

## Social-Emotional Learning Curriculum

*K-5*

### Curriculum Overview

*Improve students' social-emotional skills, including growth mindset, goal-setting, emotion management, kindness and empathy, and problem solving.*

Unit Title	Timeframe	SEL Competencies / Themes
<i>Growth Mindset &amp; Goal Setting</i>	<i>(September-October / 8 Weeks)</i>	<ul style="list-style-type: none"> <li>• Learning how to pay attention and manage distractions</li> <li>• Developing a growth mindset</li> <li>• Applying goal-setting strategies to social and academic lives</li> </ul>
<i>Respect (Week of Respect Lessons and Activities)</i>	<i>(October / 4 weeks)</i>	<ul style="list-style-type: none"> <li>• Recognize the impact of one's feelings and thoughts on one's own behavior</li> <li>• Recognize and identify the thoughts, feelings, and perspectives of others</li> <li>• Demonstrate an understanding of the need for mutual respect when viewpoints differ</li> </ul>
<i>Emotion Management</i>	<i>(November-December / 8 Weeks)</i>	<ul style="list-style-type: none"> <li>• Understand and practice strategies for managing one's own emotions, thoughts, and behaviors</li> <li>• Recognize the impact of one's feelings and thoughts on one's own behavior</li> <li>• Recognize one's personal traits, strengths, and limitations</li> </ul>
<i>Empathy &amp; Kindness</i>	<i>(January-February / 8 weeks)</i>	<ul style="list-style-type: none"> <li>• Learn how to recognize kindness and act kindly</li> <li>• Having empathy for others and taking others' perspectives</li> <li>• Recognizing kind acts and empathy as important elements of building and maintaining relationships</li> </ul>
<i>Problem-Solving</i>	<i>(March-April / 8 weeks)</i>	<ul style="list-style-type: none"> <li>• Develop, implement, and model effective problem-solving and critical thinking skills</li> <li>• Identify the consequences associated with one's actions in order to make constructive choices</li> <li>• Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals</li> </ul>
<i>Mindfulness/Stress Management Year Wrap Up</i>	<i>(May-June / 8 weeks)</i>	<ul style="list-style-type: none"> <li>• Recognize one's feelings and thoughts</li> <li>• Recognize the impact of one's feelings and thoughts on one's own behavior</li> <li>• Utilize strategies to alleviate stressful situations</li> </ul>