

Tier 1 Scope and Sequence

Learning Standards and Benchmarks



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.

Pre-K

Competency	Lesson Title + Description	Learning Standard + Benchmarks
Unit 1: Self-Awareness	Lesson 1: Understanding Our Feelings - Learners will be taught how to notice and understand their own physiological cues. Once we learn to notice these cues within ourselves, we are able to prevent these feelings from taking control.	Learning Standard: 30.A Identify and manage one’s emotions and behavior. Benchmarks: 30.A.ECa Recognize and label basic emotions. 30.A.ECb Use appropriate communication skills when expressing needs, wants, and feelings. 30.A.ECc Express feelings that are appropriate to the situation 30.A.ECd Begin to understand and follow rules. 30.A.ECe Use materials with purpose, safety, and respect. 30.A.ECf Begin to understand the consequences of his or her behavior.
	Lesson 2: Labeling Feelings - When we notice and understand our feelings we can then label them. In this lesson, learners will have the opportunity to practice identifying and labeling feelings.	
	Lesson 3: Maintaining Self-Control - Learners will be equipped with the skills and strategies to prevent feelings from taking over. Calm-down strategies, like taking deep breaths, counting to 10, taking a break, and positive thinking are highlighted.	

<p>Unit 1: Self-Awareness</p>	<p>Lesson 4: My Self-Control Tools - In this lesson, learners will choose what self-control strategies they like the most and work best for them. By identifying our own self-control strategies, we can come back to them whenever we need.</p>	<p>Learning Standard: 30.A Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 30.A.ECa Recognize and label basic emotions. 30.A.ECb Use appropriate communication skills when expressing needs, wants, and feelings. 30.A.ECc Express feelings that are appropriate to the situation 30.A.ECd Begin to understand and follow rules. 30.A.ECe Use materials with purpose, safety, and respect. 30.A.ECf Begin to understand the consequences of his or her behavior.</p>
<p>Unit 2: Self-Management</p>	<p>Lesson 5: Choosing Calm - Learning to deal with feelings of anger when they arise is crucial to self-regulation. Students will learn how to use strategies to keep control of their mind and bodies next time they feel angry. we are able to prevent these feelings from taking control.</p>	<p>Learning Standard: 30.A Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 30.A.ECa Recognize and label basic emotions. 30.A.ECb Use appropriate communication skills when expressing needs, wants, and feelings. 30.A.ECc Express feelings that are appropriate to the situation 30.A.ECd Begin to understand and follow rules. 30.A.ECe Use materials with purpose, safety, and respect. 30.A.ECf Begin to understand the consequences of his or her behavior.</p>
	<p>Lesson 6: My Calming Toolbox - In this lesson, learners will choose what calming strategies they like the most and work best for them. By identifying our own calming strategies, we can come back to them whenever we need.</p>	
	<p>Lesson 7: Using Belly Breathing - Learners will be equipped with the skills and strategies to prevent feelings from taking over. Calm-down strategies, like taking deep breaths, counting to 10, taking a break, and positive thinking are highlighted.</p>	
	<p>Lesson 8: How to Belly Breathe - In this lesson, learners will choose what self-control strategies they like the most and work best for them. By identifying our own self-control strategies, we can come back to them whenever we need.</p>	

Unit 3: Social Awareness	<p>Lesson 9: Tuning In - Listening skills are the foundation to children being able to experience success in the school environment. This lesson highlights various strategies, including facing our body to the speaker and visualization tools to help students listen in the classroom.</p>	<p>Learning Standard: 30.B Recognize own uniqueness and personal qualities.</p> <p>Benchmark: 30.B.ECa Describe self using several basic characteristics.</p>
	<p>Lesson 10: Learning to Listen - Listening skills are the foundation to children being able to experience success in the school environment. This lesson highlights various strategies, including facing our body to the speaker and visualization tools to help students listen in the classroom.</p>	
	<p>Lesson 11: Following Directions - The goal of this lesson is to give students the tools and instructions needed to not only follow directions, but to be a “First-Time Listener.” Children are taught that by limiting distractions and using listening strategies they can follow directions the first time they are given.</p>	<p>Learning Standard: 30.C Demonstrate skills related to successful personal and school outcomes.</p> <p>Benchmarks: 30.C.ECa Exhibit eagerness and curiosity as a learner. 30.C.ECb Demonstrate persistence and creativity in seeking solutions to problems 30.C.ECc Show some initiative, self-direction, and independence in actions. 30.C.ECd Demonstrate engagement and sustained attention in activities.</p>
	<p>Lesson 12: Being a First-Time Learner - Learners will have the opportunity to demonstrate their knowledge of what it looks like to be a First-Time Listener. When they know the steps of following directions, children are more likely to apply this skill in the classroom.</p>	
Unit 4: Relationship Skills	<p>Lesson 13: Sharing - Sharing toys can be hard for our young learners to do. Children are introduced to the benefits sharing toys can have with their friends and begin to further develop their empathy.</p>	<p>Learning Standard: 31.B Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 31.B.ECa Interact verbally and nonverbally with other children. 31.B.ECb Engage in cooperative group play 31.B.ECc Use socially appropriate behavior with peers and adults, such as helping, sharing, and taking turns.</p>
	<p>Lesson 14: Play Skills - In this lesson, learners are given verbal models of ways to ask a friend to play. When we equip learners with the language needed to invite a friend to play, they are more likely to utilize these skills across environments.</p>	

