness	Gratitude	Greta's Gratitude Challenge
Week 11	Relationship Skills	Relationships	Making Things Right
Week 12	Responsible Decision-Making	Exploring New Ideas	Stepping Out of Your Comfort Zone
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Self-Determination Writing Your Own Story
Week 14	Self-Management	Academic Success Skills	Self-Monitoring
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Walking in Someone Else's Shoes
Week 16	Relationship Skills	Friendships	Random Acts of Kindness
Week 17	Responsible Decision-Making	Problem-Solving	Kat Cracks the Code for Decision-Making
Week 18 Mid-Year SEL Assessment			
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Giving and Receiving Feedback
Week 20	Self-Management	Stress Management	Stress and Anxiety
Week 21	Social Awareness	Perspective	Experience and Perspective
Week 22	Relationship Skills	Communication and Respect	The Secret of Assertiveness
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Positive Self-Talk in Challenging Situations
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Explicit and Implicit Bias
Week 25	Self-Management	Goals	Transitioning to High School
Week 26	Social Awareness	Helping Others	The Benefits of Volunteering
Week 27	Relationship Skills	Cultural Competency	The Influence of Culture
Week 28	Responsible Decision-Making	Bullying	The Impact of Cyberbullying
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Integrity When It's Not Easy
Week 30	Self-Management	Executive Functioning	Managing Our Time
Week 31	Social Awareness	Social Responsibility	Being an Upstander
Week 32	Relationship Skills	Teamwork	Establishing Priorities: Making a Plan and Following Through
Week 33	Responsible Decision-Making	Personal Responsibility	Taking Accountability
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Self-Talking Our Way to a Growth Mindset
Week 35	Self-Management	Mindfulness and Meditation	Mindfulness and Non-Judgement
Week 36	Social Awareness	Respect	What Does Your Reputation Say About You?
Week 37	Relationship Skills	Conflict Resolution	De-Escalation Communication
Week 38	Responsible Decision-Making	Rules and Consequences	Mapping Consequences
Week 39 Wrap-Up Activity			
Week 40 End of Year SEL Assessment			



# Ninth Grade

Week 1 Beginning of Year SEL Assessment			
Week 2 Intro to SEL Program			
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Role Model Crossing Strengths and Interests
Week 4	Self-Management	SHIELD(S) Strategy	SHIELDS Strategy Training
Week 5	Social Awareness	Values	Making Judgements
Week 6	Relationship Skills	Personal Boundaries	Your Personal Boundaries
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Mindfulness and Self-Care for Sleep
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Primary and Secondary Emotions
Week 9	Self-Management	Self-Regulation	Thoughts, Emotions, and Behaviors
Week 10	Social Awareness	Gratitude	What Role Does Gratitude Play in My Relationships?
Week 11	Relationship Skills	Relationships	Peer Pressure Pop
Week 12	Responsible Decision-Making	Exploring New Ideas	Making the Most of Your Time
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Your Personal Learning Style
Week 14	Self-Management	Academic Success Skills	Procrastination and Being Accountable
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Karim Struggles with Self-Compassion
Week 16	Relationship Skills	Friendships	The Value of Kindness
Week 17	Responsible Decision-Making	Problem-Solving	Advanced Problem-Solving
Week 18 Mid-Year SEL Assessment			
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	My Dependability Matters
Week 20	Self-Management	Stress Management	Thinking Traps
Week 21	Social Awareness	Perspective	Perspective in a Virtual Environment
Week 22	Relationship Skills	Communication and Respect	Deal or No Deal
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Dealing with Self Harm
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Finding Fake News
Week 25	Self-Management	Goals	Motivating Myself
Week 26	Social Awareness	Helping Others	Giving Back
Week 27	Relationship Skills	Cultural Competency	Cultural Competency
Week 28	Responsible Decision-Making	Bullying	Bullying and Safety
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Honesty and Integrity
Week 30	Self-Management	Executive Functioning	What Is Executive Functioning?
Week 31	Social Awareness	Social Responsibility	Taking a Stand Against Sexual Harassment
Week 32	Relationship Skills	Teamwork	Perspectives and the Group Project
Week 33	Responsible Decision-Making	Personal Responsibility	Rick's Risk
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Flexible Thinking for Building Resiliency and Perseverance
Week 35	Self-Management	Mindfulness and Meditation	Tai Tries to Meditate
Week 36	Social Awareness	Respect	Self-Confidence
Week 37	Relationship Skills	Conflict Resolution	Peer Mediation
Week 38	Responsible Decision-Making	Rules and Consequences	What Would You Do?
Week 39 Wrap-Up Activity			
Week 40 End of Year SEL Assessment			



