Everyday Speech

Scope and Sequence

66 pages

What is Everyday Speech?

Everyday Speech is a comprehensive no-prep digital curriculum that makes it easy to teach a wide variety of social, behavior, and communication skills to PK-12 learners of diverse ability levels. Supporting all tiers of an MTSS framework, our research-based curriculum features video modeling, interactive activities, games, and digital worksheets. With tools that are easy to use and engaging for students, Everyday Speech empowers educators to build meaningful skills that help learners thrive in school and life.

Our Approach

The Everyday Speech curriculum adapts seamlessly to educators' needs—whether providing targeted support for a single student, small-group intervention, or whole-class instruction. Designed to save educators valuable time, it's intuitively organized to simplify lesson planning and ensure quick access to ready-made, impactful lessons. This allows educators to focus on what matters most: delivering engaging instruction that builds confidence, fosters belonging, and nurtures the social skills students need to thrive at every stage of their educational journey.

Looking for a more detailed view of our curriculum?
Check out our Scope and Sequence with Learning Standards and Benchmarks PDF to see how each unit and lesson aligns.

View Learning Standards



Intervention Materials (Tiers 2 & 3)

Pre-K & Kindergarten		
Skill	**Goal**	**Goal Description**
Academic Readiness	Classroom Routine	Students learn to follow directions, transition between activities, and engage in group routines.
	Behavior Management	Students learn to use safe hands, manage impulses, and follow behavioral expectations at school.
Communication	Conversation Basics	Students practice starting and maintaining simple conversations by greeting others, asking questions, and taking turns while speaking.

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Skill	Goal	Goal Description
Emotional Recognition	Identifying Feelings	Children explore how to recognize and name their emotions, helping them better understand their internal experiences.
	Changing the Channel on Feelings	This goal introduces strategies to help children shift focus when tough emotions like frustration or disappointment feel overwhelming.
	Keeping an Open Mind	Students learn to try new ideas, listen to others, and be flexible in their thinking during group activities.
	Thinking Positive	Encourages children to build confidence by practicing positive self-talk and focusing on their strengths.
Friendship	Playing with Others	This goal supports cooperative play by teaching children to share, take turns, and include their peers.
	Empathy Essentials	Students learn to notice and understand others' feelings, practicing ways to show kindness and care.
Problem-Solving	Solving a Problem	Children are introduced to a simple problem-solving process to help them navigate challenges during play and learning.
	Handling Conflicts	This goal teaches students how to manage small disagreements, including saying sorry and finding fair solutions with friends.
Self-Regulation	Managing Stress	Children practice calming techniques, like deep breathing, to help them manage big feelings.
	Using Your Self-Controller	Students explore tools to maintain self-control, such as stopping to think or using calm-down strategies.
Situational Awareness	Perspective Taking	Students learn to see situations from another person's point of view.

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Elementary		
Skill	**Goal**	**Goal Description**
Academic Readiness	Classroom Routine	Students learn to navigate daily routines to foster independence and responsibility.
	Working with Others	This goal helps students practice collaboration by sharing ideas, taking turns, and contributing positively in group activities.
	Behavior Management	Students develop self-regulation and problem-solving skills to navigate social and classroom expectations.
	Showing Respect	Students learn to show respect for others through their words and actions.
	Riding the Bus	This goal focuses on teaching students safe and respectful behavior on the bus.
Adaptive Skills	Advocating for Yourself	Students learn the importance of expressing their needs and asking for help.
	Making Decisions	Students explore strategies for making thoughtful choices by identifying options, considering outcomes, and reflecting on their decisions.
	Healthy Habits	This goal teaches students the importance of hygiene, healthy eating, and routines that support physical and mental well-being.
Communication	Conversation Basics	Students practice starting and maintaining conversations by learning skills like greetings, turn-taking, and asking relevant questions.
	Conversation Maintenance	This goal focuses on keeping conversations going by staying on topic, making connected comments, and reading social cues.
	Advanced Conversation Skills	Students learn nuanced communication skills like understanding sarcasm, using humor, and recognizing the appropriate level of detail for different audiences.

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Skill	Goal	Goal Description
Communication	Nonverbal Communication	Students explore the power of body language, visual referencing, tone of voice, and personal space to support their interactions.
	Cyber Skills	Students learn the basics of online communication, including staying safe, respecting digital boundaries, and interacting responsibly on the internet.
Emotional Recognition	Identifying Feelings	Students practice recognizing and naming their own emotions and those of others.
	Changing the Channel on Feelings	This goal teaches students how to shift their focus and cope with tough emotions.
	Keeping an Open Mind	Students learn to try new ideas and follow a new plan.
	Thinking Positive	Students build confidence by focusing on their strengths and practicing self-talk.
Friendship	Playing with Others	This goal helps students practice cooperative play by sharing, taking turns, and resolving conflicts.
	Empathy Essentials	Students learn to understand and respond to others' feelings by practicing active listening, kindness, and compassion.
	Maintaining Friendships	Students learn the qualities of a good friend and explore different types of relationships.
	Handling Teasing and Bullying	This goal teaches students how to recognize, respond to, and seek help when faced with teasing or bullying.
Problem-Solving	Solving a Problem	Students learn a step-by-step process to identify problems, think through solutions, and evaluate outcomes.
	Compromising	This goal focuses on teaching students how to balance their needs with others and work collaboratively toward shared solutions.

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Skill	Goal	Goal Description
Problem-Solving	Handling Conflicts	Students practice resolving conflicts by using respectful communication, understanding different perspectives, and finding fair solutions.
Resiliency	Growth Mindset	Students explore how effort and persistence lead to growth, learning to embrace challenges and view mistakes as opportunities to improve.
	Setting Goals	This goal teaches students to set and work toward their goals by breaking them into steps and tracking their personal progress.
	Accountability & Values	Students reflect on their influences and how they align with personal values.
Self-Regulation	Managing Stress	Students practice strategies to stay calm and focused during challenging situations, such as deep breathing and visualization.
	Using Your Self-Controller	This goal helps students strengthen self-control by pausing before reacting, making thoughtful choices, and managing impulses.
	Being Mindful	Students learn to stay present and focused by practicing techniques like belly breathing, body scans, and gratitude exercises.
	Executive Functioning	Students develop organization and time management skills to help them plan, focus, and complete tasks.
Situational Awareness	Perspective Taking	This goal helps students understand others' viewpoints, build empathy, and improve social interactions.
	Being a Community Member	Students learn to adapt to group settings, use appropriate behaviors in shared spaces, and contribute positively to their community.
	Healthy Relationships	Students explore how to build supportive and respectful relationships with others.
Vocational	Learning Leadership	Students are introduced to leadership skills like responsibility.

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Middle & High School		
Skill	**Goal**	**Goal Description**
Academic Readiness	Working with Others	Students build collaboration skills by learning how to work in groups, communicate effectively, and manage problems that may arise.
	Showing Respect	Students explore how to show respect for diverse perspectives and foster inclusive relationships.
Adaptive Skills	Advocating for Yourself	Students learn to identify their needs, express them confidently, and navigate systems like school or work to achieve their goals.
	Making Decisions	This goal teaches students to evaluate their options and make choices in personal and academic contexts.
	Healthy Habits	Students develop routines for physical and mental well-being.
	Transitioning Grades	Students prepare for academic and social changes by building skills to confidently navigate new environments and expectations.
Communication	Conversation Basics	Students practice initiating, maintaining, and sharing conversations.
	Conversation Maintenance	This goal emphasizes keeping conversations engaging and on-topic through connected comments, active listening, and topic changes.
	Advanced Conversation Skills	Students refine communication by learning to use humor, sarcasm, and nuanced language appropriately in social contexts.
	Nonverbal Communication	Students explore body language, facial expressions, and tone of voice to improve interactions and understand social cues.
	Cyber Skills	Students learn to navigate online communication responsibly, including managing digital friendships, privacy, and respectful interactions.

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Skill	Goal	Goal Description
Emotional Recognition	Identifying Feelings	Students build emotional awareness by recognizing and labeling their own feelings and understanding how emotions influence behavior.
	Changing the Channel on Feelings	This goal teaches students strategies to shift focus, regulate emotions, and cope with challenges in healthy ways.
	Thinking Positive	Students practice positive self-talk and reframing negative thoughts.
Friendship	Playing with Others	This goal helps students engage in group activities by fostering teamwork, cooperation, and fair play.
	Empathy Essentials	Students practice understanding and responding to others' emotions, building stronger relationships.
	Maintaining Friendships	This goal focuses on developing meaningful relationships by exploring trust, boundaries, and behaviors that sustain friendships.
	Handling Teasing and Bullying	Students learn to identify, address, and prevent bullying, while practicing assertive responses and supporting peers.
Problem-Solving	Solving a Problem	Students build problem-solving skills by analyzing situations, considering multiple solutions, and evaluating outcomes.
	Compromising	This goal teaches students to find common ground, negotiate effectively, and maintain positive relationships.
	Handling Conflicts	Students learn to resolve disagreements by communicating calmly, considering perspectives, and finding fair solutions.

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Skill	Goal	Goal Description
Resiliency	Growth Mindset	Students develop perseverance and adaptability by viewing challenges as opportunities to grow and learn.
	Setting Goals	Students practice setting meaningful goals, breaking them into actionable steps, and tracking their progress.
	Accountability & Values	This goal helps students reflect on their actions, align decisions with their values, and take responsibility.
Self-Regulation	Managing Stress	Students learn stress-management techniques to handle challenges effectively.
	Using Your Self-Controller	Students strengthen self-regulation by practicing strategies to pause, reflect, and make choices.
	Being Mindful	Students practice staying present through techniques like deep breathing and self-reflection.
	Executive Functioning	This goal focuses on organization, time management, and prioritization to help students succeed academically and personally.
Situational Awareness	Perspective Taking	Students build problem-solving skills by analyzing situations, considering multiple solutions, and evaluating outcomes.
	Being a Community Member	This goal teaches students to find common ground, negotiate effectively, and maintain positive relationships.
	Healthy Relationships	Students learn to resolve disagreements by communicating calmly, considering perspectives, and finding fair solutions.
	Dating	Students learn to navigate romantic relationships by understanding healthy boundaries, communication, and mutual respect.

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Skill	Goal	Goal Description
Vocational	Professional Skills	This goal prepares students for the workplace by teaching interviewing and job skills.
	Learning Leadership	Students develop leadership abilities by practicing decision-making, collaboration, and setting a positive example for others.



Whole-Class Lessons (Tier 1)

Preschool		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: Identifying My Feelings	Learners are introduced to the concept of feelings and begin to explore how emotions show up in their bodies. This foundational lesson helps students start to recognize and name what they are feeling as the first step toward emotional self-awareness.
	Lesson 2: Handling Big Feelings	Big feelings can feel overwhelming, especially for young learners. In this lesson, students are introduced to the idea that big feelings are normal and that there are tools and strategies we can use to handle them. Learners begin to build their "Big Feelings Toolbox" with strategies they can return to throughout the year.
	Lesson 3: Understanding Our Feelings	Learners are taught to understand their own physiological cues by noticing the body signals that tell us how we are feeling. Once we learn to notice these cues within ourselves, we are better equipped to prevent our feelings from taking control of our actions.
	Lesson 4: Labeling Feelings	When we notice and understand our feelings, we can begin to label them. In this lesson, learners will have the opportunity to practice identifying and labeling a range of emotions, building the emotional vocabulary needed to communicate how they feel.

