

Social Emotional Learning in Kindergarten		
	Unit of Study	Learning Goals
Week of 8.15	Skills for Learning (SS) Lesson 1: Learning to Listen	Students will be able to name and demonstrate the rules for listening in a group
Week of 8.22	Skills for Learning (SS) Lesson 2: Focusing Attention	Students will be able to name and demonstrate the listening rules.
Week of 8.29	Skills for Learning Lesson 3: Following Directions	Students will be able to demonstrate listening and following directions through an activity.
Week of 9.5	Skills for Learning Lesson 4: Self-Talk for Staying on Task	Students will be able to demonstrate self-talk which can assist them in remembering directions.
Week of 9.12	Getting Focused (MU) Lesson 1: How Your Brain Works	Students will learn about the three parts of their brains that help them think and respond to stress.
Week of 9.19	Getting Focused (MU) Lesson 2: Mindful Awareness	Students will compare mindful behavior and unmindful behavior and identify the parts of the brain responsible for controlling each type.
Week of 9.26	Getting Focused (MU) Lesson 3: Focused Awareness	Students will learn daily strategies that will help them calm down and focus.
Week of 10.3	Zones of Regulation	
Week of 10.10	Zones lesson 2	
Week of 10.24	Zones and MindUP Connection	
Week of 10.31	Growth Mindset and Goal Setting (SS) Lesson 1: We Watch. We Listen. We Think	Students will be able to demonstrate how they pay attention.
Week of 11.7	Growth Mindset and Goal Setting (SS) Lesson 2: Why We Pay Attention	Students will be able to identify reasons to pay attention.
Week of 11.14	Growth Mindset and Goal Setting (SS) Lesson 3: Mistakes are Okay!	Students will be able to recognize that mistakes are a part of learning.
Week of 11.28	Growth Mindset and Goal Setting (SS) Lesson 4: Practice Makes Better	Students will be able to name two ways they can get better at a skill.
Week of 12.5	Growth Mindset and Goal Setting (SS) Lesson 5: Let's Practice and Learn!	Students will be able to demonstrate paying attention and using kind words to encourage themselves and others while learning something new together.

Week of 12.12	Emotion Management (SS) Lesson 6: Sometimes We Feel Happy	Students will be able to give at least one reason why they think someone is feeling happy. <i>*Tie back to zones of regulation toolbox throughout the lessons on emotion management</i>
Week of 1/9	Emotion Management (SS) Lesson 7: Sometimes We Feel Sad	Students will be able to give at least one reason why they think someone is feeling sad.
Week of 1/16	Emotion Management (SS) Lesson 8: Sometimes We Feel Mad	Students will be able to give at least one reason why they think someone is feeling mad.
Week of 1/23	Emotion Management (SS) Lesson 9: We Can Feel Calm	Students will practice asking for help and slow breathing as ways to feel calm.
Week of 1/30	Emotion Management (SS) Lesson 10: What Are They Feeling?	Students will be able to label feelings using behavioral and contextual clues and demonstrate a way to feel calm.
Week of 2/6	Empathy and Kindness (SS) Lesson 11: We Can Be Kind	Students will be able to give an example of a kind act.
Week of 2/13	Empathy and Kindness (SS) Lesson 12: Why Kindness?	Students will be able to give a reason why they think kind acts are important
Week of 2/20	Empathy and Kindness (<i>Custom Lesson</i>) Lesson 13: Showing Kindness	Students will be able to demonstrate ways to show kindness to others.
Week of 2/27	Empathy and Kindness (SS) Lesson 14: Kindness at School	Students will be able to give at least one example of a kind act they could do in a given situation. <i>Ask the class for examples of ways to show kindness since we did our own custom lesson 13</i>
Week of 3/6	Empathy and Kindness (SS) Lesson 15: Demonstrating Kindness	Students will be able to give at least one example of a kind act they have done or someone has done for them.
Week of 3/13	Problem-Solving (SS) Lesson 16: We Can Say the Problem	Students will be able to repeat a clearly stated problem.
Week of 3/20	Problem-Solving (SS) Lesson 17: Ready to Solve Problems	Students will be able to name "feeling calm" as a helpful first step for problem-solving.
Week of 3/27	Problem-Solving (SS) Lesson 18: Apologizing Can Help	Students will be able to demonstrate apologizing as a problem-solving strategy. <i>*Consider changing the spilled milk scenario</i>
Week of 4/10	Problem-Solving (SS) Lesson 19: Taking Turns and Sharing	Students will be able to demonstrate offering to share or taking turns as a problem-solving strategy.
Week of 4/17	Problem-Solving (SS) Lesson 20: We Can Solve Problems	Students will be able to demonstrate a problem-solving process.