Unit 4: Relationship Skills	Lesson 15: Asking a Friend to Play - In this lesson, learners are shown and equipped with the appropriate steps and actions to take when asking their peers to play.	Learning Standard: 31.C Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 31.C.ECa Begin to share materials and experiences and take turns. 31.C.ECb Solve simple conflicts with peers with independence, using gestures or words. 31.C.ECc Seek adult help when needed to resolve conflict.
	Lesson 16: Including Others - In a step-by-step breakdown, learners will become more confident approaching peers and inviting them to play. Children learn the importance of using a greeting and positive body language before ultimately asking a peer to play.	
Unit 5: Responsible Decision-Making	Lesson 17: Making Good Choices - Learners will be introduced to the concept of problem-solving by first learning how to communicate their problem. They learn that oftentimes a problem can be solved just by speaking up and letting others know how we're feeling and why.	Learning Standard: 32.A Begin to consider ethical, safety, and societal factors in making decisions. Benchmarks: 32.A.ECa Participate in discussions about why rules exist. 32.A.ECb Follow rules and make good choices about behavior
	Lesson 18: Learning to Problem Solve - There is often not a "one-size fits all" solution to all of the problems our learners may face. In this lesson, learners will explore different problem-solving strategies that work best for them.	
Unit 5: Responsible Decision-Making	Lesson 19: Asking For What I Need - Learners are taught the importance of speaking up for themselves and what it looks like to ask for what they need. This lesson sets the foundation for learners to self-advocate at school.	Learning Standard: 32.B Apply decision-making skills to deal responsibly with daily academic and social situations. Benchmark: 32.B.ECa Participate in discussions about finding alternative solutions to problems.
	Lesson 20: Self-Advocacy Skills - Learners are equipped with the steps to take when asking for what they need. Learners will see how they can get their needs met by simply speaking up for themselves.	

Kindergarten

Competency	Lesson Title + Description	Learning Standard + Benchmarks
Unit 1: Self-Awareness	Lesson 1: Communicating Our Feelings - Telling others how we feel can be hard. In this lesson, learners will be taught the steps that are used to appropriately communicate their feelings.	Learning Standard: 30.A Identify and manage one's emotions and behavior. Benchmarks: 30.A.ECa Recognize and label basic emotions. 30.A.ECb Use appropriate communication skills when expressing needs, wants, and feelings. 30.A.ECc Express feelings that are appropriate to the situation 30.A.ECd Begin to understand and follow rules. 30.A.ECe Use materials with purpose, safety, and respect. 30.A.ECf Begin to understand the consequences of his or her behavior.
	Lesson 2: Using I-Feel Words - Learners will be taught how to use "I-Feel" Statements. Using this explicit framework, learners will exhibit greater success communicating their emotions even when upset.	
	Lesson 3: Perspective Taking - Not everyone thinks the same as we do. In this lesson, learners will be introduced to the importance of thinking about others and recognizing our differing feelings.	Learning Standard: 30.B Recognize own uniqueness and personal qualities. Benchmark: 30.B.ECa Describe self using several basic characteristics.
	Lesson 4: How Do Others Feel? - This lesson highlights how we all experience situations in our own ways and have different feelings as a result. This sets the foundation to use clues, like body language and tone of voice to identify how someone else might be feeling.	

Unit 2: Self-Management	<p>Lesson 5: Positive Self-Talk - The way we talk to ourselves has a large impact on the way we feel about ourselves and on our success. In this lesson, learners are introduced to the concept of “self-talk” and are shown the importance of practicing positive self-talk.</p>	<p>Learning Standard: 30.C Demonstrate skills related to successful personal and school outcomes.</p> <p>Benchmarks: 30.C.ECa Exhibit eagerness and curiosity as a learner. 30.C.ECb Demonstrate persistence and creativity in seeking solutions to problems 30.C.ECc Show some initiative, self-direction, and independence in actions. 30.C.ECd Demonstrate engagement and sustained attention in activities.</p>
	<p>Lesson 6: Growth Mindset - Individuals with a Growth Mindset tend to be hard workers as they believe their skills can improve. This lesson encourages curiosity and exploration with young learners to help them embrace a Growth Mindset rather than a fixed one.</p>	
	<p>Lesson 7: Feeling Good About Ourselves - Our thoughts, words, and actions have a big effect on our mood. In this lesson, learners are shown how quickly nice words and actions can positively impact their feelings about themselves.</p>	<p>Learning Standard: 30.B Recognize own uniqueness and personal qualities.</p> <p>Benchmark: 30.B.ECa Describe self using several basic characteristics.</p>
	<p>Lesson 8: Positive Thinking - When we encourage positive thinking, it broadens a learner’s sense of possibility and acceptance to develop new skills. Cultivating a positive attitude with our students encourages resiliency.</p>	
Unit 3: Social Awareness	<p>Lesson 9: Being Helpful - Being helpful can take many different forms. For example, helping clean up, helping a friend when they need something, or doing something kind for someone are all helpful things we can do for others. In this lesson, learners will see what it looks like to be helpful.</p>	<p>Learning Standard: 31.A Develop positive relationships with peers and adults.</p> <p>Benchmarks: 31.A.ECa Show empathy, sympathy, and caring for others. 31.A.ECb Recognize the feelings and perspectives of others. 31.A.ECc Interact easily with familiar adults 31.A.ECd Demonstrate attachment to familiar adults 31.A.ECe Develop positive relationships with peers.</p>
	<p>Lesson 10: Respecting Others - Being helpful at home and at school are ways to show others kindness and respect. When we are helpful, we demonstrate that we are considering others’ feelings and not just our own. Learners will have the opportunity to showcase their understanding of this with an activity.</p>	