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Competency	Lesson Title	Lesson Description
Unit 1: **Self-Awareness**	Lesson 5: Sharing Feelings	Learners explore what it means to share how they are feeling with others. This lesson introduces the importance of expressing emotions in healthy ways, helping students understand that talking about their feelings is a positive thing to do.
	Lesson 6: How to Share Feelings	Knowing we should share our feelings is just the first step, but knowing how is equally important. In this lesson, learners are given concrete steps and language for sharing their feelings with others in an effective way.
	Lesson 7: Maintaining Self-Control	Learners will be equipped with the skills and strategies needed to prevent big feelings from taking over. Calm-down strategies such as taking deep breaths, counting to 10, taking a break, and positive thinking are highlighted and practiced.
	Lesson 8: My Self-Control Tools	In this lesson, learners will explore a variety of self-control strategies and identify which ones work best for them. By personalizing their own self-control toolbox, students are more likely to reach for these tools whenever they need them.
Unit 2: **Self-Management**	Lesson 9: Choosing Calm	Learning to manage feelings of anger when they arise is crucial to self-regulation. Learners will be taught strategies for keeping control of their minds and bodies the next time they feel angry, with an emphasis on making the active choice to stay calm.
	Lesson 10: My Calming Toolbox	In this lesson, learners explore a variety of calming strategies and identify which ones work best for them. By building a personalized calming toolbox, students are more prepared to regulate their emotions across different situations.
	Lesson 11: Using Belly Breathing	Learners are taught step-by-step how to use belly breathing as a quick and effective calming strategy. Belly breathing is a research-supported technique that helps children calm down when they are feeling upset, nervous, or frustrated.

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Competency	Lesson Title	Lesson Description
Unit 2: **Self-Management**	Lesson 12: How to Belly Breathe	There are many benefits and situations where belly breathing can help. In this lesson, learners revisit how to belly breathe and sequence the steps to putting this skill into practice.
	Lesson 13: What is the Calming Corner?	Learners are introduced to the concept of a Calming Corner, a designated space where they can go to regulate their emotions. This lesson teaches students what the Calming Corner is, what it is used for, and how it can support them when their feelings feel too big to handle.
	Lesson 14: Using the Calming Corner	Now that learners understand what the Calming Corner is, this lesson focuses on how and when to use it. Students explore the tools available to them in the Calming Corner and practice choosing the right strategy to return to a calm mind and body.
	Lesson 15: Keeping Self-Control	Learners revisit the concept of self-control and practice applying the strategies they have learned so far. This lesson reinforces the idea that keeping self-control is an ongoing skill that takes practice, patience, and awareness of how our bodies feel.
	Lesson 16: Self-Control Strategies	In this lesson, learners review and consolidate the range of self-control strategies they have been building throughout the unit. Students are given the opportunity to reflect on which strategies work best for them and practice applying them to different emotional scenarios.
Unit 3: **Social Awareness**	Lesson 17: Friendship Skills	Learners are introduced to the foundational skills needed to form and maintain friendships. This lesson explores what it means to be a good friend, giving students the language and social tools they need to begin building positive peer relationships.
	Lesson 18: Making New Friends	Making new friends can feel intimidating, but the right tools can make it easier. In this lesson, learners observe and practice the steps involved in introducing themselves and starting a conversation with a new peer, building confidence in social situations.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social Awareness**	Lesson 19: Being a Friend	Being a good friend means more than just playing together — it also means knowing when to speak up and when to get help. This lesson introduces the important distinction between tattling and telling, helping learners understand how to be a trustworthy and caring friend.
	Lesson 20: Handling Conflict	Even good friends sometimes disagree. In this lesson, learners are introduced to simple strategies for handling conflict with friends in constructive ways. Students practice what it looks and sounds like to work through a problem with a peer and "fix" the friendship.
	Lesson 21: Tuning In	Listening skills are the foundation for success in the school environment. This lesson highlights key strategies to help students become more present and attentive listeners in the classroom.
	Lesson 22: Learning to Listen	We can use a variety of different tools and strategies to become better listeners. In this lesson, learners explore different listening strategies and have the opportunity to select the ones that work best for them to add to their personal Listening Toolbox.
	Lesson 23: Following Directions	The goal of this lesson is to give students the tools and understanding needed to not only follow directions, but to do so the first time they are given. Learners are taught that by limiting distractions and using their listening strategies, following directions becomes much easier.
	Lesson 24: Being a First-Time Listener	Learners have the opportunity to demonstrate and apply their knowledge of what it looks like to be a First-Time Listener. When students know and can sequence the steps of following directions, they are more likely to carry this skill into everyday classroom life.
Unit 4: **Relationship Skills**	Lesson 25: Sharing	Sharing toys can be hard for young learners, but understanding the impact it has on others makes it easier. Learners are introduced to how others feel when we share, and how they feel when we don't, beginning to develop empathy and the motivation to be a caring friend.

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Competency	Lesson Title	Lesson Description
Unit 4: **Relationship Skills**	Lesson 26: Play Skills	In this lesson, learners are given verbal models of ways to interact and engage with friends during play. When we equip learners with the language and social skills needed to share and take turns, they are more likely to apply these skills across home and school environments.
	Lesson 27: Asking a Friend to Play	Learners are shown and equipped with the appropriate steps and actions to take when asking their peers to play. This lesson also helps students practice reading social cues to determine whether a friend might be interested in playing with them.
	Lesson 28: Including Others	In a step-by-step breakdown, learners will become more confident approaching peers and inviting them to join in play. Children learn the importance of using a friendly greeting and positive body language before ultimately extending an invitation to a peer.
	Lesson 29: Accepting No	Not everyone will want to play every time and learning to accept that is an important social skill. In this lesson, learners explore what to do when a friend doesn't want to play, building resilience and the understanding that a "no" is not a reflection of their worth.
	Lesson 30: Playing with Others	Successful play with others involves more than just being physically present. It requires sharing ideas, taking turns, and being flexible. This lesson helps learners practice the give-and-take of play by exploring how to share play ideas and include others in decision-making.
	Lesson 31: Learning to Apologize	Learners are introduced to the important skill of apologizing. This lesson teaches students when and why to say "sorry," helping them understand that a genuine apology is a powerful way to repair a friendship and show others that we care about how they feel.
	Lesson 32: Forgiveness	Saying sorry is important, but so is learning to accept an apology and forgive. In this lesson, learners explore what forgiveness means and why it matters. Students practice the steps of both giving and receiving an apology, completing the cycle of conflict resolution.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 33: Making Good Choices	Learners will be introduced to the concept of problem-solving by first learning how to recognize and communicate a problem. Students learn that telling a trusted adult about a problem is often the first and most important step toward finding a solution.
	Lesson 34: Learning to Problem Solve	There is rarely a "one-size-fits-all" solution to the problems our learners face. In this lesson, learners explore a variety of problem-solving strategies and begin building a personal Problem-Solving Toolbox they can draw from when challenges arise.
	Lesson 35: Asking for Help	Knowing when and how to ask for help is a critical life skill. In this lesson, learners identify the trusted adults in their lives who can help them when they face a problem, building confidence in seeking support when they need it most.
	Lesson 36: Seeking Support	Learners explore the different helpers in their lives, at school and at home, and practice how to reach out to them. By mapping out their network of support, students feel more prepared and empowered to ask for help when they encounter a challenge they cannot solve on their own.
	Lesson 37: Asking for What I Need	Learners are taught the importance of speaking up for themselves and shown what it looks like to ask for what they need. This lesson lays the foundation for self-advocacy by helping students understand that expressing their needs is not only okay, but it is encouraged.
	Lesson 38: Self-Advocacy Skills	Learners are equipped with the concrete steps to take when asking for what they need, both inside and outside of school. Students will see how speaking up for themselves can help them get the support they need.
	Lesson 39: Fairness	In this lesson, learners are introduced to the concept of fairness and explore what fair play looks and feels like. Students practice taking turns, following rules, and being a good sport, understanding that fairness makes everyone feel respected and included.
	Lesson 40: Being Fair	This lesson reinforces the strategies that help students play fair with others, helping see themselves as responsible members of their classroom community.

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Whole-Class Lessons (Tier 1)



Kindergarten		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: Intro to Growth Mindset	Learners are introduced to the concept of a Growth Mindset for the first time. This foundational lesson helps students understand that their brains can grow and get stronger with effort and practice, setting a positive tone for learning throughout the year.
	Lesson 2: Using a Growth Mindset	Students explore real-life examples of using a Growth Mindset and practice matching situations to positive self-talk responses, building their ability to apply this thinking in their daily lives.
	Lesson 3: Learning to Be Resilient	Resilience is the ability to keep going even when things feel hard. In this lesson, learners are introduced to the concept of trying their best and not giving up, understanding that making mistakes and facing challenges are a normal and important part of learning.
	Lesson 4: Practicing Resiliency	Learners have the opportunity to put their understanding of resilience into practice. Students explore what it looks and feels like to persist through challenges, reinforcing the belief that effort and a positive attitude lead to growth.
	Lesson 5: Communicating Our Feelings	Telling others how we feel can be hard. In this lesson, learners are taught the steps used to communicate their feelings, giving them a clear and manageable framework to express themselves even when emotions feel big.
	Lesson 6: Using "I-Feel" Words	Learners are taught how to use "I Feel" statements as a structured way to communicate their emotions. Using this explicit framework, students will exhibit greater success expressing how they feel, even in moments when they are upset or frustrated.

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Competency	Lesson Title	Lesson Description
Unit 1: **Self-Awareness**	Lesson 7: Perspective Taking	Not everyone thinks or feels the same way we do. In this lesson, learners are introduced to the importance of considering others' feelings and recognizing that different people can have very different reactions to the same situation.
	Lesson 8: How Do Others Feel?	This lesson deepens learners' understanding of perspective taking by teaching them how to become "feelings detectives." Students are encouraged to use perspective taking skills to consider a situation and the emotional response it could cause.
Unit 2: **Self-Management**	Lesson 9: Positive Self-Talk	The way we talk to ourselves has a powerful impact on how we feel and how we perform. In this lesson, learners are introduced to the concept of self-talk and discover the difference between helpful and unhelpful inner voices, with an emphasis on the importance of practicing positive self-talk every day.
	Lesson 10: Using Self-Talk	Learners build on their introduction to self-talk by practicing one of its most important applications: flipping negative self-talk statements into positive ones.
	Lesson 11: Asking for What I Need	Learners explore what it means to use their words to get their needs met. This lesson helps students understand that asking for what they need is a healthy and effective strategy, and that using kind, clear language is more powerful than acting out or shutting down.
	Lesson 12: Using My Words	Building on the previous lesson, learners practice the specific language and steps involved in using their words to communicate needs and solve problems. By giving students concrete phrases and models, this lesson increases the likelihood that they will apply this skill across home and school settings.
	Lesson 13: Keeping a Safe Body	Learners are introduced to the concept of body safety at school, exploring what it means to keep their body safe and respectful in a classroom environment. Students learn how safe bodies contribute to a positive and calm learning space for everyone.