Social Emotional Learning in First Grade		
	Unit of Study	Learning Goals
Week of 8/15	Skills for Learning (SS) Lesson 1: Listening to Learn	Students will be able to name and demonstrate the listening rules.
Week of 8/22	Skills for Learning (SS) Lesson 2: Focusing Attention	Students will be able to name and demonstrate the listening rules, practice using attention skills, and use verbal cues that can assist them in paying attention.
Week of 8/29	Skills for Learning (SS) Lesson 3: Following Directions	Students will be able to demonstrate listening and following directions in the context of an activity.
Week of 9/5	Skills for Learning (SS) Lesson 4: Self-Talk for Learning	Students will be able to demonstrate self-talk strategies for remembering directions.
Week of 9/12	Getting Focused (MU) How Your Brain Works	Students will learn about the three parts of their brains that help them think and respond to stress
Week of 9/19	Getting Focused (MU) Mindful Awareness	Students will learn about the three parts of their brains that help them think and respond to stress
Week of 9/26	Getting Focused (MU) Focused Awareness	Students will learn daily strategies that will help them calm down and focus
Week of 10/3	Zones of Regulation Intro	
Week of 10/10	Zones of Regulation	
Week of 10/24	Zones and MindUP Connection	
Week of 10/31	Growth Mindset and Goal Setting (SS) Lesson 1: Time to Pay Attention	Students will be able to demonstrate how they would pay attention in given scenarios.
Week of 11/7	Growth Mindset and Goal Setting (SS) Lesson 2: Everyone Gets Distracted	Students will be able to suggest behaviors that can help them pay attention when they encounter distractions.

Week of 11/14	Growth Mindset and Goal Setting (SS) Lesson 3: You Did It!	Students will be able to name at least one skill that they have learned and how they got better at it.
Week of 11/28	Growth Mindset and Goal Setting Lesson 4: Helpful Thoughts	Students will be able to suggest helpful thoughts to keep going when they are doing something that is challenging.
Week of 12/5	Digital Citizenship (CSM) Pause and Think Online	Students will understand the importance of being safe, responsible, and respectful online
Week of 12/12	Emotion Management (SS) Lesson 6: Noticing Feelings	Students will be able to name one way they can guess how someone feels
Week of 1/9	Emotion Management (SS) Lesson 7: Sometimes We Feel Worried	Students will be able to name a reason for why they think someone feels worried
Week of 1/16	Emotion Management (SS) Lesson 8: Feeling Calm	Students will be able to name a reason why they think someone feels calm
Week of 1/23	Emotion Management (SS) Lesson 9: Feeling Frustrated	Students will be able to name a reason for why they think someone feels frustrated
Week of 1/30	Emotion Management (SS) Lesson 10: Noticing Clues	Students will be able to label feelings using behavioral and contextual clues and demonstrate a way to feel calm
Week of 2/6	Digital Citizenship (CSM) How Technology Makes You Feel	Students will understand the importance of being safe, responsible, and respectful online
Week of 2/13	Empathy and Kindness (SS) Lesson 11: The Power of Kind Acts	Students will be able to describe how kind acts can help people feel good
Week of 2/20	Empathy and Kindness (SS) Lesson 12: Empathy in Action	Students will be able to describe how empathy has lead them to show kindness to others.
Week of 2/27	Empathy and Kindness (SS) Lesson 13: Offering Kind Acts	Students will be able to demonstrate two kind acts: offering to help and inviting to join
Week of 3/6	Empathy and Kindness (SS) Lesson 14: Practicing Kind Acts	Students will be able to with adult support, demonstrate at least one kind act they could do for others
Week of 3/13	Empathy and Kindness (SS) Lesson 15: Demonstrating Kind Acts	Students will be able to demonstrate at least one kind act they could do for others
Week of 3/20	Problem-Solving (SS) Lesson 16: How to Say the Problem	Students will be able to state a problem respectfully
Week of 3/27	Problem-Solving (SS) Lesson 17: Was it an accident?	Students will be able to identify problems caused by accidents and demonstrate an appropriate response.
Week of 4/10	Problem-Solving (SS) Lesson 18: Ask for What You Need	Students will be able to describe what they would want and need to solve a problem

