

Week	CASEL Competency	Theme	Grade 3 Lessons	Grade 4 Lessons	Grade 5 Lessons
1	Agency / Self-Management	Planning & Organization	Get It All Together	Taking Control of Your Education	Organizing Skills for Higher Level Learning
2	Curiosity / Responsible Decision-Making	Considering Consequences	There Are So Many Rules	Predicting Consequences	Predicting the Future by Looking at The Past
3	Identity / Self-Awareness	Identifying Emotions	What Triggers Our Emotions?	Why Do Mixed Feelings Happen	I'm Feeling a Little Nervous
4	Agency / Self-Management	Mindfulness	Give Me a Break	Take a Break and Relax	Patience
5	Identity / Self-Awareness	Honesty & Integrity	It's Not My Fault! Accepting Responsibility	The Responsibility of Growing Up	Striving For Greatness
6	Identity / Self-Awareness	Learning About Emotions	Some People Are Born Shy	Emotional Intensity	The Cycle of Emotions
7	Belonging / Social Awareness	Respect	Showing Respect	Friendships Can Be Tough	Respectful Communication
8	Collaborative Problem Solving / Relationship Skills	Listening & Communication	What Is Active Listening	What Did You Say?	Am I A Good Listener
9	Belonging / Social Awareness	Empathy & Compassion	Feelings, Feelings, Too Many Feelings!	The Power of Empathy	What Is Empathy?
10	Agency / Self-Management	Goals		Finding Success with Goals	Let's Be S.M.A.R.T.!
11	Identity / Self-Awareness	Growth Mindset	What Is a Growth Mindset?	What If I Fail	Failure Is a Part of Life
12	Collaborative Problem Solving / Relationship Skills	Conflict Resolution	How To Resolve a Conflict	Everybody Wins	Handling Compromise- Finding A Win-Win Solution
13	Curiosity / Responsible Decision-Making	Problem Solving	How Do I Solve My Problem	Learning How to Problem Solve at Home and At School	How To Problem Solve Like a Penguin

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14	Collaborative Problem Solving / Relationship Skills	Cooperation & Collaboration	Do I Have to Like Everyone	Teamwork Makes the Dream Work	Do We Have to Work Together
15	Belonging / Social Awareness	Digital Literacy	Who Are You? Online Reputation	Posting Is Forever	Think Before You Click
16	Belonging / Social Awareness	Bullying	Be Against Bullying	The Problem of Bullying	Keep Calm and Stop Bullying
17	Curiosity / Responsible Decision-Making	Safety		How Can I Help My Friend?	Rules To Protect Yourself
18	Identity / Self-Awareness	Mental Health Care	Working with Strengths	Learning From Mistakes	
19	Agency / Self-Management	Coping	If You Can't Say Something Nice to Yourself	Which Strategies Work to Manage My Stress	Improving Frustration Tolerance: How to Persevere
20	Curiosity / Responsible Decision-Making	Health & Hygiene	Get Outside and Play	The Importance of Personal Hygiene	Personal Hygiene
21	Agency / Self-Management	Manage Stress	You Can Do It	You Can't Keep Me Down	You Are Now Entering Stress Boulevard
22	Collaborative Problem Solving / Relationship Skills	Communication	Learning to Compromise	Communicating Clearly	Can't Live with Them, Can't Live Without Them
23	Collaborative Problem Solving / Relationship Skills	Being a Good Friend	Be The Friend You Want to Have	Dealing With Conflict Gracefully	
24	Belonging / Social Awareness	Expectations at School	Finding Ways to Get Along with Everyone	Let's Keep Learning	
25	Curiosity / Responsible Decision-Making	Healthy Decisions		What Do I Say to Myself	
26	Agency / Self-Management	Impulse Control & Self-Regulation	Be Smart with Your Money	Stick With It	There's A Time and Place
27	Curiosity / Responsible Decision-Making	Substance Abuse	Yuck, I'm Not Feeling Well	Medicine At School	Tobacco, Alcohol, And Saying No

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28	Identity / Self-Awareness	Personal Boundaries	Unsafe Touches Are Not Okay	Wait For It	Let The Past Stay the Past
29	Agency / Self-Management	Manage Emotions	TV & Me: I Need a Remote Control for My Behavior	Oh Man, Am I Angry	Reflect On Yourself
30	Agency / Self-Management	Self-Control	I Just Have to Say It	Full Of Energy	
31	Agency / Self-Management	Managing Harmful Thoughts	Handle Your Anger	Leave Negative Nelly and Ned Behind	
32	Belonging / Social Awareness	Expectations in the Community	Helping My School Community	Taking Care of Our World	Saving For Success
33	Collaborative Problem Solving / Relationship Skills	Relationships & Reputation	Everyone Needs Friends	Making Friendships Grow	Friendships Can Change
34	Belonging / Social Awareness	Concern for Others	Learning How to Listen		How To Be a True Friend
35	Collaborative Problem Solving / Relationship Skills	Helping Others	I Am an Upstander	Don't Stand by When You Can Stand Up	
36	Identity / Self-Awareness	Examining Your Feelings About Others	Let's All Get Along		What Do You Believe