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Competency	Lesson Title	Lesson Description
Unit 2: **Self-Management**	Lesson 14: Self-Control Strategies	In this lesson, learners review and build upon the self-control strategies available to them. Students identify which strategies work best for them and practice applying those strategies to different situations, reinforcing their ability to manage their bodies and emotions in school.
	Lesson 15: Feeling Good About Ourselves	Our thoughts, words, and actions have a big effect on how we feel about ourselves. In this lesson, learners explore how speaking kindly to ourselves and others can quickly and positively change our mood, building a sense of self-worth and confidence.
	Lesson 16: Positive Thinking	When we encourage positive thinking, it broadens learners' sense of possibility and helps them develop new skills more easily. In this lesson, students practice identifying positive thoughts and learn how cultivating an optimistic outlook supports resilience and overall well-being.
Unit 3: **Social Awareness**	Lesson 17: Being Helpful	Being helpful can take many forms, from helping clean up to doing something kind for a friend in need. In this lesson, learners explore what it looks like to be helpful at school, understanding that acts of helpfulness are a meaningful way to show care and respect for others.
	Lesson 18: Respecting Others	In this lesson, learners extend their understanding of helpfulness to their home environment, recognizing that considering others' feelings, not just their own, is at the heart of being a respectful community member.
	Lesson 19: Perspective Taking	Learners deepen their social awareness by exploring what it means to see a situation from someone else's point of view. This lesson helps students recognize that others may experience the same events very differently, building the empathy and open-mindedness needed to interact positively with peers and adults.
	Lesson 20: Flexible Thinking	Flexible thinking is the ability to consider new ideas and adapt when things do not go as expected. In this lesson, learners are introduced to what it means to be a flexible thinker and practice applying this skill to everyday situations, strengthening their ability to navigate challenges and changing circumstances with a positive attitude.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social Awareness**	Lesson 21: Different Feelings	Two people can experience the exact same situation and walk away with completely different feelings. In this lesson, learners explore how and why people can have different emotional responses, building their awareness that there is rarely one "correct" way to feel about something.
	Lesson 22: Considering Others' Feelings	Once learners understand that others may feel differently than they do, the next step is learning to consider those feelings before acting. This lesson equips students with the habit of pausing to think about how their words and actions might affect the people around them, reinforcing the foundation of empathy.
	Lesson 23: Gaining Independence	Learners are taught what it means to be independent and why independence is an important skill to practice. This lesson encourages students to approach small challenges on their own before asking an adult for help, building problem-solving confidence and a sense of personal capability.
	Lesson 24: Solving My Problems	To solve a problem, we must first recognize it and then find a good solution. In this lesson, learners are given the opportunity to practice solving their own problems, with a focus on identifying one area where they can practice being more independent as a learner.
Unit 4: **Relationship Skills**	Lesson 25: Caring About Others	When we care about others, we think about their feelings and well-being. In this lesson, learners explore what it means to truly care about someone and why it is important to act in ways that are kind, fair, and considerate of others.
	Lesson 26: Being a Good Friend	Being a good friend goes beyond just spending time together. In this lesson, learners explore the many ways we can show others that we care, from kind words to helpful actions, building a deeper understanding of what healthy and supportive friendships look like.
	Lesson 27: Handling Conflict	Disagreements with friends happen, and knowing how to handle them is a key relationship skill. In this lesson, learners explore what to do when they feel upset with a friend, learning constructive strategies for expressing their feelings and working toward a resolution.

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Competency	Lesson Title	Lesson Description
Unit 4: **Relationship Skills**	Lesson 28: Problem-Solving with Friends	Learners take their conflict resolution skills one step further by practicing how to actively solve a problem with a peer. Students build the confidence and language needed to work through disagreements and repair friendships.
	Lesson 29: Including Others	Inclusion means making sure everyone feels welcome and valued. In this lesson, learners explore what it looks and feels like when everyone is invited to play, developing an understanding of why it is important to make sure no one is left out.
	Lesson 30: Asking Others to Play	Learners are equipped with the concrete steps and language needed to invite a peer to play. This lesson gives students the tools to approach others with confidence and kindness, increasing the likelihood that they will initiate positive social interactions across different settings.
	Lesson 31: Joining a Group Playing	Learning how to join a group that is already playing is a foundational social skill. In this lesson, learners observe the skill broken down into manageable steps, increasing the likelihood that they will carry this skill into their classroom and playground interactions with greater confidence.
	Lesson 32: Steps to Joining the Group	In this lesson, learners are given the opportunity to sequence and practice the steps involved in joining a group of peers. Students build the social awareness needed to integrate themselves into group play successfully.
Unit 5: **Responsible Decision-Making**	Lesson 33: Taking a Break	Learners are taught the basics of recognizing when they are no longer in control of their bodies and emotions, and what to do about it. This lesson introduces the idea of taking a break as a proactive strategy, with the goal of helping students stay safe and return to a calm mind and body.
	Lesson 34: What Kind of Break Do I Need?	Not every break looks the same. In this lesson, students will identify how different feelings are best suited for different types of breaks, building the decision-making skills needed to choose the most effective tool in the moment.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 35: Classroom Transitions	Transitioning from one activity to another can be a challenging moment for many young learners. In this lesson, students explore what a smooth and respectful transition looks like and learn specific strategies they can use to shift their attention and energy when moving to a new activity.
	Lesson 36: Transitioning Activities	Learners build on their understanding of transitions by practicing what it looks and sounds like to move between activities in a calm and responsible way. By establishing clear routines and expectations, this lesson helps students feel more confident and in control during times of change.
	Lesson 37: Caring for Our Classroom	A well-cared-for classroom is a space where everyone can feel safe and ready to learn. In this lesson, learners explore what it means to take care of the materials, spaces, and people in their classroom community, understanding that being a good steward of their environment is an act of respect for everyone in it.
	Lesson 38: Showing Room Respect	Learners take their understanding of classroom care a step further by exploring what it looks like to show respect for their shared learning space every day. Students connect responsible behavior in the classroom to their role as a positive community member and role model.
	Lesson 39: Being a Problem-Solver	Learners are introduced to a clear set of steps for solving problems on their own. This lesson builds decision-making confidence by giving students a repeatable process they can use when they encounter challenges, helping them feel more capable and less reliant on adult intervention for everyday problems.
	Lesson 40: Learning from Mistakes	Making mistakes is a normal and valuable part of growing and learning. In this lesson, learners explore the idea that mistakes do not define us, but rather teach us. Students practice reframing mistakes as opportunities and discover that a willingness to try again is one of the most important qualities a role model can have.

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Grade 1		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: Introducing Growth Mindset	Learners will be introduced to the concept of 'growth mindset.' When we use a growth mindset and believe we have the power to improve at something, it makes a huge impact on our skills and ability to succeed.
	Lesson 2: Building a Growth Mindset	Learners will practice labeling examples of a growth vs. fixed mindset. A growth mindset allows us to understand that we can improve our skills with time and effort. A fixed mindset keeps us limited to believing we will not achieve more.
	Lesson 3: We All Have Feelings	We explain the importance of being able to tell how someone feels and model what it looks like when we stop to observe others' feelings. Learners will learn that they can use the clues on the outside to tell how someone feels on the inside.
	Lesson 4: Our Thoughts & Feelings	Learners will practice labeling how others are feeling while playing a fun and interactive game.
	Lesson 5: Who are My Supports?	Building a strong foundation around you is important for personal well-being and school success. Learners will think about their own support system and who in their life they can look to for support.
	Lesson 6: Building Strengths	Learners will take inventory of their own strengths and weaknesses and build off of the previous lesson of support systems in order to foster and continue to grow their strengths over time.
	Lesson 7: Using Positive Self-Talk	Positive Self-Talk is an important tool and an integral part of building a growth mindset. The way we speak to ourselves can significantly impact our level of achievement and motivation.
	Lesson 8: Feeling Good About Ourselves	Practice using Positive Self-Talk by completing this fun craft activity that allows a positive mindset to blossom!

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Competency	Lesson Title	Lesson Description
Unit 2: **Self-Management**	Lesson 9: Introduction to Mindfulness	Learners will be introduced to the concept of 'mindfulness". Practicing mindfulness helps us to calm down and be kind to ourselves and others by using our body clues to help us determine how we are feeling.
	Lesson 10: Using Mindfulness	Learners will explore and practice different mindfulness strategies by picking strategies or 'tools' to add to their toolbox!
	Lesson 11: Calm Body, Calm Choices	When we have a calm mind and body, we are more likely to make safe and calm choices. Learners will be taught different strategies they can use to regain a sense of calm.
	Lesson 12: Practicing Making Calm Choices	Learners will practice making calm choices with a fun and interactive self-regulation game.
	Lesson 13: Learning Self-Control Strategies	Gaining and understanding the power of self-control is key in self-regulation and self-management. Learners will explore and practice a new self-control strategy called Balloon Breathing.
	Lesson 14: Using Self-Control Strategies	We gain self-control when we become attuned to our own emotions. Learners will explore more self-control strategies and ideas while playing an interactive game.
	Lesson 15: Goal-Setting Introduction	It is important to reflect on things in school, at home, and in other areas of our life that have room for improvement. In this lesson, learners will be introduced to the idea of setting a goal for something they want to get better at while maintaining a growth mindset.
	Lesson 16: Setting My Own Goals	Learners will practice setting their own goals with a goal-setting brainstorming activity. Follow a set of simple steps that are made for beginning writers. The written goal will be personal, specific, and attainable in one month.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social-Awareness**	Lesson 17: We All Have Different Views	This lesson introduces the idea that we all have our own views and opinions. Learners will be taught the importance of perspective-taking and putting themselves in others' shoes when working, playing, or talking with others.
	Lesson 18: Seeing Others' Point of View	Learners will practice seeing and identifying others' points of view and feelings with an emotion identification game.
	Lesson 19: Ways to Show Kindness	Showing kindness is an important part of living a fulfilled life. When we are kind, more positive feelings and positive interactions are exchanged between one another. Learners will be taught ways they can show kindness to others. They will learn about the effect kindness has on themselves and those around them.
	Lesson 20: Being Kind	Learners will practice what it looks and sounds like to be kind versus unkind to one another with an interactive activity.
	Lesson 21: Learning Respect	Learning the importance of respecting ourselves and others is an integral part of success. Learners will be introduced to what it means and looks like to show others respect. Specifically, learners will be taught the importance of showing respect to teachers and adults.
	Lesson 22: Respecting Others	Learners will continue to learn about the importance of respect and will see what it looks like to show respect to their peers.
	Lesson 23: How We Treat Others	We live in a world where everyone is different and unique. In this lesson, learners will be taught that even though someone might be different from them, it is still important to treat them with respect and kindness.
	Lesson 24: Celebrating Differences	Learners will celebrate everyone's differences by practicing what it looks like to show respect with an interactive activity.