# Tenth Grade

Week 1 Beginning of Year SEL Assessment			
Week 2 Intro to SEL Program			
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Soren's Strengths
Week 4	Self-Management	SHIELD(S) Strategy	Self-Regulation with SHIELDS
Week 5	Social Awareness	Values	Aligning Your Values With Your Goals
Week 6	Relationship Skills	Personal Boundaries	Influencing Healthy Boundaries with Ivy the Influencer
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Harley's Healthy Lifestyle
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Conflict and Anger
Week 9	Self-Management	Self-Regulation	The Cycle of Thoughts, Feelings, and Actions
Week 10	Social Awareness	Gratitude	Spreading Gratitude
Week 11	Relationship Skills	Relationships	Sexting
Week 12	Responsible Decision-Making	Exploring New Ideas	Shifting Gears
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Why Belief in Yourself Matters
Week 14	Self-Management	Academic Success Skills	What Is Your Learning Style?
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Dealing With Injustice
Week 16	Relationship Skills	Friendships	Relationship Repair 101
Week 17	Responsible Decision-Making	Problem-Solving	Hernando's Healthy Decisions
Week 18 Mid-Year SEL Assessment			
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Developing Your Identity
Week 20	Self-Management	Stress Management	Hack Your Stress
Week 21	Social Awareness	Perspective	Using Perspective to Build Empathy
Week 22	Relationship Skills	Communication and Respect	Avoiding Miscommunication
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Substance Misuse and Your Health
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Speaking Up About Bias
Week 25	Self-Management	Goals	Meeting My Personal and Academic Goals
Week 26	Social Awareness	Helping Others	Contributing to the Community
Week 27	Relationship Skills	Cultural Competency	Making the World a Better Place
Week 28	Responsible Decision-Making	Bullying	Stand Up to Bullying
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Being Honest with Yourself
Week 30	Self-Management	Executive Functioning	Planning and Prioritizing
Week 31	Social Awareness	Social Responsibility	Collaboration and Cooperation
Week 32	Relationship Skills	Teamwork	Feats of Feedback
Week 33	Responsible Decision-Making	Personal Responsibility	Avoiding Social Media Mishaps
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Resiliency
Week 35	Self-Management	Mindfulness and Meditation	Meriam Meditates
Week 36	Social Awareness	Respect	Respect in the Virtual World
Week 37	Relationship Skills	Conflict Resolution	Rachel's Risk
Week 38	Responsible Decision-Making	Rules and Consequences	Social Justice
Week 39 Wrap-Up Activity			
Week 40 End of Year SEL Assessment			



Week 1 Beginning of Year SEL Assessment			
Week 2 Intro to SEL Program			
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Carl's Career Choices
Week 4	Self-Management	SHIELD(S) Strategy	Welcome to SHIELDS High
Week 5	Social Awareness	Values	How My Values Make Me Unique
Week 6	Relationship Skills	Personal Boundaries	Sharpay Sets Her Boundaries
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Mental Health and You
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Recognizing When Others Need Help
Week 9	Self-Management	Self-Regulation	What Will I Do with These Emotions?
Week 10	Social Awareness	Gratitude	Specific Gratitude
Week 11	Relationship Skills	Relationships	The Friend Factor
Week 12	Responsible Decision-Making	Exploring New Ideas	Conquering Challenges with Confidence
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Sydney Self-Advocates
Week 14	Self-Management	Academic Success Skills	Understanding Delayed Gratification
Week 15	Social Awareness	Empathy, Kindness, and Compassion	The Compassionate Activist
Week 16	Relationship Skills	Friendships	C2 The Consent Connection
Week 17	Responsible Decision-Making	Problem-Solving	C&C Choices and Consequences
Week 18 Mid-Year SEL Assessment			
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Self-Confidence and Social Media
Week 20	Self-Management	Stress Management	Manage Your Time, Manage Your Stress
Week 21	Social Awareness	Perspective	Being Sensitive to Others
Week 22	Relationship Skills	Communication and Respect	Communicating Respectfully on Social Media
Week 23	Responsible Decision-Making	Safe and Healthy Choices	Avoiding Vaping and Smoking
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Stereotype Threat
Week 25	Self-Management	Goals	Goals for the Long-Term
Week 26	Social Awareness	Helping Others	Pay It Forward
Week 27	Relationship Skills	Cultural Competency	Overcoming Inequalities
Week 28	Responsible Decision-Making	Bullying	How Harassment Hurts
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Maintaining Academic Integrity
Week 30	Self-Management	Executive Functioning	Matty's Mess
Week 31	Social Awareness	Social Responsibility	Get Rich
Week 32	Relationship Skills	Teamwork	Teamwork and Collaboration
Week 33	Responsible Decision-Making	Personal Responsibility	Dealing with Discrimination
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Dealing with Disappointment and Setbacks
Week 35	Self-Management	Mindfulness and Meditation	Min Meditates
Week 36	Social Awareness	Respect	Believe and Trust in Yourself
Week 37	Relationship Skills	Conflict Resolution	Conflict Resolution Recognizing and Dealing with Harassment
Week 38	Responsible Decision-Making	Rules and Consequences	Understanding Consequences
Week 39 Wrap-Up Activity			
Week 40 End of Year SEL Assessment			