Unit 3: Social Awareness	Lesson 11: Gaining Independence - Learners are taught what it means to be independent. We encourage them to use problem-solving skills to solve and approach small challenges without needing to ask an adult for help.	Learning Standard: 30.C Demonstrate skills related to successful personal and school outcomes. Benchmarks: 30.C.ECa Exhibit eagerness and curiosity as a learner. 30.C.ECb Demonstrate persistence and creativity in seeking solutions to problems 30.C.ECc Show some initiative, self-direction, and independence in actions. 30.C.ECd Demonstrate engagement and sustained attention in activities.
	Lesson 12: Solving My Problems - To solve a problem, we must find a good solution. Learners are given the opportunity to practice solving their own problems with a fun activity that explores problems and their solutions!	
Unit 4: Relationship Skills	Lesson 13: Caring About Others - When we care about others, we think about their feelings. In this lesson, learners will see what it looks like to care about others and learn why it is important to act in ways that are fair.	Learning Standard: 31.A Develop positive relationships with peers and adults. Benchmarks: 31.A.ECa Show empathy, sympathy, and caring for others. 31.A.ECb Recognize the feelings and perspectives of others. 31.A.ECc Interact easily with familiar adults 31.A.ECd Demonstrate attachment to familiar adults 31.A.ECe Develop positive relationships with peers.
	Lesson 14: Being a Good Friend - Learners will be introduced to the concept of problem-solving by first learning how to communicate their problem.	
	Lesson 15: Joining a Group Playing - Learning how to join a group is foundational to children’s ability to form friendships. Learners observe the skill being broken down into manageable steps to increase the likelihood of carryover to the classroom and beyond.	Learning Standard: 31.B Use communication and social skills to interact effectively with others. Benchmarks: 31.B.ECa Interact verbally and nonverbally with other children. 31.B.ECb Engage in cooperative group play 31.B.ECc Use socially appropriate behavior with peers and adults, such as helping, sharing, and taking turns.
	Lesson 16: Steps to Joining the Group - In this lesson, learners are given the learning opportunity to sequence the steps and actions to take when asking to join a group of their peers.	

Unit 5: Responsible Decision-Making	<p>Lesson 17: Taking a Break - Children are taught the basics of recognizing when they are no longer in control of their bodies, like when they want to hit or yell at others, and how to de-escalate their feelings. Our goal is for our learners to stay safe and return to a calm mind and body.</p>	<p>Learning Standard: 32.A Begin to consider ethical, safety, and societal factors in making decisions.</p> <p>Benchmarks: 32.A.ECa participate in discussions about why rules exist. 32.A.ECb Follow rules and make good choices about behavior.</p>
	<p>Lesson 18: What Kind Of Break Do I Need? - It's important to reflect on what it is that we need to return to a calm mind and body. In this lesson, learners will be equipped with different calming strategies and break options based on their feelings.</p>	
	<p>Lesson 19: When I Feel Disappointed - We feel disappointed when things don't happen how we wanted or hoped they would. In this lesson, the meaning of disappointment will be discussed and learners will be taught that we can feel better by "refocusing our minds" when we feel this way.</p>	<p>Learning Standard: 32.B Apply decision-making skills to deal responsibly with daily academic and social situations.</p> <p>Benchmark: 32.B.ECa participate in discussions about finding alternative solutions to problems.</p>
	<p>Lesson 20: Refocusing Our Brains - Learners are taught the concept of "Brain Refocus" to help them persevere and cope with disappointment. Strategies, like thinking positive thoughts, taking a break, and communicating their feelings are all highlighted in this lesson.</p>	

Grade 1

Competency	Lesson Title + Description	Learning Standard + Benchmarks
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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.1a Describe why school is important in helping students achieve personal goals. 1C.1b Identify goals for academic success and classroom behavior.
	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.	Learning Standard: 1A Identify and manage one's emotions and behavior Benchmark: 1A.1a Recognize and accurately label emotions and how they are linked to behavior
	Lesson 4: Our Thoughts & Feelings - Learners will practice labeling how others are feeling while playing a fun and interactive game.	

Unit 1: Self-Awareness	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.	Learning Standard: 1B Recognize personal qualities and external supports.
	Lesson 6: Building a Support System - Learners will continue to take inventory of the people in their lives that they can turn to for support.	Benchmarks: 1B.1a Identify one's likes and dislikes, needs and wants, strengths and challenges. 1B.1b Identify family, peer, school, and community strengths.
	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.	Learning Standard: 1A Identify and manage one's emotions and behavior
	Lesson 8: Feeling Good About Ourselves - Practice using Positive Self-Talk by completing this fun craft activity that allows a positive mindset to blossom!	
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.	Learning Standard: 1B Recognize personal qualities and external supports.
	Lesson 10: Using Mindfulness - Learners will explore and practice different mindfulness strategies by picking strategies or 'tools' to add to their toolbox!	