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Competency	Lesson Title	Lesson Description
Unit 4: **Relationship Skills**	Lesson 25: The Golden Rules of Play	There are 5 Golden Rules of Playing with others. These golden rules ensure that everyone has fun and feels respected when they play with us. Learners will be taught the 5 golden rules of play and why these rules are so important.
	Lesson 26: Playing With Others	Learners will practice the Golden Rules of Play and improve their play skills with a fun and interactive game!
	Lesson 27: Being a Good Sport	Learners will be taught what it means to be a good sport and why being a good sport is so important when playing with others.
	Lesson 28: How to be a Good Sport	Learners will have the opportunity to practice strategies and ways to be a good sport with a fun and engaging interactive activity.
	Lesson 29: Asking For & Giving Help	Asking for help lets others know that we want to learn. Giving help shows kindness. Learners will be introduced to how to ask for help and how to give help.
	Lesson 30: Being Helpful	Being helpful requires learners to look out for certain clues that signal someone may need help. In this lesson, learners will be taught to practice perspective-taking so that they can be helpful towards others.
	Lesson 31: Apologizing	We all make mistakes, and that's okay! The important thing is that we apologize when we make a mistake. Learners will be taught what it looks like and means to apologize.
	Lesson 32: Getting Along With Others	We can't always get our way. If we always try to control the situation, others will not want to be around us or get along with us. In this lesson, learners will learn the importance of getting along with others and strategies they can use to do so.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 33: Staying Calm to Solve a Problem	We know that it is very hard to solve a problem and make good decisions when we are not calm. Learners will be taught how to 'press pause' before solving a problem they might be facing.
	Lesson 34: Problem-Solving Steps	Learners will be introduced to the steps towards solving a problem and the importance of being fair with this game.
	Lesson 35: Making Good Decisions	Some decisions are harder to make than others, and as we get older, we have more and more decisions to make each day. In this lesson, learners will be taught the steps for making a good decision.
	Lesson 36: Practice Solving Problems	In this lesson, learners will practice solving problems with a fun and interactive game.
	Lesson 37: Being Fair	Learners will practice being fair when solving problems they face with an interactive problem-solving video.
	Lesson 38: Making Smart Choices	With decisions come choices. Learners will think about and reflect on what it means to make a smart choice.
	Lesson 39: Healthy Habits: THINK Method	It is important to think before we speak. In this lesson, learners will be introduced to a health habit called the THINK Method.
	Lesson 40: THINKING Before We Speak	Learners will explore the impact their words have on others and the importance of using the THINK method before they speak.

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Grade 2		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: Growth vs. Fixed Mindset	Learners will be taught the difference between having a growth versus a fixed mindset. When we use a growth mindset instead of a fixed mindset, we believe we can succeed and improve.
	Lesson 2: Using Your Growth Mindset	Learners will have the opportunity to practice training their brain to think more positively by using their Growth Mindset.
	Lesson 3: My Emotions, My Choices	We have the power to recognize our emotions and take action based on how we are feeling. Learners will explore the benefits of turning inward to assess how big emotions make them feel in order to decide the best coping strategy to use.
	Lesson 4: Getting in Touch with Ourselves	In this lesson, learners will practice assessing and reflecting on their emotions with a fun and interactive game.
	Lesson 5: Determining Our Strengths	We all have strengths and weaknesses, and it is important to reflect on them! In this lesson, learners will be taught how to recognize and reflect on their own strengths.
	Lesson 6: Building Our Strengths	Learners will be invited to reflect on their personal strengths in different areas of their life.
	Lesson 7: How We Talk to Ourselves	Our inner voice plays a huge role in our success and how we feel about ourselves. In this lesson, learners will be taught how to notice and replace negative self-talk with positive self-talk.
	Lesson 8: Growing Confidence	As we practice replacing negative self-talk with positive self-talk, our confidence grows. In this lesson, learners are given the opportunity to grow their self-confidence by practicing positive self-talk.

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Competency	Lesson Title	Lesson Description
Unit 2: **Self-Management**	Lesson 9: Using Deep Breaths to Calm Down	When feeling overwhelmed and experiencing strong emotions, we can always come back to our breath to help us return to equilibrium. In this lesson, learners discover the power of taking deep breaths.
	Lesson 10: Maintaining Self-Control	Learners explore that there are things in life that we can and cannot control. When something that is out of our control makes us upset, we have the power to maintain a sense of calm and self-control using a variety of strategies.
	Lesson 11: Using Your Self-Controller	Learners practice using self-control to manage their emotions with an exploratory series of virtual interactions.
	Lesson 12: Working Through Challenges	We all face challenges and have to decide on the best solutions when working through those challenges. Learners will explore different challenges and their solutions.
	Lesson 13: Tuning In	Tuning in helps us observe where we are, how we are feeling, and how to best respond to our emotions, situations, or environment. Learners will be taught how to tune in and why it is an important skill to practice.
	Lesson 14: Thinking About Others	It is always important to consider others' feelings to keep those around us feeling good. In this lesson, learners will be taught the steps that help us to think about others.
	Lesson 15: Setting Goals	We set goals to keep us focused on something we want to accomplish. In this lesson, learners will learn some tips for how to set a goal.
	Lesson 16: How We Behave in School	It is important to be on our best behavior in school to ensure we are setting a good example, thinking about others, and keeping ourselves and those around us safe. In this lesson, learners will participate in a fun and interactive game to practice good school behavior.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social-Awareness**	Lesson 17: Seeing Others' Point of View	The ability to see others' points of view and place ourselves in others' shoes is an important skill when it comes to building social awareness. In this lesson, learners will be taught how to see others' points of view and why it matters.
	Lesson 18: Recognizing How Others Feel	In this lesson, learners will be taught the steps to take in order to identify, recognize, and acknowledge others' emotions.
	Lesson 19: Getting Along With Siblings	This lesson teaches the importance of respecting family members. Learners will specifically discover ways they can resolve conflicts with their siblings. These skills can be transferred to resolving conflicts with friends and peers.
	Lesson 20: Being Thoughtful	Learners will practice being thoughtful by partaking in an activity that involves recognizing classmates or peers for being kind to one another.
	Lesson 21: Expressing Yourself	This lesson teaches learners that it is important to express your feelings and advocate for yourself when you are in need in a calm and respectful way.
	Lesson 22: Say How You're Feeling	Learners are taught to say how they are feeling in a polite manner while also respecting others' thoughts, feelings, and opinions.
	Lesson 23: We're All Unique	We all bring different ideas and perspectives to the world. Learners will be taught the value of celebrating each of our differences and embracing our uniqueness.
	Lesson 24: Situational Awareness	Observing our surroundings helps us to make good decisions and be more aware of others' feelings. Learners will be provided with the opportunity to assess multiple situations and decide how to respond in a respectful manner.

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Competency	Lesson Title	Lesson Description
Unit 4: **Relationship Skills**	Lesson 25: The Five Steps to Play	Learners will explore the five steps to play, which helps them break down playing games with others into five easy steps, so everyone has fun.
	Lesson 26: Seeking Out Friends	In the lessons, learners are taught to reflect on the interests and qualities they look for in a friend in order to seek out positive friendships.
	Lesson 27: Including Everyone	Learners will be taught that it is important to include everyone when working or playing with others to ensure everyone feels valued.
	Lesson 28: How to be Inclusive	Learners will be taught the effects leaving others out has. They will learn ways to be more inclusive and why including others is important.
	Lesson 29: Fairness	In this lesson, learners will be taught the meaning of fairness, how to assess whether something is fair or unfair, and how to best respond when something seems unfair.
	Lesson 30: Being Fair With Friends	Learners will have the opportunity to practice being fair with friends by working through a variety of virtual scenarios.
	Lesson 31: Being a Good Sport	Learners will practice good sportsmanship with a fun and interactive learning activity.
	Lesson 32: Friendship Conflicts	In this lesson, learners practice conflict resolution with friends. When conflicts between friends arise, it is important to remain calm, be respectful, and consider others' feelings in order to work towards a solution.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 33: Being a Problem Solver	Learners will see what it looks like to be a problem solver. In this lesson, we will break down problems step by step in order to determine the best solutions!
	Lesson 34: Practice Problem-Solving	Learners will practice improving their problem-solving skills with a fun and interactive game.
	Lesson 35: Thinking Before We Speak	When we don't think before we speak, we can hurt other people's feelings. In this lesson, learning will be introduced to the THINK method in order to be sure they stop and think before they speak.
	Lesson 36: Think It or Say It	Some thoughts are better left unsaid. In this lesson, learners will practice evaluating whether they should keep a thought in their head or say it out loud.
	Lesson 37: Safe Situations	Our decisions can keep us safe or put us in danger. Learners will be taught how to recognize whether a situation is safe or unsafe and what to do when something seems unsafe.
	Lesson 38: Recognizing Safe Situations	Learners will practice recognizing whether a situation is safe or unsafe with an interactive activity.
	Lesson 39: Healthy Habits: Learning About What We Eat	In this lesson, learners will be introduced to what it means to have healthy eating habits and why making healthy choices is so important for our minds and bodies.
	Lesson 40: Healthy Habits: Keeping Us Healthy	Learners will practice identifying healthy eating habits with a coloring activity.

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Grade 3		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: The Power of Yet	Learners will see what it looks like to utilize a growth mindset by incorporating the word “yet” into their vocabulary.
	Lesson 2: Learning to Say Yet	Learners will practice turning fixed mindset statements into growth mindset statements by utilizing the power of ‘yet.’
	Lesson 3: Identifying Feelings	In this lesson, learners will practice interpreting and identifying emotions with this interactive experience.
	Lesson 4: Recognizing Feelings Around You	Learners will have the opportunity to practice recognizing and understanding the feelings of those around them with this interactive game.
	Lesson 5: Building Self-Esteem	In this lesson, learners will be introduced to the importance of having positive self-esteem. The ways learners can build their self-esteem will be discussed and explored.
	Lesson 6: Focusing on Self-Talk	Our inner thoughts play a large role in our level of confidence. In this lesson, learners will practice building their self-esteem with this positive self-talk interactive activity.
	Lesson 7: Keep Trying Even If It's Hard	It’s important not to give up just because something is difficult. In this lesson, learners will be taught ways they can shift their attitude and inner thoughts in order to keep trying even when things get hard.
	Lesson 8: Growing Resilience	Learners will practice showcasing resilience by brainstorming positive thoughts and actions in order to work through proposed challenges.