# Twelfth Grade

Week 1 Beginning of Year SEL Assessment			
Week 2 Intro to SEL Program			
Module 1 Personal Development	CASEL Competency	Theme	Lesson Title
Week 3	Self-Awareness	Strengths and Interests	Career Interests with JumpStart
Week 4	Self-Management	SHIELD(S) Strategy	SHIELDS and Co.
Week 5	Social Awareness	Values	My Best Self
Week 6	Relationship Skills	Personal Boundaries	Healthy vs. Unhealthy Dating Boundaries
Week 7	Responsible Decision-Making	Healthy Choices and Decisions	Self-Care for Me
Module 2 Emotional Intelligence	CASEL Competency	Theme	Lesson Title
Week 8	Self-Awareness	Emotions and Feelings	Asking for Help
Week 9	Self-Management	Self-Regulation	Advanced Self-Regulation Techniques
Week 10	Social Awareness	Gratitude	The Impact of Gratitude
Week 11	Relationship Skills	Relationships	Avoiding Substance Abuse
Week 12	Responsible Decision-Making	Exploring New Ideas	Being an Optimist
Module 3 Success Skills	CASEL Competency	Theme	Lesson Title
Week 13	Self-Awareness	Self-Efficacy	Dmitri Is Determined
Week 14	Self-Management	Academic Success Skills	Delayed Gratification
Week 15	Social Awareness	Empathy, Kindness, and Compassion	Putting Kindness in Action
Week 16	Relationship Skills	Friendships	Friendships Changes from High School to Adulthood
Week 17	Responsible Decision-Making	Problem-Solving	Conflict Resolution in the Coffee Shop
Week 18 Mid-Year SEL Assessment			
Module 4 Wellness and Well-Being	CASEL Competency	Theme	Lesson Title
Week 19	Self-Awareness	Self-Confidence	Road to Adulthood 5K
Week 20	Self-Management	Stress Management	Balance or Burnout
Week 21	Social Awareness	Perspective	Workplace Perspectives
Week 22	Relationship Skills	Communication and Respect	Effective Communication
Week 23	Responsible Decision-Making	Safe and Healthy Choices	The Safety Plan
Module 5 Personal Growth	CASEL Competency	Theme	Lesson Title
Week 24	Self-Awareness	Equity and Fairness	Stereotypes
Week 25	Self-Management	Goals	Setting Up for a SMART Start to Adulthood
Week 26	Social Awareness	Helping Others	Motivating and Inspiring Others
Week 27	Relationship Skills	Cultural Competency	Cultural Awareness and Diversity
Week 28	Responsible Decision-Making	Bullying	Workplace Bullying
Module 6 Ethical Behavior	CASEL Competency	Theme	Lesson Title
Week 29	Self-Awareness	Honesty and Integrity	Developing Integrity
Week 30	Self-Management	Executive Functioning	Planning and Organizing
Week 31	Social Awareness	Social Responsibility	VOTE Doing Your Civic Duty
Week 32	Relationship Skills	Teamwork	Leadership Skills
Week 33	Responsible Decision-Making	Personal Responsibility	What's Next My Plan After High School
Module 7 Social Development	CASEL Competency	Theme	Lesson Title
Week 34	Self-Awareness	Growth Mindset	Growth Mindset
Week 35	Self-Management	Mindfulness and Meditation	Mindful Matters
Week 36	Social Awareness	Respect	Self-Respect for Young Adults
Week 37	Relationship Skills	Conflict Resolution	Resolving Conflicts
Week 38	Responsible Decision-Making	Rules and Consequences	Same Crime, Different Consequences
Week 39 Wrap-Up Activity			
Week 40 End of Year SEL Assessment			