Week of 4/17	Problem-Solving (SS) Lesson 19: We Can Make It Better	Students will be able to identify ways to make amends to solve a problem
Week of 4/24	Problem-Solving (SS) Lesson 20: Solving Problems	Students will be able to suggest one way to solve a problem

Social Emotional Learning in Second Grade		
	Unit of Study	Learning Goals
Week of 8/15	Skills for Learning (SS) Lesson 1: Listening to Learn (Grade 1)	Students will be able to name and demonstrate the listening rules.
Week of 8/22	Skills for Learning (SS) Lesson 2: Focusing Attention (Grade 1)	Students will be able to name and demonstrate the listening rules, practice using attention skills, and use verbal cues that can assist them in paying attention.
Week of 8/29	Skills for Learning (SS) Lesson 3: Following Directions (Grade 1)	Students will be able to demonstrate listening and following directions in the context of an activity.
Week of 9/5	Skills for Learning (SS) Lesson 4: Self Talk for Learning (Grade 1)	Students will be able to demonstrate self-talk strategies for remembering directions.
Week of 9/12	Getting Focused (MU) Lesson 1: How Your Brain Works	Students will learn about the three parts of their brains that help them think and respond to stress.
Week of 9/19	Getting Focused (MU) Lesson 2: Mindful Awareness	Students will compare mindful behavior and unmindful behavior and identify the parts of the brain responsible for controlling each type.
Week of 9/26	Getting Focused (MU) Lesson 3: Focused Awareness	Students will learn daily strategies that will help them calm down and focus
Week of 10/3	Empathy (SS) Lesson 5: Identifying Feelings	Students will gain the ability to identify others' feelings using physical, verbal, and situational clues to develop empathy.
Week of 10/10	Zones of Regulation	
Week of 10/24	Zones of Regulation	
Week of 10/31		
Week of 11/7	Growth Mindset and Goal Setting (SS) Lesson 1: How to Get Good at Something	Students will be able to identify things they've done to get good at something.

Week of 11/14	Growth Mindset and Goal Setting (SS) Lesson 2: What Mistakes Tell Us	Students will be able to give at least one example of things they can do to keep going when they get stuck or make mistakes.
Week of 11/28	Growth Mindset and Goal Setting (SS) Lesson 3: Helpful and Unhelpful Thoughts	Students will be able to identify the likely outcomes of a character's helpful or unhelpful thoughts.
Week of 12/5	Growth Mindset and Goal Setting (SS) Lesson 4: We Can Change Our Thoughts	Students will be able to replace unhelpful thoughts with helpful thoughts.
Week of 12/12	Growth Mindset and Goal Setting (SS) Lesson 5: Learn and Get Better	Students will be able to apply what they've learned to give advice to someone having a hard time acquiring a new skill.
Week of 1/9	Digital Citizenship (CSM) Lesson 1: Device Free Moments	Students will be able to recognize the ways in which digital devices can be distracting. Students will be able to identify how they feel when others are distracted by their devices. Students will be able to identify ideal device-free moments for themselves for themselves and others.
Week of 1/16	Emotion Management (SS) Lesson 6: Feeling Proud	Students will be able to identify reasons for feeling proud.
Week of 1/23	Emotion Management (SS) Lesson 7: Feeling Disappointed	Students will be able to identify reasons for feeling disappointed.
Week of 1/30	Emotion Management (SS) Lesson 8: Help Yourself Feel Better	Students will be able to generate helpful thoughts as a strategy to regulate strong feelings.
Week of 2/6	Emotion Management (SS) Lesson 9: Different Feelings	Students will be able to recognize that people can have different feelings about the same situation because of their experiences.
Week of 2/13	Emotion Management (SS) Lesson 10: How Do You Feel?	Students will be able to explain why different people can have different feelings in the same situation.
Week of 2/20	Empathy and Kindness (SS) Lesson 11: What's Empathy?	Students will be able to describe how empathy leads to an act of kindness.
Week of 2/27	Empathy and Kindness (SS) Lesson 12: Empathy in Action	Students will be able to describe how empathy had led them to show kindness to others.
Week of 3/6	Empathy and Kindness (SS) Lesson 13: Having Empathy	Students will be able to identify a kind act that they could do for someone.
Week of 3/13	Empathy and Kindness (SS) Lesson 14: Empathy at School	Students will be able to use empathy to identify a kind act they could do for another person in their school community.
Week of 3/20	Empathy and Kindness (SS) Lesson 15: Empathy and Kindness	Students will be able to Use empathy to identify a kind act that they could do for a person of their choosing.
Week of 3/27	Digital Citizenship (CSM) Lesson 2: Putting a Stop to Online Meanness	Students will understand what online meanness can look like and how it can make people feel. Students will be able to identify

