

PreK/ Kindergarten Scope and Sequence

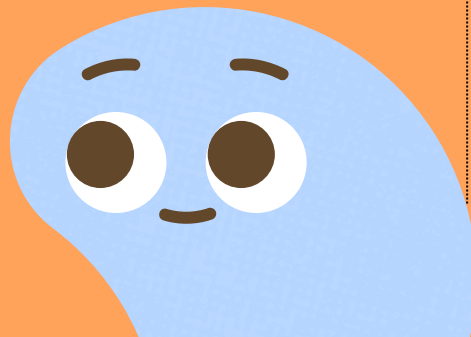
Building Foundations in Self-Awareness and Self-Management

- Self-Regulation
- Feeling Tired
- Feeling Hungry
- Feeling Thirsty
- Waiting for Your Turn
- Feeling Happy
- Feeling Sad
- Feeling Angry
- Feeling Excited



Social Awareness and Relationship Management

- Feeling Left Out
- Listening to Others
- Families
- Friendship
- Playing Fair
- Interrupting Lesson
- Kindness Lesson



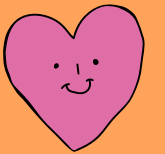
Exploring Problem Solving and Responsible Decision-Making

- Importance of Rules
- Telling the Truth
- Tattling
- What to Do When Others Are Angry
- Persistence
- Positive Attitude/Optimism
- Accepting No



Deepening Relationships and Personal Growth

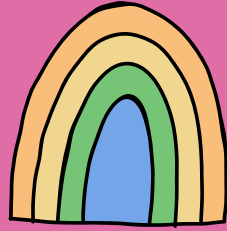
- Sharing/Caring
- Manners/Polite
- Saying Sorry
- Asking for Help
- Feeling Proud
- Feeling Scared
- Feeling Surprised
- Feeling Shy
- Self-Esteem



Grade 1 Scope and Sequence

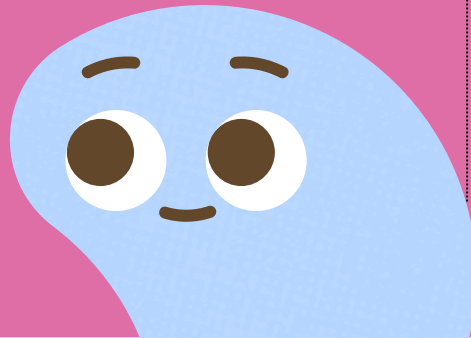
Self-Awareness and Self-Management Foundations

- Self-Regulation
- Focus/Ignoring Distractions
- Feeling Hungry
- Feeling Tired
- Feeling Thirsty
- Positive Attitude/Optimism
- Feeling Happy
- Feeling Sad
- Feeling Excited
- Feeling Proud
- Feeling Angry



Social Awareness and Relationship Building

- Families
- Different Points of View
- Feeling Left Out
- Listening to Others
- Friendship
- Playing Fair
- Greetings
- Kindness



Responsible Decision-Making and Conflict Resolution

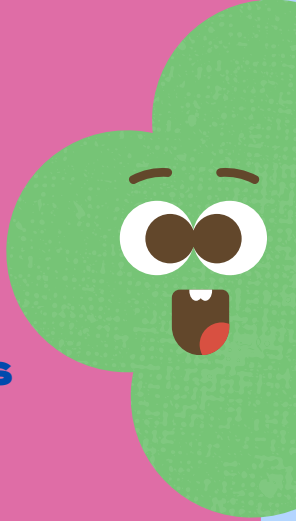
- Importance of Rules
- Telling the Truth
- Learning from Mistakes and Being Honest
- Saying Yes to Good Ideas
- Waiting for Your Turn
- Persistence
- Accepting No

Advanced Emotional Awareness and Social Skills

- Feeling Nervous/Anxious/Worried
- Feeling Scared
- Feeling Shy
- Feeling Surprised
- Feeling Bored
- Self-Esteem
- Sharing/Caring
- Manners/Politeness
- Saying Sorry
- Asking for Help
- Being a good Sport (winning/losing)

Advanced Emotional Awareness and Social Skills

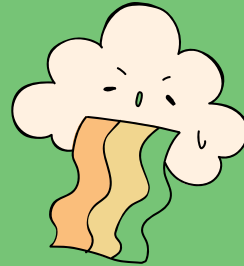
- Tattling
- The Golden Rule
- What to Do When Others Are Angry
- Learning to Be Brave