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Competency	Lesson Title	Lesson Description
Unit 2: **Self-Management**	Lesson 9: Managing Your Feelings	Changing the Channel on Feeling helps learners manage and self-regulate when experiencing powerful emotions. In this lesson, learners will be shown how to get back in control of their emotions when they start to feel overwhelmed.
	Lesson 10: Ranges of Feelings	It is normal to experience a wide range of feelings and emotions as we go throughout our day. In this lesson, learners will have the opportunity to practice self-control and various calming strategies in order to Change the Channel on their feelings and reactions.
	Lesson 11: Belly Breathing Introduction	Belly Breathing is a calming strategy with a variety of mental and physical health benefits. In this lesson, learners will be taught how to belly breathe and when to use it.
	Lesson 12: Stress Busting Strategies	Learners will continue to practice stress management with a new strategy called the Self-Controller Scanner.
	Lesson 13: Self-Regulation	In this lesson, learners will participate in an interactive game to apply their newly acquired self-regulation skills and strategies.
	Lesson 14: Succeeding in School	When we set goals for ourselves, we are more likely to achieve them. In this lesson, learners will practice brainstorming and writing personal and school goals.
	Lesson 15: Becoming a Listener	Listening is key to building positive relationships and achieving success in school and life. In this lesson, learners will be taught the importance of listening in class to show respect and to help us learn.
	Lesson 16: Following Directions Steps	Learners will be reminded of the steps to take in order to ensure they are following directions. Following directions demonstrates independence and helps us to be successful as we learn.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social-Awareness**	Lesson 17: Empathy Essentials	Empathy is understanding how someone else feels and showing them we care. In this lesson, learners will be taught how to feel and show empathy.
	Lesson 18: Showing Empathy	When we understand and showcase empathy, we build stronger, more positive, and successful relationships. In this lesson, learners will practice showing empathy to others with an interactive activity.
	Lesson 19: Are You a Team Player?	In this lesson, learners will be taught how to be a team player and will learn about the positive impacts being a team player and working well with others has on their relationships and interactions.
	Lesson 20: Working in Groups	Learners will be taught to recognize the key language phrases and strategies that effectively help groups work together in order to successfully distribute tasks, accept suggestions, respectfully disagree, and keep others on task.
	Lesson 21: Showing Respect	Respect is treating others in a way that makes them feel valued. In this lesson, learners will be taught the foundations of showing respect.
	Lesson 22: Respecting Everyone	It is very important to respect others regardless of their race, gender, culture, abilities, and interests. Learners will see what it looks like to respect someone even when we disagree.
	Lesson 23: Talking About Bullying	There's a difference between friendly teasing, hurtful teasing, and bullying. In this lesson, learners are taught the definition of bullying and are shown models of the four types: verbal, physical, social, and cyber.
	Lesson 24: Standing Up to Bullying	In this lesson, learners are taught the difference between being a bystander and being an upstander when it comes to bullying. It is important to be an upstander when we witness someone being bullied.

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Competency	Lesson Title	Lesson Description
Unit 4: **Relationship Skills**	Lesson 25: Foundations of Friendship	Learners will review the basic steps of seeking out quality friendships and learn how to build stronger relationships over time.
	Lesson 26: Friendship Qualities	Many qualities and skills are important to consider when it comes to friendship. In this lesson, learners will practice identifying qualities they should look for in a true friend.
	Lesson 27: Compromising With Others	Compromising means giving up part of what you want to allow someone to have part of what they want. In this lesson, learners will be taught how to compromise with others and the importance of applying this skill in their relationships.
	Lesson 28: How to Compromise	In this lesson, learners will practice compromising with others by brainstorming ideas that will appease everyone involved in the scenarios provided.
	Lesson 29: Forgiving Others	In this lesson, learners will be taught the importance of forgiveness and the steps to take in order to forgive others.
	Lesson 30: The Power of Forgiveness	When we choose forgiveness, we let go of negative feelings and become happier and healthier individuals! In this lesson, learners will reflect on the feelings associated with forgiveness.
	Lesson 31: Handling Conflict	In this lesson, learners will be taught how to appropriately navigate through conflicts that arise between friends.
	Lesson 32: Solving Problems with Friends	In this lesson, learners will practice solving problems that arise between friends with an interactive game.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 33: Understanding Consequences	Accepting a consequence can be difficult. However, if we don't accept the consequences of our actions, our situation is likely to become worse. This lesson defines consequence and teaches learners how to calm down in order to make the best choice.
	Lesson 34: Accepting a Consequence	In this lesson, learners will practice navigating situations where they have to take responsibility and accept the consequence of their actions.
	Lesson 35: Solving My Own Problem	Learners will be taught the steps to successfully solve a problem and will learn how to apply this strategy in their own life.
	Lesson 36: Reacting to Problems	Not all problems we face are the same. Some problems are small and can be solved on your own, while other problems are big and need a trusted adult to help solve. In this lesson, learners will practice appropriately approaching solving a problem based on its size.
	Lesson 37: Making Decisions	Part of getting older means making more of our own decisions. This lesson teaches learners the steps to making good decisions when faced with a challenge.
	Lesson 38: Weighing Solutions	In this lesson, learners will practice the importance of making good decisions with an activity that requires them to pick out and analyze the consequences of poor decisions.
	Lesson 39: Healthy Habits; Exercising	Making healthy choices such as exercising regularly is so important for our minds and bodies. In this lesson, learners will be taught the importance of exercise and daily movement.
	Lesson 40: Healthy Habits: Let's Get Moving	Learners will practice implementing exercise into their life with a fun craft that gets them moving!

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Grade 4		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: Believing in Yourself	Your mindset has a direct influence on whether or not you will succeed at something. This lesson teaches learners the steps to using a growth mindset in order to help us believe in ourselves.
	Lesson 2: Keeping a Growth Mindset	This lesson provides learners with the opportunity to practice keeping a growth mindset while reflecting on things in their life that have room for improvement.
	Lesson 3: Coping With Tough Emotions Introduction	It is easy for negative feelings to fill our brains and take control of our minds and body. In this lesson, learners will be taught how to positively and successfully cope with large, negative feelings in order to gain control of their response to tough emotions.
	Lesson 4: Looking Inwards	Learners will practice Changing the Channel on tough emotions with this activity that encourages them to turn inwards to assess their feelings.
	Lesson 5: Recognizing Our Strengths	We all have strengths and the ability to improve our weaknesses. In this lesson, learners will be taught to celebrate and recognize their strengths while utilizing a growth mindset to improve in other areas.
	Lesson 6: Resilience	Resilience is the ability to overcome setbacks. This interactive lesson provides learners with the opportunity to practice using a growth mindset in order to become resilient.
	Lesson 7: Who are My Resources?	In this lesson, resources refer to the people in your life whom you can turn to for support. Learners will be taught how to recognize and evaluate the resources they can turn to when they need help.
	Lesson 8: Sources of Support	In this lesson, learners will reflect on who their supports or resources are in different areas of their life.

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Competency	Lesson Title	Lesson Description
Unit 2: **Self-Management**	Lesson 9: Staying Calm	Learners will be taught how to grow awareness of their response to strong emotions and how to return to a calm state independently.
	Lesson 10: Handling Pressure	It is common to feel pressure and stressful emotions at school. This lesson teaches learners a strategy they can use to remain calm and handle pressure appropriately when they are faced with something stressful at school.
	Lesson 11: Mastering Mindfulness	Mindfulness is an essential skill to ensure physical and mental health and wellness. In this lesson, learners will be taught how mindfulness helps us and will be provided with a variety of mindful techniques to practice each day.
	Lesson 12: Focusing on Well-Being	This lesson provides learners with the opportunity to independently plan positive aspects of their day and manage their time productively at home in order to ensure their overall sense of well-being.
	Lesson 13: Keeping Focus	We face thousands of distractions each and every day. Improving our ability to focus and ignore distractions will improve our ability to learn and aid in the completion of tasks. In this lesson, learners will be taught strategies for improving and maintaining focus throughout their day.
	Lesson 14: Managing Yourself	Learners will be taught how to utilize self-management skills in order to successfully follow directions.
	Lesson 15: Goal-Setting	There is a clear difference between a wish and a goal. In this lesson, learners will discover the benefits of setting a tangible goal and will be taught how to set an achievable goal.
	Lesson 16: My Goal This Month	Learners will practice setting their own tangible goals in different areas of their life with a goal-setting activity. The goal will be personal, specific, and attainable in one month.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social-Awareness**	Lesson 17: Group Perspectives	Our class, family, friends, and teammates are some examples of the groups we are a part of. This lesson teaches learners the importance of being good team players and why we need to consider others' perspectives and feelings in all of these groups.
	Lesson 18: Being a Social Chameleon	In this lesson, learners will be taught how to successfully adapt to social situations by tuning into the actions and perspectives of others.
	Lesson 19: Showing Gratitude	Gratitude plays a large role in leading happy and healthy lives. This lesson teaches learners a variety of ways to regularly practice and show gratitude.
	Lesson 20: What am I Grateful For?	Taking time to recognize what you're grateful for in your life helps you appreciate what you have. This lesson provides learners with the opportunity to reflect on the various things they are grateful for in different areas of their lives.
	Lesson 21: Being Proud of Who I Am	This lesson teaches students to be proud of who they are and who others are. Being proud of who we are means we accept ourselves and love ourselves as we are. We also celebrate and respect others for who they are regardless of differences in abilities.
	Lesson 22: Celebrating Differences	Part of celebrating one another's differences stems from loving and celebrating ourselves. In this lesson, learners will practice celebrating their different strengths and weaknesses by answering questions about what they love about themselves, their family, and their community!
	Lesson 23: The Four Types of Bullying	There are different types of bullying, and it is important to be able to identify each. This lesson teaches learners about the four types of bullying: verbal, physical, social, and cyber.
	Lesson 24: Bullying Prevention	A large part of bullying prevention is recognizing when bullying is occurring. In this lesson, learners will explore how to recognize and prevent cyberbullying.