		ways to respond to mean words online, using S-T-O-P.
Week of 4/10	Problem-Solving (SS) Lesson 16: The Way to Say a Problem	Students will be able to state a problem without blame.
Week of 4/17	Problem-Solving (SS) Lesson 17: Thinking of Solutions	Students will be able to generate multiple solutions to a problem.
Week of 4/24	Problem-Solving (SS) Lesson 18: Which Solution?	Students will be able to explain why one solution is better than another for solving a given problem.
Week of 5/1	Problem-Solving (SS) Lesson 19: What Would I Want?	Students will be able to generate ways to make amends to solve a problem.
Week of 5/8	Problem-Solving (SS) Lesson 20: Be a Problem Solver	Students will be able to generate possible solutions and select a solution that makes sense.

Social Emotional Learning in Third Grade		
	Unit of Study	Learning Goals
Week of 8/15	Skills for Learning (SS) Lesson 1: Respectful Learners	Students will be able to apply focusing attention and listening skills in response to scenarios.
Week of 8/22	Skills for Learning (SS) Lesson 2: Self-Talk	Students will be able to identify classroom distractions and how they can use self-talk to assist them in focus, staying on task, and avoiding distractions.
Week of 8/29	Skills for Learning (SS) Lesson 3: Being Assertive	Students will be able to demonstrate assertive communication skills.
Week of 9/5	Skills for Learning (SS) Lesson 4: Planning to Learn	Students will be able to understand the importance of planning skills and how these skills can assist them in both their personal and academic goals.
Week of 9/12	Getting Focused (MU) Lesson 1: How Your Brain Works	Students will learn about the three parts of their brains that help them think and respond to stress.
Week of 9/19	Getting Focused (MU) Lesson 2: Mindful Awareness	Students will compare mindful behavior and unmindful behavior and identify the parts of the brain responsible for controlling each type.
Week of 9/26	Getting Focused (MU) Lesson 3: Focused Awareness	Students will learn daily strategies that will help them calm down and focus.
Week of 10/3	Zones of Regulation	