Grade 2 Scope and Sequence

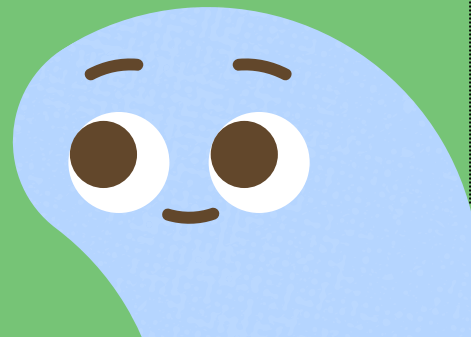
Building Self-Awareness and Self-Management Skills

- Self-Regulation
- Focus/Ignoring Distractions
- Feeling Hungry
- Feeling Tired
- Feeling Happy
- Feeling Sad
- Feeling Angry
- Feeling Excited
- Positive Attitude/Optimism
- Feeling Thirsty



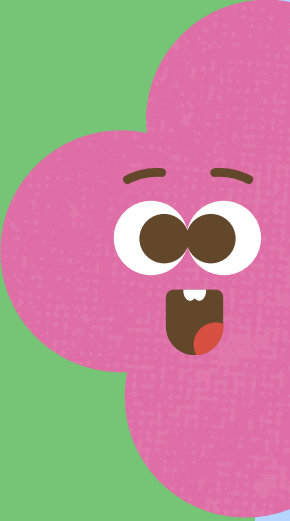
Expanding Social Awareness and Strengthening Relationships

- Empathy
- Feeling Lonely
- Gratitude
- Different Points of View
- Feeling Friendly
- Greetings
- Kindness
- Trust and Dependability
- Listening to others



Developing Problem-Solving and Decision-Making Skills

- Brainstorming Solutions to Problems
- Telling the Truth
- Learning from Mistakes and Being Honest
- Saying Yes to Good Ideas
- Persistence
- Accepting No
- Frustration/Disappointment
- Importance of Exercise



Managing Emotions and Resolving Conflicts

- Feeling Jealous
- Feeling Nervous
- Feeling Shy
- Feeling Bored
- Manners/Politeness
- Saying Sorry
- The Golden Rule
- Tattling
- Interrupting the Lesson
- Learning to Be Brave
- Being a Good Sport
- Teasing
- Feeling Surprised
- Feeling Confused
- Self-Esteem



Grade 3 Scope and Sequence

Chapter Book 1: Understanding Emotions and Managing Reactions

- Self-Awareness: Recognizing Different Emotions (happy, sad, angry, etc.).
- Self-Management: Understanding impulse control and delaying gratification.
- Social Awareness: Showing empathy by identifying emotions in others.
- Relationship Management: Practicing respectful communication with peers and adults.
- Responsible Decision-Making: Understanding the consequences of different choices.

Chapter Book 2: Understanding Emotions and Managing Reactions

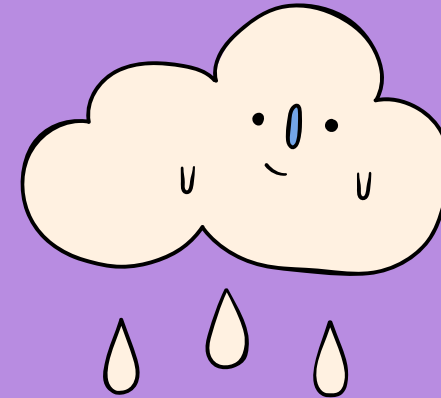
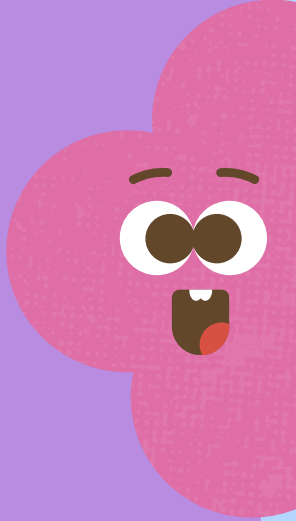
- Self-Awareness: Building vocabulary to express emotions.
- Self-Management: Using deep breathing techniques to manage stress.
- Social Awareness: Learning how to listen actively to peers.
- Relationship Management: Solving small conflicts with the S.T.A.R. strategy.
- Responsible Decision-Making: Practicing making decisions using the S.T.A.R. strategy.

Chapter Book 3: Self-Control in Social Situations

- Self-Awareness: Identifying strengths and areas for growth.
- Self-Management: Practicing the S.T.A.R. strategy for daily frustrations.
- Social Awareness: Recognizing different perspectives in social situations.
- Relationship Management: Building cooperation skills through group activities.
- Responsible Decision-Making: Learning to ask questions before acting on impulse.

Chapter Book 4: Emotional Triggers and Healthy Responses

- Self-Awareness: Recognizing how emotions influence behavior.
- Self-Management: Developing a basic routine for emotional regulation.
- Social Awareness: Identifying how peer groups can influence emotions.
- Relationship Management: Recognizing and respecting personal boundaries.
- Responsible Decision-Making: Evaluating whether choices are safe and responsible.