Unit 2: Self-Management	<p>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.</p>	<p>Learning Standard: 1A Identify and manage one's emotions and behavior</p> <p>Benchmark: 1A.1a Recognize and accurately label emotions and how they are linked to behavior</p>
	<p>Lesson 12: Practicing Making Calm Choices - Learners will practice making calm choices with a fun and interactive self-regulation game.</p>	
	<p>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.</p>	<p>Learning Standard: 1A Identify and manage one's emotions and behavior</p> <p>Benchmark: 1A.1a Recognize and accurately label emotions and how they are linked to behavior</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmark: 1C.1a Describe why school is important in helping students achieve personal goals. 1C.1b Identify goals for academic success and classroom behavior.</p>
	<p>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.</p>	

Unit 3: Social Awareness	<p>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.</p>	<p>Learning Standard: 2A. Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.1a Recognize that others may experience situations differently from oneself. 2A.1b Use listening skills to identify the feelings and perspectives of others.</p>
	<p>Lesson 18: Seeing Others' Point of View - Learners will practice seeing and identifying others' points of view and feelings with an emotion identification game.</p>	
	<p>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.</p>	<p>Learning Standard: 2B Recognize individual and group similarities and differences.</p> <p>Benchmarks: 2B.1a. Describe the ways that people are similar and different. 2B.1b Describe positive qualities in others.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 2A Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.1a Recognize that others may experience situations differently from oneself. 2A.1b Use listening skills to identify the feelings and perspectives of others.</p>
	<p>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.</p>	

Unit 3: Social Awareness	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.	Learning Standard: 2B Recognize individual and group similarities and differences. Benchmarks: 2B.1a Describe the ways that people are similar and different. 2B.1b Describe positive qualities in others.
	Lesson 24: Celebrating Differences - Learners will celebrate everyone's differences by practicing what it looks like to show respect with an interactive activity.	
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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.1a Identify ways to work and play well with others. 2C.1b Demonstrate appropriate social and classroom behavior.
	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.	

Unit 4: Relationship Skills	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.	Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.1a Identify problems and conflicts commonly experienced by peers. 2D.1b Identify approaches to resolving conflicts constructively.
	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.	
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.	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations Benchmarks: 3B.1a Identify a range of decisions that students make at school. 3B.1b Make positive choices when interacting with classmates.
	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.	

Unit 5: Responsible Decision-Making	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.	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations Benchmarks: 3B.1a Identify a range of decisions that students make at school 3B.1b Make positive choices when interacting with classmates.
	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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.1a Explain why unprovoked acts that hurt others are wrong. 3A.1b. Identify social norms and safety considerations that guide behavior.
	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.	Learning Standard: 3C Contribute to the well-being of one's school and community. Benchmarks: 3C.1a Identify and perform roles that contribute to one's classroom. 3C.1b Identify and perform roles that contribute to one's family.
	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.	

Grade 2

Competency	Lesson Title + Description	Learning Standard + Benchmarks
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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.1a Describe why school is important in helping students achieve personal goals. 1C.1b Identify goals for academic success and classroom behavior.
	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.	Learning Standard: 1A Identify and manage one's emotions and behavior. Benchmark: 1A.1a Recognize and accurately label emotions and how they are linked to behavior.
	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.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.1a Identify one's likes and dislikes, needs and wants, strengths and challenges. 1B.1b Identify family, peer, school, and community strengths.
	Lesson 6: Building Our Strengths - Learners will be invited to reflect on their personal strengths in different areas of their life.	

Unit 1: Self-Awareness	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.	Learning Standard: 1A Identify and manage one's emotions and behavior. Benchmark: 1A.1a Recognize and accurately label emotions and how they are linked to behavior.
	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.	
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.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.1a Identify one's likes and dislikes, needs and wants, strengths and challenges. 1B.1b Identify family, peer, school, and community strengths.
	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.	Learning Standard: 1A Identify and manage one's emotions and behavior. Benchmark: 1A.1a Recognize and accurately label emotions and how they are linked to behavior.
	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.	

Unit 2: Self-Management	<p>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.</p>	<p>Learning Standard: 1A Identify and manage one's emotions and behavior.</p> <p>Benchmark: 1A.1a Recognize and accurately label emotions and how they are linked to behavior.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmark: 1C.1a Describe why school is important in helping students achieve personal goals. 1C.1b Identify goals for academic success and classroom behavior.</p>
	<p>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.</p>	
Unit 3: Social Awareness	<p>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.</p>	<p>Learning Standard: 2A Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.1a. Recognize that others may experience situations differently from oneself. 2A.1b. Use listening skills to identify the feelings and perspectives of others.</p>
	<p>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.</p>	

Unit 3: Social Awareness	<p>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.</p>	<p>Learning Standard: 2B Recognize individual and group similarities and differences.</p> <p>Benchmarks: 2B.1a Describe the ways that people are similar and different. 2B.1b Describe positive qualities in others.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 2A Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.1a Recognize that others may experience situations differently from oneself. 2A.1b Use listening skills to identify the feelings and perspectives of others.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 2B Recognize individual and group similarities and differences.</p> <p>Benchmarks: 2B.1a. Describe the ways that people are similar and different. 2B.1b Describe positive qualities in others.</p>
	<p>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.</p>	

Unit 4: Relationship Skills	<p>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.</p>	<p>Learning Standard: 2C Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.1a Identify ways to work and play well with others. 2C.1b Demonstrate appropriate social and classroom behavior.</p>
	<p>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.</p>	
	<p>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.</p>	
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.1a Identify problems and conflicts commonly experienced by peers. 2D.1b Identify approaches to resolving conflicts constructively.</p>
	<p>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.</p>	
	<p>Lesson 31: Being a Good Sport - Learners will practice good sportsmanship with a fun and interactive learning activity.</p>	
	<p>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.</p>	

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!	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations Benchmarks: 3B.1a Identify a range of decisions that students make at school. 3B.1b Make positive choices when interacting with classmates.
	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 - In this lesson, learners will practice evaluating whether they should keep a thought in their head or say it aloud.	
	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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.1a Explain why unprovoked acts that hurt others are wrong. 3A.1b Identify social norms and safety considerations that guide behavior.
	Lesson 38: Recognizing Safe Situations - Learners will practice recognizing whether a situation is safe or unsafe.	
	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.	Learning Standard: 3C Contribute to the well-being of one's school and community. Benchmarks: 3C.1a Identify and perform roles that contribute to one's classroom. 3C.1b Identify and perform roles that contribute to one's family.
	Lesson 40: Healthy Habits: Keeping Us Healthy - Learners will practice identifying healthy eating habits with a coloring activity.	