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Competency	Lesson Title	Lesson Description
Unit 4: **Relationship Skills**	Lesson 25: Reflective Listening	Listening is an essential part of building healthy relationships. This lesson teaches learners how to use reflective listening and why it is important to use it.
	Lesson 26: I Hear You	It's important to be attentive listeners. This shows we care and helps us engage in meaningful conversations. This lesson provides learners with the opportunity to practice reflective listening.
	Lesson 27: Peer Pressure	We want to be careful that our friend group never gangs up on us, is mean to us, or pressures us to do something we don't feel comfortable doing. This lesson teaches learners how to recognize and combat when friends are not looking out for your best interest and are peer pressuring you.
	Lesson 28: How to Handle Bullying	In this lesson, learners are provided with the opportunity to practice successfully and appropriately navigating proposed situations where they or others are being bullied.
	Lesson 29: Caring for Others	Understanding and caring for others plays a very large role in our friendships, family, and other relationships. Learners will be given strategies to show and provide care for others.
	Lesson 30: Showing Empathy	When we understand and showcase empathy, we build stronger, more positive, and successful relationships. In this lesson, learners will practice being empathetic towards others.
	Lesson 31: How We're Treated Online	Social Media can be a positive and negative tool in our life. This lesson teaches learners to be more mindful of social media use and highlights the impact social media has on their relationships and overall well-being.
	Lesson 32: How Social Media Impacts Friendships	The way we behave on social media can greatly affect our friendships. This lesson provides learners with the opportunity to practice responsible, healthy, and kind social media decisions.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 33: Using Problem-Solving Steps	In this lesson, learners will practice their problem-solving and critical thinking skills by reviewing the steps towards successfully solving a problem.
	Lesson 34: Problems Practice	Learners will apply their problem-solving and decision-making skills with this fun and interactive lesson.
	Lesson 35: Managing Our Reactions	We can't always avoid or control the problems and challenges we face, but we can control how we react to them. This lesson provides learners with tools and strategies they can use to calmly and successfully navigate problems and challenges they face.
	Lesson 36: My Anger Signs	Anger is a normal emotion to experience. This lesson provides learners with how to recognize the onset of anger and how to appropriately respond to those signs and feelings.
	Lesson 37: Decision-Making	As we get older, we are faced with larger, more complex decisions. This lesson equips learners with tools and strategies to become better decision-makers.
	Lesson 38: Imperfect Decisions	Sometimes we are forced to make imperfect decisions. When this happens, it is important that we try our best to do the best we can for ourselves and others. This lesson provides learners with the opportunity to practice navigating imperfect decisions.
	Lesson 39: Healthy Habits: Using Social Media	Establishing healthy boundaries and habits around social media use is very important. This lesson provides learners with the strategies and steps to take in order to create healthy social media habits.
	Lesson 40: Healthy Habits: Realistic Goals	Setting goals helps us to achieve and maintain healthy habits. In this lesson, learners will set goals in 4 areas related to their health and wellness.

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Grade 5		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: How We Grow From Our Challenges	In this lesson, learners are taught how to use their growth mindset in order to grow their skills and overcome challenges.
	Lesson 2: Reframe a Fixed Mindset	Your mindset can influence whether or not you will succeed at something. Learners will practice reframing their negative, fixed mindset to a positive, growth mindset.
	Lesson 3: What Do I Value?	Our core values guide our actions and determine our priorities. This lesson teaches learners how to identify their values and use them to guide their decisions.
	Lesson 4: My Traits & Values	Our core values are what matter most to us. In this lesson, learners will identify their values.
	Lesson 5: Learning Accountability	Learning accountability is crucial to success, growth, and independence. This lesson teaches learners the importance of being accountable learners and ways they can increase their accountability.
	Lesson 6: Taking Pride in Ourselves	When we take pride in ourselves, we have a strong sense of self-worth. In this lesson, learners will recognize and acknowledge the things they like, admire, and feel proud of within themselves.
	Lesson 7: Increasing Self-Esteem	Self-esteem is the group of beliefs we hold about ourselves. In this lesson, learners will be taught how to increase their self-esteem with a variety of strategies.
	Lesson 8: Confidence Boost	Learners will be given a confidence boost with this lesson that provides them with the opportunity to recognize and acknowledge positive self traits within themselves and their peers.

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Competency	Lesson Title	Lesson Description
Unit 2: **Self-Management**	Lesson 9: Cultivating Coping Skills	Anxiety is powerful feeling of worry and fear that can stop us from thinking and doing positive things. This teaches learners about anxiety and provides them with a variety of coping mechanisms to cultivate.
	Lesson 10: Recognize Negative Self-Talk	It is important to learn about the common types of negative self-talk so that we can learn to recognize and prevent those types of inner thoughts. In this lesson, learners will practice identifying the different kinds of negative self-talk.
	Lesson 11: Box Breathing	Deep breathing is an excellent way to calm our mind and body. In this lesson, learners will be taught a breathing technique called box breathing.
	Lesson 12: Taking a Brain Break	Brain breaks are essential. They help us stay focused and pay attention. In this lesson, learners will be taught the value of participating in brain breaks and will be equipped with a variety of different brain breaks they can use when needed.
	Lesson 13: Motivational Strategies	This lesson teaches learners the importance of being self-motivated. Learners will be given strategies that can be used to help them become more self-motivated when they are having a hard time getting started.
	Lesson 14: What Motivates Me?	Motivators give us a reason for doing something. In this lesson, learners will identify their motivators so that they can feel excited and ready to take action towards their goals and tasks.
	Lesson 15: SMART Goals	Goals need timeframes and measurable action steps in order to be more achievable. This lesson teaches learners how to set SMART (Specific, Measurable, Attainable, Relevant, Time-Bound) goals.
	Lesson 16: Writing SMART Goals	In this lesson, learners are provided with the opportunity to practice turning goals into SMART goals.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social-Awareness**	Lesson 17: Being Empathetic	Practicing empathy allows us to build stronger, more positive, and successful relationships. This lesson teaches learners what empathy is, why it is important to be empathetic, and how to show empathy towards others.
	Lesson 18: Our Impact	In this lesson, learners will grow aware of their impact on one another by practicing showing empathy to others.
	Lesson 19: The Role of Community	Being a part of a community plays a large role in the meaning of our lives. In this lesson, learners will explore what it means to be a part of a community and the positive impact being a part of a community can have.
	Lesson 20: Why Community Matters	In this lesson, learners will reflect on being members of their own communities and how it makes them feel.
	Lesson 21: Showing Respect	Respect is treating others in a way that makes them feel valued. This lesson teaches learners the value and importance of respecting everyone regardless of differences.
	Lesson 22: Respecting Everyone	In this lesson, learners will reflect on the meaning and application of respect and why it is so important to be respectful towards themselves and others.
	Lesson 23: Opposing Prejudice	Prejudice hurts people by making them feel unequal, unwelcome, and ashamed of who they are. In this lesson, learners will gain knowledge surrounding the meaning of prejudice and how they can contribute to the prevention and opposition of prejudice.
	Lesson 24: Standing Up For Others	Through our words, actions, and beliefs, we can help others feel welcomed, included, and equal. In this lesson, learners will have the opportunity to reflect on the importance of standing up for others.

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Competency	Lesson Title	Lesson Description
Unit 4: **Relationship Skills**	Lesson 25: Listening Intentionally	Listening is an essential part of building healthy relationships. This lesson teaches learners how to use reflective listening to help them become intentional listeners.
	Lesson 26: Practicing Listening	In this lesson, learners will solidify their knowledge and understanding of active listening with an activity.
	Lesson 27: Compromising Over Time	The ability to compromise is an essential skill in building healthy relationships. In this lesson, learners are taught that sometimes we give up all of what we want in the moment in order to get what we want next time or another time in the future.
	Lesson 28: Conflicts with Friends	It is normal to experience conflict with friends from time to time, but it is important to resolve disagreements and forgive others. This lesson provides learners with the opportunity to practice their conflict resolution skills.
	Lesson 29: Self-Advocacy with Friends	When we speak up about our needs, we are practicing self-advocacy. In this lesson, learners are taught the importance of communicating our thoughts and feelings to our friends, as well as speaking up for what we need.
	Lesson 30: Making Supportive Friends	It's important to have positive and supportive friendships. Friends that support, care about, and uplift each other help one another feel valued and respected. In this lesson, learners reflect on what it means to make and maintain supportive friendships.
	Lesson 31: Setting Boundaries	Setting boundaries helps us to respect ourselves and honor our feelings and values. In this lesson, learners will be taught how to set personal boundaries and the importance of establishing their own boundaries.
	Lesson 32: Who Do I Trust?	It is important to recognize whom we can trust. In this lesson, learners will identify the qualities of those who are trustworthy and those who are untrustworthy.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 33: Being Dependable	A dependable person is someone trustworthy and reliable. This lesson teaches the importance of dependability and ways to practice becoming dependable.
	Lesson 34: Our Responsibilities	In this lesson, learners reflect on their responsibilities. They are taught that being responsible means doing things you are expected to do without reminders, following through on tasks or promises, and making the right choice even when it's difficult.
	Lesson 35: Ethical Dilemmas	In this lesson, learners are taught how to best navigate ethical dilemmas in order to help them feel prepared to make the best choice for themselves and others when they occur.
	Lesson 36: Problem-Solving	In this lesson, learners will practice making responsible decisions by identifying problems, evaluating the size of problems, thinking of solutions, and evaluating solutions.
	Lesson 37: Positive Role Models	In this lesson, learners are taught how to identify positive role models in their lives based on the qualities and values they hold.
	Lesson 38: Who We Look Up To	In this lesson, learners are provided the opportunity to identify and thank a positive role model in their life.
	Lesson 39: Healthy Habits: Sleep Hygiene	Quality sleep is crucial to our health, wellness, and development. This lesson teaches learners the importance of good sleep and how to achieve healthy sleep hygiene.
	Lesson 40: Healthy Habits: Sleep Habits	This lesson provides learners with the opportunity to identify healthy and unhealthy sleep habits in order to gain awareness and insight into their own sleep hygiene.