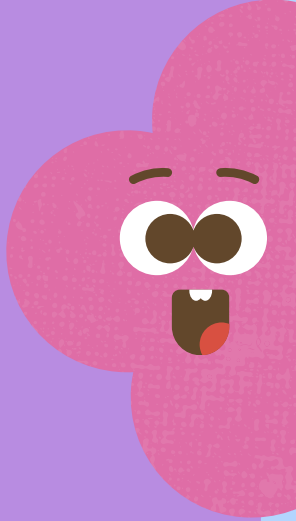
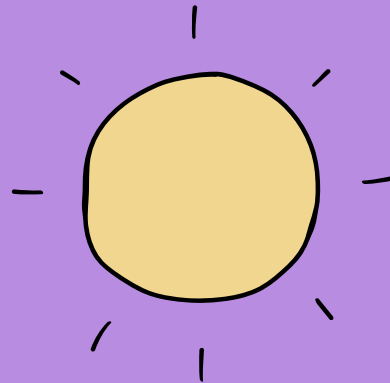
Grade 3 Scope and Sequence

Chapter Book 5: Body Language and Emotions

- Self-Awareness: Understanding the impact of body language on feelings.
- Self-Management: Learning how to transition between activities calmly.
- Social Awareness: Recognizing acts of kindness and their effects.
- Relationship Management: Expressing appreciation and gratitude in relationships.
- Responsible Decision-Making: Reflecting on mistakes and considering alternative choices.

Chapter Book : Growth Mindset and Problem-Solving

- Self-Awareness: Identifying strengths and areas for growth.
- Self-Management: Setting personal goals and tracking progress.
- Social Awareness* Understanding cultural differences and similarities.
- Relationship Management: Learning how to ask for help when needed.
- Responsible Decision-Making: Prioritizing tasks in simple situations.



Grade 4 Scope and Sequence

Novel: Ollie's Superpower Squad- Fourth Grade Challenges

Emotional Reflection and Goal Setting

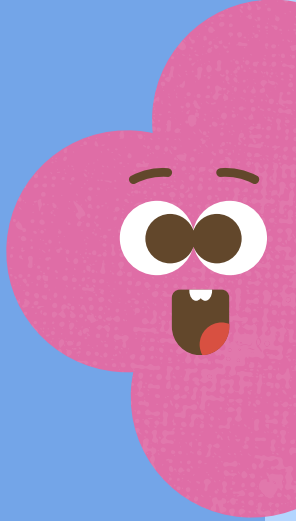
- Self-Awareness: Lesson 1 Identifying personal strengths that contribute to success.
- Self-Management: Lesson 2 Setting long-term goals and creating action plans.
- Social Awareness: Lesson 3 Practicing empathy by imagining others' perspectives.
- Relationship Management: Lesson 4 Developing conflict-resolution skills using the S.T.A.R. strategy.
- Responsible Decision-Making: Lesson 5 Identifying consequences for short- and long-term decisions.

Managing Stress in Social Situations

- Self-Awareness: Lesson 6 Understanding how emotions influence personal goals.
- Self-Management: Lesson 7 Developing coping skills for stress and frustration.
- Social Awareness: Lesson 8 Respecting individual differences and unique perspectives.
- Relationship Management: Lesson 9 Handling peer pressure with confidence.
- Responsible Decision-Making: Lesson 10 Using the S.T.A.R. strategy to reflect on past decisions.

Problem-Solving and Empathy in Relationships

- Self-Awareness: Lesson 12 Applying the S.T.A.R. strategy in difficult social interactions.
- Self-Management: Lesson 13 Identifying body language and tone of voice in others.
- Social Awareness: Lesson 14 Practicing active listening and paraphrasing.
- Relationship Management: Lesson 15 Evaluating multiple options before making a choice.



Grade 4 Scope and Sequence

Novel: Ollie's Superpower Squad- Fourth Grade Challenges

Emotional Intelligence and Empathy

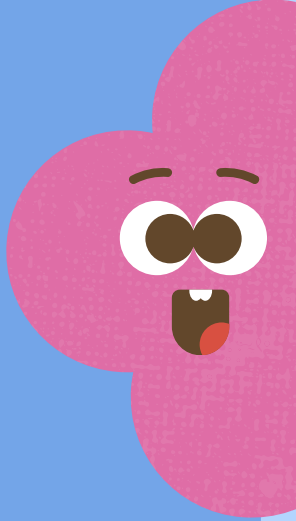
- Self-Awareness: Lesson 16 Developing an emotional awareness journal.
- Self-Management: Lesson 17 Managing time effectively with academic and personal tasks.
- Social Awareness: Lesson 18 Understanding and appreciating diverse backgrounds.
- Relationship Management: Lesson 19 Supporting peers through positive encouragement.
- Responsible Decision-Making: Lesson 20 Practicing ethical decision-making in classroom activities.