Grade 3

Competency	Lesson Title + Description	Learning Standard + Benchmarks
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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.1a Describe why school is important in helping students achieve personal goals. 1C.1b Identify goals for academic success and classroom behavior.
	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.	Learning Standard: 1A Identify and manage one’s emotions and behavior Benchmark: 1A.1a Recognize and accurately label emotions and how they are linked to behavior
	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.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.1a Identify one’s likes and dislikes, needs and wants, strengths and challenges. 1B.1b Identify family, peer, school, and community strengths.
	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.	

Unit 1: Self-Awareness	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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.1a Describe why school is important in helping students achieve personal goals. 1C.1b Identify goals for academic success and classroom behavior.
	Lesson 8: Growing Resilience - Learners will practice showcasing resilience by brainstorming positive thoughts and actions in order to work through proposed challenges.	
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.	Learning Standard: 1A Identify and manage one's emotions and behavior. Benchmark: 1A.1a Recognize and accurately label emotions and how they are linked to behavior.
	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.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.1a Identify one's likes and dislikes, needs and wants, strengths and challenges. 1B.1b Identify family, peer, school, and community strengths.
	Lesson 12: Stress Busting Strategies - Learners will continue to practice stress management with a new strategy called the Self-Controller Scanner.	

Unit 2: Self-Management	Lesson 13: Self-Regulation - In this lesson, learners will participate in an interactive game to apply their newly acquired self-regulation skills and strategies.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.1a Describe why school is important in helping students achieve personal goals. 1C.1b Identify goals for academic success and classroom behavior.
	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.	
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.	Learning Standard: 2A Recognize the feelings and perspectives of others. Benchmarks: 2A.1a Recognize that others may experience situations differently from oneself. 2A.1b Use listening skills to identify the feelings and perspectives of others.
	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.	

Unit 3: Social Awareness	<p>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.</p>	<p>Learning Standard: 2B Recognize individual and group similarities and differences.</p> <p>Benchmarks: 2B.1a Describe the ways that people are similar and different. 2B. 1b Describe positive qualities in others.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 2A Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.1a. Recognize that others may experience situations differently from oneself. 2A.1b Use listening skills to identify the feelings and perspectives of others.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 2B Recognize individual and group similarities and differences.</p> <p>Benchmarks: 2B.1a Describe the ways that people are similar and different. 2B.1b Describe positive qualities in others.</p>
	<p>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.</p>	

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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.1a Identify ways to work and play well with others 2C.1b Demonstrate appropriate social and classroom behavior.
	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.	Learning Standards: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.1a Identify problems and conflicts commonly experienced by peers. 2D.1b Identify approaches to resolving conflicts constructively.
	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.	

Unit 4: Relationship Skills	Lesson 31: Handling Conflict - In this lesson, learners will be taught how to appropriately navigate through conflicts that arise between friends.	Learning Standards: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.1a Identify problems and conflicts commonly experienced by peers. 2D.1b Identify approaches to resolving conflicts constructively.
	Lesson 32: Solving Problems with Friends - In this lesson, learners will practice solving problems that arise between friends with an interactive game.	
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.	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations Benchmarks: 3B.1a Identify a range of decisions that students make at school 3B.1b Make positive choices when interacting with classmates.
	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.	

Unit 5: Responsible Decision-Making	<p>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.</p>	<p>Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions.</p> <p>Benchmarks: 3A.1a Explain why unprovoked acts that hurt others are wrong. 3A.1b Identify social norms and safety considerations that guide behavior.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 3C Contribute to the well-being of one's school and community.</p> <p>Benchmarks: 3C.1a Identify and perform roles that contribute to one's classroom. 3C.1b Identify and perform roles that contribute to one's family.</p>
	<p>Lesson 40: Healthy Habits: Let's Get Moving - Learners will practice implementing exercise into their life with a fun craft that gets them moving!</p>	

Grade 4

Competency	Lesson Title + Description	Learning Standard + Benchmarks
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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.2a Describe the steps in setting and working toward goal achievement. 1C.2b Monitor progress on achieving a short-term personal goal.
	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.	Learning Standard: 1A Identify and Manage one's emotions and behavior. Benchmarks: 1A.2a Describe a range of emotions and the situations that cause them. 1A.2b Describe and demonstrate ways to express emotions in a socially acceptable manner.
	Lesson 4: Looking Inwards - 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 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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.2a Describe the steps in setting and working toward goal achievement. 1C.2b Monitor progress on achieving a short-term personal goal.
	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.	