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Grade 6		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: Praising the Process	Learners will explore the concept of using a Growth Mindset to help them value their hard work as opposed to focusing only on their end results. This method of praising the process is shown to help students achieve more.
	Lesson 2: Turning Obstacles Into Opportunities	With the right mindset, we can view obstacles and setbacks as opportunities for growth. Learners will understand how tools like Positive Self-Talk and a Growth Mindset can help them overcome challenges.
	Lesson 3: Inward Reflection	Learners will begin to explore how to become self-aware, to tune into their thoughts and emotions. People who are self-aware are more confident, have stronger relationships and are overall happier.
	Lesson 4: Building Self-Esteem	In this lesson, learners will be taught about the relationship between their inner-voice and self-esteem. The key to building positive self-esteem starts with changing inner thoughts from negative to positive.
Unit 2: **Self-Management**	Lesson 5: Anxiety 101	In this lesson, learners are introduced to the concept of anxiety and strategies that can be used to cope with anxious feelings including recognizing the signs, labeling feelings, using self-talk, and self-compassion.
	Lesson 6: Networks of Supports	Learners will identify the characteristics of a reliable person and the people in their own lives who can make up their system of support. We are more likely to achieve our goals when we have a support system helping us along the way.
	Lesson 7: Setting Goals for Ourselves	Once learners set SMART goals, they need the skills to be able to follow through to achieve their goals. In this lesson, learners will explore the different strategies they can use to follow through and accomplish their goals. SMART goals are specific, measurable, achievable, relevant, and time-bound.
	Lesson 8: Focusing on What You Can Control	Learners will be introduced to the concept of accepting that everything is not in their control and that's okay. We can reclaim a sense of control of our lives when we focus on our own thoughts and actions and being intentional about the people we let in our lives.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social Awareness**	Lesson 9: Social Media and Your Mood	Learners will explore the connection between their mood and their social media use. Then, they'll be introduced to different strategies they can use to avoid the potential negative effects of social media.
	Lesson 10: Civic Duty	Learners will be introduced to the concept of civic duty. When we carry out our civic duty, we do things that contribute to the greater good in our community and make a positive difference in ourselves and the world around us.
	Lesson 11: What Makes a Leader?	In this lesson, students will learn which characteristics make a good leader, including strong communication skills, empathy, and integrity.
	Lesson 12: Bringing Awareness to Bullying	Bullying creates a climate of fear and disrespect in schools, which is why it's important to bring awareness to the issue. Learners will review the different types of bullying, including verbal, physical, nonverbal/emotional, or cyber, and what steps they can take to prevent it.
Unit 4: **Relationship Skills**	Lesson 13: Making Positive Connections	Students will learn how to evaluate which friendships and connections in their lives are positive and which are not. When we form healthy relationships with others we develop a sense of belonging.
	Lesson 14: Influences on You	Factors like our family, friends, community, and social media influence us. Learners will be asked to categorize the different influences in their lives as positive or negative.
	Lesson 15: The Blame Game	When we play the blame game, we are more susceptible to feelings of anger and resentment. Instead, learners will ask themselves the question, "How can I take responsibility for my actions?"
	Lesson 16: Unhealthy Relationships	By the end of this lesson, learners will be able to differentiate the characteristics of a healthy versus an unhealthy relationship to keep them safe and happy.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 17: Going to Middle School	The transition to middle school can be anxiety-provoking for many students. In this lesson, students will learn helpful tips to make the transition as smooth as possible, including staying organized, getting involved, learning the supports available, and recognizing what will change.
	Lesson 18: Making Positive Contributions	Acts of generosity boost confidence, self-esteem, and happiness. Learners will begin to understand how they can begin to make positive contributions to their community.
	Lesson 19: Being an Upstander	Students will learn how they can be an upstander and other helpful strategies when they witness bullying. Upstanders notice what is going on around them and take actionable steps, such as telling an adult, helping the victim, or simply understanding when it is bullying or not.
	Lesson 20: Making Safe Decisions	Students will learn the framework to make safe and responsible decisions.

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Grade 7		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: The Value in Mistakes	Learners will explore the concept of learning from their mistakes as an opportunity to use a Growth Mindset and be resilient.
	Lesson 2: Building Our Strengths	In this lesson, learners will have the opportunity to identify their strengths and how they can focus their energy into improving upon them to reach their full potential.
	Lesson 3: Adapting to Challenges	Learning to adapt to challenges allows students the opportunity to handle unexpected situations and show resilience to overcome them.
	Lesson 4: What Matters to Me?	This lesson challenges learners to ask themselves, “What matters to me?” to work towards identifying their personal values.
Unit 2: **Self-Management**	Lesson 5: Goal Setting	In this lesson, students will learn the difference between short and long-term goals to help them set meaningful and achievable goals for themselves.
	Lesson 6: Motivation: The Drive Within Us	Learners will explore the concept of motivation as well as the potential barriers to motivation. After this lesson, learners will have the skill-set and strategies to give themselves a self-motivation boost to achieve their goals.
	Lesson 7: Test Anxiety	This lesson gives learners an understanding of what test anxiety is and what strategies they can use to cope with these feelings.
	Lesson 8: Self-Reflection	Learners will explore the concept of self-reflection and how they can use it as a tool to increase their confidence, make better decisions, and be more productive.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social Awareness**	Lesson 9: Social Media & Body Image	In this lesson, learners will be encouraged to cultivate a healthy relationship with social media to reduce the potential negative impacts it can have on a person's self-esteem and body image.
	Lesson 10: Challenging Stereotypes	Learners will explore the concept of stereotyping and how they can recognize and challenge stereotypes to reduce their harmful effects.
	Lesson 11: Perspectives All Around	In this lesson, learners are taught how people can have the same experiences but have different feelings and perspectives. They'll consider how they can use their perspective-taking skills to better understand others and navigate conflict.
	Lesson 12: Handling Social Anxiety	Learners are introduced to the concept of social anxiety and what strategies they can use to cope with these feelings when they arise.
Unit 4: **Relationship Skills**	Lesson 13: Digital Friendships	Learners will review how to form and foster digital friendships with safety in mind.
	Lesson 14: Forgiveness	In this lesson, learners will be taught the value of forgiveness to work through disagreements and misunderstandings with others.
	Lesson 15: Connecting With Others	Students will learn about the benefits that come with forming positive relationships. Part of this lesson will review the five qualities that help us to grow and maintain friendships with others.
	Lesson 16: Assertive vs. Aggressive Communication	Learners will review how to use an assertive communication style rather than an aggressive one.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 17: Getting Stuff Done	In this lesson, learners will be taught how to use time management and task initiation strategies to “get stuff done.”
	Lesson 18: Owning It	The concepts of responsibility and accountability are reviewed in this lesson. Learners will review habits needed to become more responsible individuals.
	Lesson 19: Resolving Conflict Peacefully	After reviewing this lesson, learners will be equipped with the skills and strategies needed to resolve conflict peacefully.
	Lesson 20: Plotting the Course	The pressure of making big decisions can bring feelings of anxiety and stress. In this lesson, learners will be taught how to plot a course of action to overcome these feelings to make responsible decisions.

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Grade 8		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: Growing Resilience	In this lesson, learners will be introduced to the “5 Pillars of Resilience,” which are self-awareness, mindfulness, self-care, positive relationships, and purpose.
	Lesson 2: Forming Your Identity	Learners will explore the concept of “identity” and how they can begin to use their self-awareness skills to consider who they are.
	Lesson 3: Examining Your Beliefs	Building on the concepts of Growth and Fixed Mindsets, learners will dive deeper into how they can self-assess their mindsets, thoughts, and beliefs. Using Catch It, Check It, and Change It, learners can recognize and replace unhelpful thoughts or untrue beliefs.
	Lesson 4: Your Future Self	Learners will practice using visualization as a tool to picture their future selves. Using visualization has a positive and meaningful impact on a person achieving their goals and reaching their full potential.
Unit 2: **Self-Management**	Lesson 5: Overcoming Negativity	When a person focuses on the negative, it can be detrimental to their relationships, school work, health, and overall happiness. Learners explore the concept of “negativity bias” and strategies to combat it.
	Lesson 6: Building Perseverance	Being able to persevere helps learners handle obstacles and increases their self-confidence and resilience. In this lesson, learners are taught strategies needed to build perseverance.
	Lesson 7: Decreasing Defensiveness	When we can decrease defensiveness, we are better able to take constructive criticism, improve relationships and performance at school, and negotiate.
	Lesson 8: Taking Responsibility	This lesson provides learners with foundational skills needed to take responsibility for their choices and own their mistakes.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social Awareness**	Lesson 9: Using Social Media Mindfully	Learners are taught the importance of setting healthy boundaries and being intentional with their time in order to use social media mindfully.
	Lesson 10: Gaining Confidence for Public Speaking	In this lesson, learners are taught strategies to reduce anxiety and become more confident public speakers.
	Lesson 11: Being a Leader in My Community	Learners explore the concept of “community engagement” and are encouraged to become leaders in their own communities. Community engagement includes volunteer work, attending public events, supporting fundraisers, and more.
	Lesson 12: Wanting to Belong	When a person feels accepted by others, they are more likely to feel safe, respected, supported, and valued. Learners are taught strategies to achieve a greater sense of belonging in their own lives.
Unit 4: **Relationship Skills**	Lesson 13: Setting Boundaries	Learners are taught how boundaries are the limits a person establishes with the purpose of protecting themselves and honoring their self-worth.
	Lesson 14: Resisting Social Pressure	In this lesson, learners are introduced to strategies they can use to resist negative forms of social pressure to enhance their self-esteem, self-compassion, and interpersonal skills.
	Lesson 15: The Value of Listening	There is a lot of value in what we say and how we say it. Learners are taught the value of listening and how they have the ability to express themselves and make their voices heard.
	Lesson 16: Making Amends	Conflict is an inevitable, unavoidable, and oftentimes uncomfortable part of life. Learners explore the concept of making amends to repair conflict with others.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 17: Transitioning to High School	In this lesson, learners are given strategies to make the transition from middle to high school as smooth as possible.
	Lesson 18: What Matters to You	Learners are challenged to self-reflect and to ask themselves, “What matters to me?” Once they identify their personal values, they can determine how to make a difference.
	Lesson 19: My Moral Compass	Learners begin to consider how they can develop their moral compass to make responsible decisions.
	Lesson 20: Moral Dilemmas	In this lesson, learners are taught how to approach a moral dilemma using the RIGHT framework to guide their decision-making.

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Grade 9		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: Training Our Brains	"Neuroplasticity" refers to how the brain changes or adapts as a result of new experiences or learning. In this lesson, learners will be introduced to the concept of "Neuroplasticity" and will be provided with a variety of strategies to tap into the benefits of our brain's ability to adapt and change.
	Lesson 2: Improving Our Self-Talk	Our self-talk ultimately controls how we feel about ourselves and the world around us. In this lesson, learners will be equipped with the knowledge and tools to notice their self-talk and shift it from negative to positive.
	Lesson 3: Becoming Who I Want to Be	Learners will gain an understanding of "identity." They will learn ways in which they can shape their identity and embark on the lifelong journey of becoming who they want to be.
	Lesson 4: Getting Out of Your Comfort Zone	In this lesson, students will learn about the importance of getting out of their comfort zones and trying new things in order to tap into their potential and reach their goals.
Unit 2: **Self-Management**	Lesson 5: Reframing Anxiety	In this lesson, students will learn how to use their ability to effectively manage their emotions, feelings, thoughts, and behaviors in order to reframe anxious feelings.
	Lesson 6: My Brain Wants It Now	In this lesson, students will be introduced to the concept of "delayed gratification" and why it is important to manage and have control over their impulses.
	Lesson 7: Healthy Defense Mechanisms	In this lesson, learners will be taught the difference between healthy and unhealthy defense mechanisms. Learners will also be equipped with three important steps they can take to implement healthy defense mechanisms in their own life.
	Lesson 8: Steps Toward Success	In this lesson, students will learn about the ways they can positively impact their own success.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social Awareness**	Lesson 9: Combatting Labels	In this lesson, students will learn how to increase their social awareness in order to understand the negative effects of labeling others and effectively combat the use of labels.
	Lesson 10: Addressing Stereotypes	Learners will be equipped with knowledge and strategies to address and avoid the use of stereotypes.
	Lesson 11: Thinking About the Common Good	Students will learn about the difference between “individual” and “group” benefits and strategies that will help them to consider the group benefit in order to contribute towards “the common good.”
	Lesson 12: Becoming a Better Communicator	Students will learn about the importance and positive effects of effective communication. They will be equipped with a variety of tips and strategies they can utilize to become a better communicator.
Unit 4: **Relationship Skills**	Lesson 13: Positive Peer Pressure	In this lesson, learners will be introduced to the concept of “positive peer pressure” and will gain an understanding of the role it plays in forming positive, healthy relationships with peers.
	Lesson 14: Social Media and My Relationships	Students will learn about the importance of having a healthy and positive relationship with social media and those they interact with online.
	Lesson 15: Using Assertive Communication	Students will learn when it is appropriate to use an assertive communication style and how to be more assertive when necessary.
	Lesson 16: Making I-Statements	In this lesson, students will learn the importance of using “I-Statements” instead of “You- Statements” in order to more effectively and positively communicate their thoughts and feelings with others.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 17: Digital Impacts on Your Health	Learners will be taught how to utilize their responsible decision-making skills in order to reduce the negative impacts technology can have on their health.
	Lesson 18: Conflict Resolution	In this lesson, students will learn about how to develop their conflict resolution skills in order to improve their relationships and form long-lasting, healthy bonds with others.
	Lesson 19: Setting Standards for Yourself	Standards are the rules we set and follow in our lives. In this lesson, students will learn about the importance of setting and following their own standards that align with their morals and values in order to live a successful and fulfilling life.
	Lesson 20: The Key to Staying Organized	In this lesson, learners are taught the importance of staying organized. They will be given a variety of tips and strategies they can utilize to stay organized in ways that work best for them inside and outside of school.