Week of 10/10	Growth Mindset and Goal Setting (SS) Lesson 1: Changing Your Brain	Students will be able to state what happens in their brain when they learn a new skill.
Week of 10/24	Growth Mindset and Goal Setting (SS) Lesson 2: Getting Better with Practice	Students will be able to describe the connection between their own practice and effort and the changes that happen in their brain.
Week of 10/31	Growth Mindset and Goal Setting (SS) Lesson 3: More Than Practice	Students will be able to name two additional actions they can take to improve a skill.
Week of 11/7	Growth Mindset and Goal Setting (SS) Lesson 4: Planning for Practice	Students will be able to make a practice plan with a partner.
Week of 11/14	Growth Mindset and Goal Setting (SS) Lesson 5: Make a Practice Plan	Students will be able to use a handout to make a practice plan for a skill they want to get better at.
Week of 11/28	Emotion Management (SS) Lesson 6: Why Emotions?	Students will be able to suggest an example of information that emotions give them.
Week of 12/5	Emotion Management (SS) Lesson 7: How Angry?	Students will be able to differentiate feeling annoyed, angry, and furious through contextual and behavioral clues.
Week of 12/12	Emotion Management (SS) Lesson 8: Take a Break	Students will be able to recognize when and how to take a break to regulate a strong emotion.
Week of 1/9	Emotion Management (SS) Lesson 9: How Happy?	Students will be able to differentiate feeling content, happy, and excited through contextual and behavioral clues.
Week of 1/16	Emotion Management (SS) Lesson 10: Strength of Feelings	Students will be able to recognize differences between levels of intensity of similar emotions.
Week of 1/23	Digital Citizenship (CSM) The Power of Words	Students will understand that it is important to think about the words we use, because everyone interprets things differently. Students will identify ways to respond to the mean words online using S-T-O-P. Students will learn how to decide what kinds of statements are OK to say online and which are not.
Week of 2/6	Digital Citizenship (CSM) This is Me	Students will consider how posting selfies or other images will lead others to make assumptions about them. Students will also learn to reflect on the most important parts of their unique identity and identify ways they can post online to best reflect who they are.
Week of 2/13	Empathy and Kindness (SS) Lesson 11: Kindness and Friendship	Students will be able to identify kind acts that can build a new friendship.
Week of 2/20	Empathy and Kindness (SS) Lesson 12: Building a Friendship	Students will be able to identify kind acts that can make existing friendships stronger.

Week of 2/27	Empathy and Kindness (SS) Lesson 13: My Kind of Kindness	Students will be able to describe different ways people prefer to be shown kindness.
Week of 3/6	Empathy and Kindness (SS) Lesson 14: Asking Questions	Students will be able to ask questions to determine how someone else feels and identify a kind act they might want.
Week of 3/13	Empathy and Kindness (SS) Lesson 15: Do Something Kind	Students will be able to generate kind acts they can do to build a friendship.
Week of 3/20	Problem-Solving (SS) Lesson 16: STEP by Step	Students will be able to recall a process they can use to solve problems (STEP).
Week of 3/27	Problem-Solving (SS) Lesson 17: S: Say the Problem	Students will be able to restate the wants and needs of each person involved in a given problem.
Week of 4/10	Problem-Solving (SS) Lesson 18: T: Think and E: Explore	Students will be able to identify whose wants and needs are met by possible solutions.
Week of 4/17	Problem-Solving (SS) Lesson 19: P: Pick a Solution	Students will be able to pick a solution for a given problem and explain why they chose it.
Week of 4/24	Problem-Solving (SS) Lesson 20: Solving a Problem	Students will be able to solve a given problem using the STEP process.

Social Emotional Learning in Fourth Grade		
	Unit of Study	Learning Goals
Week of 8/15	Skills for Learning Lesson 1: Empathy and Respect	Students will be able to define respect and empathy.
Week of 8/22	Skills for Learning Lesson 2: Listening with Attention	Students will be able to demonstrate listening with attention skills.
Week of 8/29	Skills for Learning Lesson 3: Being Assertive	Students will be able to identify passive, aggressive, and assertive responses and understand how assertive responses will assist them in their communication.
Week of 9/5	Skills for Learning Lesson 4: Respecting Similarities and Differences	Students will be able to identify clues that can assist them in recognizing other's feelings.
Week of 9/12	Skills for Learning Lesson 5: Understanding Complex Feelings	Students will be able to identify multiple feelings someone might feel in a certain situation and also share multiple reasons for why someone might feel a particular feeling.
Week of 9/19	Skills for Learning Lesson 6: Different Perspectives	Students will be able to identify different perspective and generate prosocial responses to situations that might cause conflict.
Week of 9/26	Skills for Learning Lesson 7: Conversations and Compliments	Students will be able to identify components of a successful conversation and also demonstrate how to give and receive a compliment.
Week of 10/3	Skills for Learning Lesson 8: Joining In	Students will be able to identify and demonstrate skills for joining in a group.

