

| Week | CASEL Competency | Theme | Grade K Lessons | Grade 1 Lessons | Grade 2 Lessons |
|------|---|---------------------------|---|--|--|
| 1 | Agency / Self-Management | Planning & Organization | I Can Do Well | Work Completion | How To Be a Responsible Student |
| 2 | Curiosity / Responsible Decision-Making | Considering Consequences | School Rules Keep Us Safe | Hocus Pocus, Everybody Focus | Why Should I Share? |
| 3 | Identity / Self-Awareness | Identifying Emotions | How We Feel and Why | Your Emotions are Showing | The Sound of Emotions |
| 4 | Agency / Self-Management | Mindfulness | I Can Keep Myself Calm | Big Feelings Need Brave Strategies | Mindfulness Means Calming Busy Minds and Bodies |
| 5 | Identity / Self-Awareness | Honesty & Integrity | It's Okay to Need Help Sometimes | Showing Respect Brings Friendships! | Staying On Task |
| 6 | Identity / Self-Awareness | Learning About Emotions | This Made Me Feel | Your Emotions Change | When I Feel Embarrassed: Understanding My Body's Clues |
| 7 | Belonging / Social Awareness | Respect | Respect at School | Peace, WE Can Create It | Showing Respect at School |
| 8 | Collaborative Problem Solving / Relationship Skills | Listening & Communication | Why Do We Raise Our Hands? | It Takes Your Whole Body to Listen Well | Being An Active Listener |
| 9 | Belonging / Social Awareness | Empathy & Compassion | How to Apologize: Be an "I'm Sorry" Superstar | Empathy Makes the World Go Round | Let's Celebrate Each Other |
| 10 | Agency / Self-Management | Goals | Why are Goals Good? | | Practice, Practice, Practice |
| 11 | Identity / Self-Awareness | Growth Mindset | Mistakes Help Me Learn | Nobody is Perfect: Embarrassing Moments Happen to Everyone | Celebrate Mistakes |
| 12 | Collaborative Problem Solving / Relationship Skills | Conflict Resolution | Using My Words When I Am Upset | R-E-S-P-E-C-T, I Can Play at Recess Respectfully! | Resolving Conflicts with Friends |

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| 13 | Curiosity / Responsible Decision-Making | Problem Solving | Who Can Help Me Problem Solve? | Three Cheers for Being Responsible | How To Solve a Problem - Think First, Then Act |
| 14 | Collaborative Problem Solving / Relationship Skills | Cooperation & Collaboration | Can I Play, Too? How to Join a Group | | |
| 15 | Belonging / Social Awareness | Digital Literacy | Staying Safe Online | Bring Balance to Your Screen Time | Be Fine, Online |
| 16 | Belonging / Social Awareness | Bullying | Bully, Bully Go Away | | Bullying Hurts |
| 17 | Curiosity / Responsible Decision-Making | Safety | Who Keeps Me Safe? | Be Confident | How Rules Keep Us Safe |
| 18 | Identity / Self-Awareness | Mental Health Care | How My Body Tells Me When I Am Mad | You are WONDERful! | Acting Out |
| 19 | Agency / Self-Management | Coping | The Cool Down | The Colors of Coping | Using Coping Skills |
| 20 | Curiosity / Responsible Decision-Making | Health & Hygiene | My Healthy Body | Sleep Your Way to a Healthy Day | |
| 21 | Agency / Self-Management | Manage Stress | Feeling Frustrated | Butterflies in My Belly: How to Handle Being Nervous | Everyone Makes Mistakes |
| 22 | Collaborative Problem Solving / Relationship Skills | Communication | Using I-Messages | Oops – I Wish I Could Put Those Words Back in My Mouth | Practicing Patience - How to Not Interrupt and Disrupt |
| 23 | Collaborative Problem Solving / Relationship Skills | Being a Good Friend | Friends Can Be Different | Sharing Our Friends | I Can Be a Good Friend |
| 24 | Belonging / Social Awareness | Expectations at School | School is My Job | Respecting Classroom Materials is Everyone's Job | Completing My Work |

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| 25 | Curiosity / Responsible Decision-Making | Healthy Decisions | The Power of Words | Be a Learner for Life! | Is Fair Always Equal |
| 26 | Agency / Self-Management | Impulse Control & Self- Regulation | It's Hard to Wait My Turn | You're in Control | I Control My Words and Actions: Driving My Behavior Car |
| 27 | Curiosity / Responsible Decision-Making | Substance Abuse | | Just Say No and Stay Healthy | |
| 28 | Identity / Self-Awareness | Personal Boundaries | We All Need Personal Space | Hula Hooping in My Own Personal Space | Personal Space and Boundaries |
| 29 | Agency / Self-Management | Manage Emotions | How Can I Safely Express My Strong Emotions? | | When I Lose Control of My Emotions |
| 30 | Agency / Self-Management | Self-Control | Managing Big Emotions | Our Words Have Power | Be Kind to All Classmates |
| 31 | Agency / Self-Management | Managing Harmful Thoughts | When I Feel Scared | Feeling Mad Can Be Sad! Don't Let Your Actions Make It Worse | |
| 32 | Belonging / Social Awareness | Expectations in the Community | Why Rules? | Am I Sharing or Bragging | How Can I Help My School Community |
| 33 | Collaborative Problem Solving / Relationship Skills | Relationships & Reputation | How to Be a Good Friend | To Have a Friend, Be a Friend | Friendship Is a Two-Way Street |
| 34 | Belonging / Social Awareness | Concern for Others | Helping Others Feel Good | Reporting vs. Tattling | Platinum Rule |
| 35 | Collaborative Problem Solving / Relationship Skills | Helping Others | How Can I Help My Teacher? | Go the Extra Mile and Make Your Teacher Smile! | How Can I Keep My Classroom Peaceful |
| 36 | Identity / Self-Awareness | Examining Your Feelings About Others | | | What Do We Have in Common? Finding Ways to Get Along with Everyone |

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