Emotions and Social Cues

- Self-Awareness: Lesson 21 Recognizing how emotions affect decision-making.
- Self-Management: Lesson 22 Reflecting on how small actions can lead to larger outcomes.
- Social Awareness: Lesson 23 Understanding social cues in different environments.
- Relationship Management: Lesson 24 Building trust and accountability in friendships.
- Responsible Decision-Making: Lesson 25 Considering how decisions affect others and the community.

Reflection and Growth

- Self-Awareness: Lesson 26 Identifying situations that trigger strong emotions.
- Self-Management: Lesson 27 Practicing mindfulness to maintain focus and control.
- Social Awareness: Lesson 28 Practicing inclusivity in group settings.
- Relationship Management: Lesson 29 Practicing negotiation skills in group work.
- Responsible Decision-Making: Lesson 30 Taking responsibility for actions and seeking solutions for mistakes.



Grade 5 Scope and Sequence

Novel: The Star Squad- Navigating Fifth Grade Adventures

Emotional Intelligence and Leadership

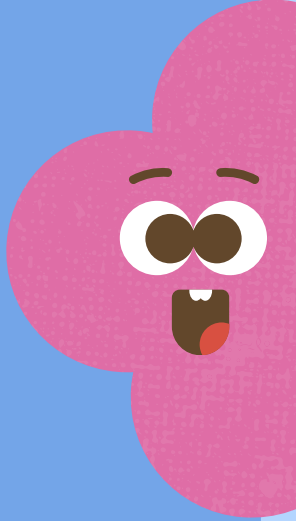
- Self-Awareness: Lesson 1 Recognizing how emotions affect long-term goals.
- Self-Management: Lesson 2 Using advanced mindfulness practices for focus and calm.
- Social Awareness: Lesson 3 Developing empathy for people with differing opinions.
- Relationship Management: Lesson 4 Practicing leadership in group settings.
- Responsible Decision-Making: Lesson 5 Weighing the long-term consequences of decisions.

Reflecting on Personal Growth

- Self-Awareness: Lesson 6 Recognizing patterns in emotional responses and their triggers.
- Self-Management: Lesson 7 Reflecting on personal growth through daily or weekly reflection.
- Social Awareness: Lesson 8 Reflecting on how one's actions can affect the larger community.
- Relationship Management: Lesson 9 Handling disagreements constructively.
- Responsible Decision-Making: Lesson 10 Practicing accountability and ownership of mistakes.

Problem-Solving in Complex Situations

- Self-Awareness: Lesson 11 Analyzing emotional responses to complex situations.
- Self-Management: Lesson 12 Applying the S.T.A.R. strategy in both academic and personal contexts.
- Social Awareness: Lesson 13 Interpreting subtle social cues (e.g., sarcasm, indirect speech).
- Relationship Management: Lesson 14 Negotiating conflicts with peers using the S.T.A.R. strategy.
- Responsible Decision-Making: Lesson 15 Practicing decision-making with complex, real-world scenarios.



Grade 5 Scope and Sequence

Novel: The Star Squad- Navigating Fifth Grade Adventures

Emotional Patterns and Reflection

- Self-Awareness: Lesson 16 Reflecting on how different contexts influence emotions.
- Self-Management: Lesson 17 Balancing responsibilities with self-care.
- Social Awareness: Lesson 18 Recognizing when to stand up for others and act as an ally.
- Relationship Management: Lesson 19 Maintaining boundaries in difficult relationships.
- Responsible Decision-Making: Lesson 20 Understanding the impact of decisions on community and environment.

Emotional Responses and Leadership

- Self-Awareness: Lesson 21 Developing emotional intelligence by journaling about challenges.
- Self-Management: Lesson 22 Managing stress through physical and mental techniques.
- Social Awareness: Lesson 23 Identifying how to support peers from different cultural backgrounds.
- Relationship Management: Lesson 24 Demonstrating positive peer influence through actions.
- Responsible Decision-Making: Lesson 25 Using the S.T.A.R. strategy for evaluating multiple solutions.

Complex Problem-Solving and Decision-Making

- Self-Awareness: Lesson 26 Understanding personal values and how they shape behavior.
- Self-Management: Lesson 27 Setting challenging goals and breaking them into achievable steps.
- Social Awareness: Lesson 28 Understanding fairness and justice in social contexts.
- Relationship Management: Lesson 29 Handling disagreements constructively.
- Responsible Decision-Making: Lesson 30 Applying ethical considerations to everyday decisions.