Unit 1: Self-Awareness	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.	Learning Standard: 1B Recognize personal qualities and external support. Benchmarks: 1B.2a Describe personal skills and interests that one wants to develop 1B.2b Explain how family members, peers, school personnel, and community members can support school success and responsible behavior.
	Lesson 8: Sources of Support - In this lesson, learners will reflect on who their supports or resources are in different areas of their life.	
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.	Learning Standard: 1B Recognize personal qualities and external support. Benchmarks: 1B.2a Describe personal skills and interests that one wants to develop 1B.2b Explain how family members, peers, school personnel, and community members can support school success and responsible behavior.
	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.	Learning Standard: 1A Identify and Manage one's emotions and behavior. Benchmarks: 1A.2a Describe a range of emotions and the situations that cause them. 1A.2b Describe and demonstrate ways to express emotions in a socially acceptable manner.
	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.	

Unit 2: Self-Management	<p>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.</p>	<p>Learning Standard: 1A Identify and Manage one's emotions and behavior.</p> <p>Benchmarks: 1A.2a Describe a range of emotions and the situations that cause them. 1A.2b Describe and demonstrate ways to express emotions in a socially acceptable manner.</p>
	<p>Lesson 14: Managing Yourself - Learners will be taught how to utilize self-management skills in order to successfully follow directions.</p>	
	<p>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.</p>	<p>Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.2a Describe the steps in setting and working toward goal achievement. 1C.2b Monitor progress on achieving a short-term personal goal.</p>
	<p>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.</p>	
Unit 3: Social Awareness	<p>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.</p>	<p>Learning Standard: 2C Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.2a Describe approaches for making and keeping friends. 2C.2b Analyze ways to work effectively in groups.</p>
	<p>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.</p>	

Unit 3: Social Awareness	<p>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.</p>	<p>Learning Standard: 2A Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.2a Identify verbal, physical, and situational cues that indicate how others may feel. 2A.2b Describe the expressed feelings and perspectives of others.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 2B Recognize individual and group similarities and differences.</p> <p>Benchmarks: 2B.2a Identify differences among and contributions of various social and cultural groups. 2B.2b Demonstrate how to work effectively with those who are different from oneself.</p>
	<p>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!</p>	
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.2a Describe causes and consequences of conflicts. 2D.2b Apply constructive approaches in resolving conflicts.</p>

Unit 4: Relationship Skills	<p>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.</p>	<p>Learning Standard: 2C Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.2a Describe approaches for making and keeping friends. 2C.2b Analyze ways to work effectively in groups.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.2a Describe causes and consequences of conflicts. 2D.2b Apply constructive approaches in resolving conflicts.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 2A Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.2a Identify verbal, physical, and situational cues that indicate how others may feel. 2A.2b Describe the expressed feelings and perspectives of others.</p>
	<p>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.</p>	

Unit 4: Relationship Skills	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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.2a Describe approaches for making and keeping friends. 2C.2b Analyze ways to work effectively in groups.
	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.	
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.	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations. Benchmarks: 3B.2a Identify and apply the steps of systematic decision making. 3B.2a Identify and apply the steps of systematic decision making.
	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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.2a Demonstrate the ability to respect the rights of self and others. 3A.2b Demonstrate the ability to respect the rights of self and others.
	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.	

Unit 5: Responsible Decision-Making	<p>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.</p>	<p>Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations.</p> <p>Benchmarks: 3B.2a Identify and apply the steps of systematic decision making. 3B.2a Identify and apply the steps of systematic decision making.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 3C Contribute to the wellbeing of one's school and community.</p> <p>Benchmarks: 3C.2a Identify and perform roles that contribute to the school community. 3C.2b Identify and perform roles that contribute to the school community.</p>
	<p>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.</p>	

Grade 5

Competency	Lesson Title + Description	Learning Standard + Benchmarks
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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.2a Describe the steps in setting and working toward goal achievement. 1C.2b Monitor progress on achieving a short-term personal goal.
	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.	Learning Standard: 1A Identify and Manage one's emotions and behavior. Benchmarks: 1A.2a Describe a range of emotions and the situations that cause them. 1A.2b Describe and demonstrate ways to express emotions in a socially acceptable manner.
	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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.2a Describe the steps in setting and working toward goal achievement. 1C.2b Monitor progress on achieving a short-term personal goal.
	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.	

Unit 1: Self-Awareness	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.	Learning Standard: 1B Recognize personal qualities and external support. Benchmarks: 1B.2a Describe personal skills and interests that one wants to develop. 1B.2b Explain how family members, peers, school personnel, and community members can support school success and responsible behavior.
	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.	
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.	Learning Standard: 1A Identify and Manage one's emotions and behavior. Benchmarks: 1A.2a Describe a range of emotions and the situations that cause them. 1A.2b Describe and demonstrate ways to express emotions in a socially acceptable manner.
	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.	

Unit 2: Self-Management	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.	Learning Standard: 1B Recognize personal qualities and external support. Benchmarks: 1B.2a Describe personal skills and interests that one wants to develop. 1B.2b Explain how family members, peers, school personnel, and community members can support school success and responsible behavior.
	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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.2a Describe the steps in setting and working toward goal achievement. 1C.2b Monitor progress on achieving a short-term personal goal.
	Lesson 16: Writing SMART Goals - In this lesson, learners are provided with the opportunity to practice turning goals into SMART goals.	
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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.2a Describe approaches for making and keeping friends. 2C.2b Analyze ways to work effectively in groups.
	Lesson 18: Our Impact - In this lesson, learners will grow aware of their impact on one another by practicing showing empathy to others.	

