

Curriculum Outline *preferred scope and sequence*

Foundational components of Social-Emotional Learning	What is Social-Emotional Learning? Knowing My Emotions: Happy Knowing My Emotions: Sad Knowing My Emotions: Anger Knowing My Emotions: Confused Empathy Conflict Resolution Thinking Sheet
Awareness	Self- Awareness: All About Me Self- Regulation: Following Directions Interpersonal Skills: Getting to Know My Classmates Empathy: Practicing Showing Empathy Effective Decision- Making: Using Our Effective Decision-Making Tools
Power: <i>The ability to act</i>	Self-Awareness: How Do I Feel When.... Self-Regulation: Impulse Control Interpersonal Skills: Remembering We All Have Emotions Empathy: Acknowledging Other People and Growing Our Listening Skills Effective Decision-Making: All My Choices Have Consequences
Kindness: <i>Having tender concern</i>	Self-Awareness: Reflecting on My Emotions and Thoughts Self- Regulation: Goal Setting Interpersonal Skills: Affirmations Empathy: Verbal and Non- Verbal Communication Effective Decision- Making: Emotion Thinking Map
Wisdom: <i>Sound decision- making</i>	Self- Awareness: All My Emotions Are Helpful to Me! Self- Regulation: How Did I Do Today? Interpersonal Skills: Connecting with Others and Celebrating Differences Empathy: Reflecting on When Someone Showed You Empathy Effective Decision-Making: Showing Effective Decision-Making
Life- Givers	Celebrating Self- Awareness Celebrating Self- Regulation Celebrating Interpersonal Skills Celebrating Empathy
Dream Team	Who is happiest when I do my very best? Who listens to me and helps me when I am happy or sad? Who makes me feel like I am so important? Who helps me be the best me I can be?



Curriculum Outline *by specific content*

Foundational components of Social-Emotional Learning	What is Social-Emotional Learning? Knowing My Emotions: Happy Knowing My Emotions: Sad Knowing My Emotions: Anger Knowing My Emotions: Confused Empathy Conflict Resolution Thinking Sheet
Self- Awareness	Self- Awareness: All About Me Self-Awareness: How Do I Feel When.... Awareness: Reflecting on My Emotions and Thoughts Self- Awareness: All My Emotions Are Helpful to Me!
Self- Regulation	Self- Regulation: Following Directions Regulation: Impulse Control Self- Regulation: Goal Setting Self- Regulation: How Did I Do Today?
Interpersonal Skills	Interpersonal Skills: Getting to Know My Classmates Interpersonal Skills: Remembering We All Have Emotions Interpersonal Skills: Affirmations Interpersonal Skills: Connecting with Others and Celebrating Differences
Empathy	Empathy: Practicing Showing Empathy Empathy: Acknowledging Other People and Growing Our Listening Skills Empathy: Verbal and Non- Verbal Communication Empathy: Reflecting on When Someone Showed You Empathy
Effective Decision-Making	Effective Decision- Making: Using Our Effective Decision-Making Tools Effective Decision-Making: All My Choices Have Consequences Effective Decision- Making: Emotion Thinking Map Effective Decision-Making: Showing Effective Decision-Making
Celebrations	Celebrating Self- Awareness: Celebrating Self- Regulation: Celebrating Interpersonal Skills: Celebrating Empathy:
Dream Team	Who is happiest when I do my very best? Who listens to me and helps me when I am happy or sad? Who makes me feel like I am so important? Who helps me be the best me I can be?

