Everyday ▶ Speech

SCOPE AND SEQUENCE
Social-Emotional Curriculum for Pre-K & K

Unit 1: Self-Awareness

Week 1	How Do I Know I Feel Upset? Video Lesson
Week 2	• Wiggle and Jump Break 1 • Magic Hat Interactive Activity
Week 3	What to do When I Feel Upset? Video Lesson
Week 4	Toolbox Interactive Activity
Week 5	Saying How You Feel Video Lesson
Week 6	• Wiggle and Jump Break 2 • Sequence Interactive Activity
Week 7	Thinking About Others' Feelings Video Lesson
Week 8	Matching Interactive Activity

Unit 2: Self-Management

Week 9	Staying Calm When I'm Angry Video Lesson
Week 10	• Dragon and Bee Breathing • Interactive Activity
Week 11	Using Belly Breathing Video Lesson
Week 12	Interactive Activity
Week 13	Taking a Break When You Need It Video Lesson
Week 14	• Lion and Cat Breathing • Interactive Activity
Week 15	When I Feel Disappointed Video Lesson
Week 16	Interactive Activity

Unit 3: Social Awareness

Week 17	Listening Video Lesson
Week 18	• Animal Yoga • Interactive Activity
Week 19	Following Directions Video Lesson
Week 20	Interactive Activity
Week 21	Being Helpful Video Lesson
Week 22	• Superhero Yoga • Interactive Activity
Week 23	Being Independent Video Lesson
Week 24	Interactive Activity

Unit 4: Relationship Skills

Week 25	Caring About Others Video Lesson
Week 26	• Five Senses Calming Break • Interactive Activity
Week 27	Sharing Toys Video Lesson
Week 28	Interactive Activity
Week 29	Asking a Friend to Play Video Lesson
Week 30	• Wiggling Body Scan • Interactive Activity
Week 31	Joining a Group Playing Video Lesson
Week 32	Interactive Activity

Unit 5: Responsible Decision Making

Week 33	What if I Have a Problem? Video Lesson
Week 34	• Feel Good Standing Stretch • Interactive Activity
Week 35	Asking for What I Need Video Lesson
Week 36	Interactive Activity
Week 37	Using Self-Talk Video Lesson
Week 38	• Wake Up Your Body Stretch • Interactive Activity
Week 39	Feeling Good About Ourselves Video Lesson
Week 40	Interactive Activity

*Lesson titles represented here are subject to change