Week of 10/10	Skills for Learning Lesson 9: Compassion	Students will be able to demonstrate expressing concern or showing compassion for someone.
Week of 10/24	Zones of Regulation	
Week of 10/31	Getting Focused (MU) Lesson 1: How Your Brain Works	Students will learn about the three parts of their brains that help them think and respond to stress.
Week of 11/7	Getting Focused (MU) Lesson 2: Mindful Awareness	Students will compare mindful behavior and unmindful behavior and identify the parts of the brain responsible for controlling each type.
Week of 11/14	Getting Focused (MU) Focused Awareness	Students will learn daily strategies that will help them calm down and focus.
Week of 11/28	Growth Mindset and Goal Setting (SS) Lesson 1: Setting a Good Goal	Students will be able to use criteria to identify a class goal.
Week of 12/5	Growth Mindset and Goal Setting (SS) Lesson 2: Making a Plan	Students will be able to make an effective plan to reach a class goal.
Week of 12/12	Growth Mindset and Goal Setting (SS) Lesson 3: Checking Our Progress	Students will be able to evaluate progress toward a class goal so they can make adjustments if needed.
Week of 1/9	Growth Mindset and Goal Setting (SS) Lesson 4: Reflecting on Our Journey	Students will be able to reflect on the goal-setting process.
Week of 1/16	Growth Mindset and Goal Setting (SS) Lesson 5: Ready, Set, Goal!	Students will be able to apply the goal-setting process to a new group goal and reflect on how it went.
Week of 1/23	Problem-Solving (SS) Lesson 16: A Good Problem-Solver	Students will be able to explain what they can do to be a better problem-solver.
Week of 1/30	Digital Citizenship (CSM) My Media Choices	Students will learn the "What? When? How Much?" framework for describing their media choices. Students will use this framework and their emotional responses to evaluate how healthy different types of media choices are. Students will begin to develop their own definition of healthy media balance.
Week of 2/6	Digital Citizenship (CSM) Be a Super Digital Citizen	Students will be able to reflect on the characteristics that make someone an upstanding digital citizen. Students will be able to recognize what cyberbullying is and show ways to be an upstander by creating a digital citizenship superhero comic strip.
Week of 2/13	Digital Citizenship (CSM) Keeping Games Fun & Friendly	Students will learn to define "social interaction" and give an example, describe the positives and negatives of social interaction in online games, and will learn to create an online video game cover that includes guidelines for positive social interaction.

Week of 2/20	Emotion Management (SS) Lesson 6: The Balanced Brain	Students will be able to explain why it is important to manage strong emotions.
Week of 2/27	Emotion Management (SS) Lesson 7: What Is Rethinking?	Students will be able to describe the benefits of rethinking a situation.
Week of 3/6	Emotion Management (SS) Lesson 8: How to Rethink	Students will be able to use questions to help them rethink given situations.
Week of 3/13	Emotion Management (SS) Lesson 9: Take Another Look	Students will be able to rethink a situation they have personally experienced.
Week of 3/20	Emotion Management (SS) Lesson 10: Rethink It!	Students will be able to rethink a variety of situations.
Week of 3/27	Empathy and Kindness (SS) Lesson 12: Ask, Listen, and Learn	Students will be able to generate questions a person could ask to better understand someone's point of view when it's hard to empathize.
Week of 4/10	Problem-Solving (SS) Lesson 17: Saying it Respectfully	Students will be able to describe a given problem from each person's point of view.
Week of 4/17	Problem-Solving (SS) Lesson 18: Exploring Outcomes	Students will be able to evaluate possible solutions to a given problem.
Week of 4/24	Problem-Solving (SS) Lesson 19: A Good Solution	Students will be able to evaluate which solution best solves a problem.
Week of 5/1	Problem-Solving (SS) Lesson 20: STEP into Problem-Solving	Students will be able to apply the STEP process to solve a problem from each person's point of view.