Unit 3: Social Awareness	<p>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.</p>	<p>Learning Standard: 2A Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.2a Identify verbal, physical, and situational cues that indicate how others may feel. 2A.2b Describe the expressed feelings and perspectives of others.</p>
	<p>Lesson 20: Why Community Matters- In this lesson, learners will reflect on being members of their own communities and how it makes them feel.</p>	
	<p>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.</p>	<p>Learning Standard: 2B Recognize individual and group similarities and differences.</p> <p>Benchmarks: 2B.2a Identify differences among and contributions of various social and cultural groups. 2B.2b Demonstrate how to work effectively with those who are different from oneself.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.2a Describe causes and consequences of conflicts. 2D.2b Apply constructive approaches in resolving conflicts.</p>
	<p>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.</p>	

Unit 4: Relationship Skills	<p>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.</p>	<p>Learning Standard: 2C Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.2a Describe approaches for making and keeping friends. 2C.2b Analyze ways to work effectively in groups.</p>
	<p>Lesson 26: Practicing Listening - In this lesson, learners will solidify their knowledge and understanding of active listening with an activity.</p>	
	<p>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.</p>	<p>Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.2a Describe causes and consequences of conflicts. 2D.2b Apply constructive approaches in resolving conflicts.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 2A Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.2a Identify verbal, physical, and situational cues that indicate how others may feel. 2A.2b Describe the expressed feelings and perspectives of others.</p>
	<p>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.</p>	

Unit 4: Relationship Skills	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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.2a Describe approaches for making and keeping friends. 2C.2b Analyze ways to work effectively in groups.
	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.	
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.	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations. Benchmarks: 3B.2a Identify and apply the steps of systematic decision making. 3B.2a Identify and apply the steps of systematic decision making.
	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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.2a Demonstrate the ability to respect the rights of self and others. 3A.2b Demonstrate the ability to respect the rights of self and others.
	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.	

Unit 5: Responsible Decision-Making	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.	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations.
	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.	Benchmarks: 3B.2a Identify and apply the steps of systematic decision making. 3B.2a Identify and apply the steps of systematic decision making.
	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.	Learning Standard: 3C Contribute to the wellbeing of one's school and community.
	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.	Benchmarks: 3C.2a Identify and perform roles that contribute to the school community. 3C.2b Identify and perform roles that contribute to the school community.

Grade 6

Competency	Lesson Title + Description	Learning Standard + Benchmarks
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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.3a Set a short-term goal and make a plan for achieving it. 1C.3b Analyze why one achieved or did not achieve a goal.
	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.	Learning Standard: 1A Identify and Manage One's emotions and behavior. Benchmarks: 1A.3a Analyze factors that create stress or motivate successful performance. 1A.3b Apply strategies to manage stress and to motivate successful performance.
	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.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.3a Analyze how personal qualities influence choices and successes. 1B.2a Describe personal skills and interests that one wants to develop.

Unit 2: Self-Management	<p>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.</p>	<p>Learning Standard: 1A Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.3a Analyze factors that create stress or motivate successful performance. 1A.3b Apply strategies to manage stress and to motivate successful performance.</p>
	<p>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.</p>	<p>Learning Standard: 1B Recognize personal qualities and external supports.</p> <p>Benchmarks: 1B.3a Analyze how personal qualities influence choices and successes. 1B.2a Describe personal skills and interests that one wants to develop.</p>
	<p>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.</p>	<p>Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.3a Set a short-term goal and make a plan for achieving it. 1C.3b Analyze why one achieved or did not achieve a goal.</p>
	<p>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.</p>	<p>Learning Standard: 1A Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.3a Analyze factors that create stress or motivate successful performance. 1A.3b Apply strategies to manage stress and to motivate successful performance.</p>

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.	Learning Standard: 2B Recognize individual and group similarities and differences. Benchmarks: 2B.3a Explain how individual, social, and cultural differences may increase vulnerability to bullying and identify ways to address it. 2B.3b Analyze the effects of taking action to oppose bullying based on individual and group differences.
	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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.3a Evaluate how honesty, respect, fairness, and compassion enable one to take the needs of others into account when making decisions. 3A.3b Analyze the reasons for school and societal rules.
	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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.3a Analyze ways to establish positive relationships with others. 2C.3b Demonstrate cooperation and teamwork to promote group effectiveness.
	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.	Learning Standard: 2B Recognize individual and group similarities and differences. Benchmarks: 2B.3a Explain how individual, social, and cultural differences may increase vulnerability to bullying and identify ways to address it. 2B.3b Analyze the effects of taking action to oppose bullying based on individual and group differences.

Unit 4: Relationship Skills	<p>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.</p>	<p>Learning Standard: 2A Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.3a Predict others' feelings and perspectives in a variety of situations. 2A.3b Analyze how one's behavior may affect others.</p>
	<p>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.</p>	<p>Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.3a Evaluate strategies for preventing and resolving interpersonal problems. 2D.3b Define unhealthy peer pressure and evaluate strategies for resisting it.</p>
	<p>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?"</p>	<p>Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions.</p> <p>Benchmarks: 3A.3a Evaluate how honesty, respect, fairness, and compassion enable one to take the needs of others into account when making decisions. 3A.3b Analyze the reasons for school and societal rules.</p>
	<p>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.</p>	<p>Learning Standard: 2C Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.3a Analyze ways to establish positive relationships with others. 2C.3b Demonstrate cooperation and teamwork to promote group effectiveness.</p>

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.	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations. Benchmarks: 3B.3a Analyze how decision-making skills improve study habits and academic performance. 3B.3b Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.
	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.	Learning Standard: 3C Contribute to the well-being of one's school and community. Benchmarks: 3C.3a Evaluate one's participation in efforts to address an identified school need. 3C.3b Evaluate one's participation in efforts to address an identified need in one's local 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.	Learning Standard: 2B Recognize individual and group similarities and differences. Benchmarks: 2B.3a Explain how individual, social, and cultural differences may increase vulnerability to bullying and identify ways to address it. 2B.3b Analyze the effects of taking action to oppose bullying based on individual and group differences.
	Lesson 20: Making Safe Decisions - Students will learn the framework to make safe and responsible decisions.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.3a Evaluate how honesty, respect, fairness, and compassion enable one to take the needs of others into account when making decisions. 3A.3b Analyze the reasons for school and societal rules.