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Grade 10		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: Neuroplasticity	Learners will gain a deeper understanding of "neuroplasticity," the brain's ability to change, grow, and adapt over time, and their ability to positively influence this process.
	Lesson 2: Overcoming Setbacks	Learners will be taught the importance of and value in being resilient by reflecting on their setbacks.
	Lesson 3: Beating Procrastination	Learners will be given the tools and insight necessary to stay motivated and reduce the urge to procrastinate.
	Lesson 4: The Future You	Learners will be challenged and encouraged to reflect on their hopes, values, and goals for the future in order to identify what they can do in the present to set their future selves up for success.
Unit 2: **Self-Management**	Lesson 5: Handling Academic Stress	Experiencing academic stress is inevitable at this age. In this lesson, learners will be given a variety of tools and strategies that they can utilize to mitigate academic stress and pressure.
	Lesson 6: Pessimism vs. Optimism	Learners will gain an understanding of the difference between being pessimistic and being optimistic and how to obtain a healthy balance and approach to these differing views.
	Lesson 7: SOLD Method: Handling Tough Situations	The SOLD Method stands for: Stop, Observe, Look, and Decide. It is a method used to successfully navigate and manage challenging situations life throws at us from time to time. In this lesson, learners will be taught how to utilize and apply the SOLD Method to handle tough situations they may face.
	Lesson 8: Feeling Isolated	Feelings of loneliness and isolation are unfortunately not uncommon. In this lesson, learners will be taught how to identify when they are feeling isolated and be given a variety of tools and strategies they can utilize to mitigate these feelings.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social Awareness**	Lesson 9: Digital Wellness	Learners will be taught the importance of setting boundaries around technology and social media use in an effort to reduce the negative effects both can have on their mental and physical wellbeing.
	Lesson 10: Public Speaking 101	Learners will explore and practice different strategies they can use to improve their public speaking skills.
	Lesson 11: Contributing to Your School Culture	Learners will be taught the importance of cultivating a positive school culture and be given a variety of strategies they can utilize to make a positive impact in their school.
	Lesson 12: Agents of Positive Change	Learners will be encouraged to reflect on the actions they can take to effectively influence positive change in their lives and in their community.
Unit 4: **Relationship Skills**	Lesson 13: What Your Relationships Say About You	Learners will gain an understanding of the importance of being mindful of who they choose to surround themselves with.
	Lesson 14: Accepting Constructive Criticism	Learners will be introduced to the concept of constructive criticism and will be given a variety of tools and strategies they can use to positively accept and apply this type of feedback.
	Lesson 15: Healthy Behaviors in Relationships	In this lesson, learners will be taught the difference between healthy and unhealthy behaviors in relationships and will be given the tools and strategies necessary to cultivate and seek out healthy relationships.
	Lesson 16: Empathy Goes a Long Way	Learners will be taught the power of empathy and how they can work to actively show empathy towards others.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 17: Digital Impact on Cognition	Learners will be taught the impact technology and social media use can have on our cognition, and ability to make good decisions, and ways to mitigate these negative effects.
	Lesson 18: My Core Principles vs. My Actions	Learners will be taught how to align their core principles with their actions and will gain an understanding of the importance of doing so.
	Lesson 19: The Steps to Making a Good Decision	In this lesson, learners will be taught the steps they can take in order to ensure they are making a good, responsible decision.
	Lesson 20: Prioritization and Planning	Learners will be taught the importance of planning and prioritizing their school and life tasks and given a variety of tools and strategies they can implement to grow their prioritization and planning skills.

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Grade 11		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: Increasing Life Satisfaction	Learners will gain an understanding of the steps they can take to increase their overall life satisfaction and why it is important to feel satisfied in life.
	Lesson 2: Failure, Effort, and Success	Learners will be taught the important relationship between failure, effort, and success and learn what they can do to influence this dynamic.
	Lesson 3: Community Resources	Learners will be taught the importance of learning about and utilizing their community resources and how to do so.
	Lesson 4: Designing Your Roadmap	Learners will be challenged and encouraged to reflect on and set goals that will help them to stay on track or follow their "roadmap."
Unit 2: **Self-Management**	Lesson 5: The Power of Breath	In this lesson, learners will be taught the power of their breath and ways they can use a variety of breathing techniques to reduce stress and regulate their emotions.
	Lesson 6: The Value in Constructive Criticism	Learners will gain an understanding of the benefits and positive outcomes than can be gained when receiving constructive criticism with an open, accepting attitude.
	Lesson 7: When Do I Feel Anxiety?	In this lesson, learners will be given a variety of tools and strategies to grow their awareness of anxious feelings in order to more successfully manage and reduce anxiety.
	Lesson 8: Intrinsic vs. Extrinsic Motivation	Learners will be taught the difference between intrinsic and extrinsic motivation and how to channel these differing types of motivation to achieve their goals.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social Awareness**	Lesson 9: My Generation	In this lesson, learners will be encouraged to reflect on their own generation and identify the positive and negative qualities they feel their generation holds.
	Lesson 10: Working Solo vs. Collaboratively	Learners will be taught the benefits of working with others versus working alone and will be given the tools and strategies necessary to successfully work together.
	Lesson 11: My Role as a Citizen	In this lesson, learners will be taught the importance of upholding their civic duties. They will also be given a list of ways they can begin to uphold their civic duties now.
	Lesson 12: Examples of Courage	Learners will engage in an important lesson on the role courage plays in life and will gain an understanding of how they can be courageous.
Unit 4: **Relationship Skills**	Lesson 13: Your Role in Conflict	In this lesson, learners will be taught the positive role they can play in resolving interpersonal conflicts.
	Lesson 14: The Importance of Supportive Relationships	Learners will be introduced to the positive impacts supportive relationships can have on their life and wellbeing. Additionally, they will be given the tools and strategies necessary to cultivate supportive relationships with friends and family.
	Lesson 15: External Pressures	In this lesson, learners will be taught a variety of strategies they can utilize and implement to mitigate external pressure.
	Lesson 16: Fostering Healthy Relationships	Learners will be taught what it means to have healthy relationships vs. unhealthy relationships and how they can work to foster healthy relationships in their own lives.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 17: Digital Impact on Mental Wellness	Learners will be taught the impact technology and social media use can have on our mental and physical wellness and will be given strategies they can utilize to to mitigate negative effects.
	Lesson 18: Anatomy of a Good Decision	In this lesson, learners will be taught how to evaluate their decisions by including the components of a good, responsible decision when faced with a choice.
	Lesson 19: Reframing a Problem	Learners will be taught how to reframe the perceived negativity surrounding a problem to instead view the positive impacts the problem can have.
	Lesson 20: Learning to Self-Monitor	Learners will gain an understanding of the importance of self-monitoring and how to do so in order to maintain mental and physical wellness.

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Grade 12		
Competency	**Lesson Title**	**Lesson Description**
Unit 1: **Self-Awareness**	Lesson 1: Increasing Self-Worth	Students will learn about sustainable ways to build their self-worth setting themselves up to build the important skill of mental resilience.
	Lesson 2: Your Values and Contributions	Learners will reflect on how their skills and contributions can connect them to a larger community and the outside world.
	Lesson 3: Taking Ownership of Your Goals	Students will think about how to gain ownership of their goals to make sure they are effective, measurable, and specific.
	Lesson 4: What Shapes You?	Learners will think about the role of media, social media, and other influences that take part in shaping their perception of themselves.
Unit 2: **Self-Management**	Lesson 5: Increasing Agency	One of the most effective ways we can combat stress and anxiety is to increase the agency we feel over our lives. Students will learn three strategies to build agency in their own life.
	Lesson 6: What You Can and Can't Control	Building off of the last lesson, students will reflect on the items in their life they can and cannot control in order to gain acceptance and feel empowered.
	Lesson 7: The Power of Gratitude	Learners will be able to list the benefits of practicing gratitude in their daily lives, which includes improved mood, health, and relationships.
	Lesson 8: Zooming Out	Learning to step back and view the big picture and what is actually important can help us feel more connected to others and have more control and agency over what's happening in our lives.

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Competency	Lesson Title	Lesson Description
Unit 3: **Social Awareness**	Lesson 9: Your Civic Duty	Students will explore the concept of fulfilling their civic duties, including how they can become involved and give back to their own community.
	Lesson 10: The Influence of Media	Students will think about how media plays into developing roles and expectations for cultural groups and how media creates and reinforces these roles or expectations.
	Lesson 11: Contributing to Community Improvement	Students will evaluate and learn new ways to be involved in their school and community improvement.
	Lesson 12: Important Issues to You	Learners will reflect on what matters to them and social issues that they deem important.
Unit 4: **Relationship Skills**	Lesson 13: Setting Relationship Boundaries	Students will learn about the importance of setting boundaries in the various aspects of their lives in order to sustain healthy relationships across their lives.
	Lesson 14: Being a Teammate	Learners will review expectations and behaviors of a good co-worker and how to be a great team member in a professional environment.
	Lesson 15: The Art of Communication	Students will learn communication skills to be successful in different aspects of school, work, and their personal lives.
	Lesson 16: Analyzing Responses to Conflict	Students will learn about various ways we can respond to conflict in order to handle it in effective ways.

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Competency	Lesson Title	Lesson Description
Unit 5: **Responsible Decision-Making**	Lesson 17: Digital Impact on Your Community	Learners will reflect on how they can contribute to a more positive online space or community.
	Lesson 18: Critical Thinking and Leadership	Students will evaluate the relationship between using critical thinking and being a leader.
	Lesson 19: Making Life Decisions	As they come to a pivotal age in life, learners will review factors that contribute to making positive life decisions.
	Lesson 20: Mental Flexibility	Developing mental flexibility can aid students in being able to cope and handle the many changes they will face over the course of their lives.



Ready to dive in?

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