Grade 7

Competency	Lesson Title + Description	Learning Standard + Benchmarks
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.	Learning Standard: 1A Identify and manage one's emotions and behavior. Benchmarks: 1A.3a Analyze factors that create stress or motivate successful performance. 1A.3b Apply strategies to manage stress and to motivate successful performance.
	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.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.3a Analyze how personal qualities influence choices and successes. 1 B.2a Describe personal skills and interests that one wants to develop.
	Lesson 3: Adapting to Challenges - Learning to adapt to challenges allows students the opportunity to handle unexpected situations and show resilience to overcome them.	Learning Standard: 1A Identify and manage one's emotions and behavior. Benchmarks: 1A.3a Analyze factors that create stress or motivate successful performance. 1A.3b Apply strategies to manage stress and to motivate successful performance.
	Lesson 4: What Matters to Me? This lesson challenges learners to ask themselves, "What matters to me?" to work towards identifying their personal values.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.3a Set a short-term goal and make a plan for achieving it. 1C.3b Analyze why one achieved or did not achieve a goal.

Unit 2: Self-Management	<p>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.</p>	<p>Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.3a Set a short-term goal and make a plan for achieving it. 1C.3b Analyze why one achieved or did not achieve a goal.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 1B Recognize personal qualities and external supports.</p> <p>Benchmarks: 1B.3a Analyze how personal qualities influence choices and successes. 1 B.2a Describe personal skills and interests that one wants to develop.</p>
	<p>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.</p>	<p>Learning Standard: 1A Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.3a Analyze factors that create stress or motivate successful performance. 1A.3b Apply strategies to manage stress and to motivate successful performance.</p>
Unit 3: Social Awareness	<p>Lesson 9: Social Media & Body Image - 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.</p>	<p>Learning Standard: 2B Recognize individual and group similarities and differences.</p> <p>Benchmarks: 2B.3a Explain how individual, social, and cultural differences may increase vulnerability to bullying and identify ways to address it. 2B.3b Analyze the effects of taking action to oppose bullying based on individual and group differences.</p>

Unit 3: Social Awareness	Lesson 10: Challenging Stereotypes- 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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.3a Evaluate how honesty, respect, fairness, and compassion enable one to take the needs of others into account when making decisions. 3A.3b Analyze the reasons for school and societal rules.
	Lesson 11: Perspectives All Around- In this lesson, students will learn which characteristics make a good leader, including strong communication skills, empathy, and integrity.	Learning Standard: 2A Recognize the feelings and perspectives of others. Benchmarks: 2A.3a Predict others' feelings and perspectives in a variety of situations. 2A.3b Analyze how one's behavior may affect others.
	Lesson 12: Handling Social Anxiety- 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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.3a Analyze ways to establish positive relationships with others. 2C.3b Demonstrate cooperation and teamwork to promote group effectiveness.
Unit 4: Relationship Skills	Lesson 13: Digital Friendships - Learners will review how to form and foster digital friendships with safety in mind.	Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.3a Evaluate strategies for preventing and resolving interpersonal problems. 2D.3b Define unhealthy peer pressure and evaluate strategies for resisting it.
	Lesson 14: Forgiveness - In this lesson, learners will be taught the value of forgiveness to work through disagreements and misunderstandings with others.	

Unit 4: Relationship Skills	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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.3a Analyze ways to establish positive relationships with others. 2C.3b Demonstrate cooperation and teamwork to promote group effectiveness.
	Lesson 16: Assertive vs. Aggressive Communication - Learners will review how to use an assertive communication style rather than an aggressive one.	
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.”	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations. Benchmarks: 3B.3a Analyze how decision-making skills improve study habits and academic performance. 3B.3b Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.
	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.	Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.3a Evaluate strategies for preventing and resolving interpersonal problems. 2D.3b Define unhealthy peer pressure and evaluate strategies for resisting it.
	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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.3a Evaluate how honesty, respect, fairness, and compassion enable one to take the needs of others into account when making decisions. 3A.3b Analyze the reasons for school and societal rules.

Grade 8

Competency	Lesson Title + Description	Learning Standard + Benchmarks
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.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.3a Analyze how personal qualities influence choices and successes. 1B.2a Describe personal skills and interests that one wants to develop.
	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.	Learning Standard: 1A Identify and manage one’s emotions and behavior. Benchmarks: 1A.3a Analyze factors that create stress or motivate successful performance. 1A.3b Apply strategies to manage stress and to motivate successful performance.
	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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.3a Set a short-term goal and make a plan for achieving it. 1C.3b Analyze why one achieved or did not achieve a goal.

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.	Learning Standard: 2B Recognize individual and group similarities and differences. Benchmarks: 2B.3a Explain how individual, social, and cultural differences may increase vulnerability to bullying and identify ways to address it. 2B.3b Analyze the effects of taking action to oppose bullying based on individual and group differences.
	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.	Learning Standard: 1A Identify and manage one’s emotions and behavior. Benchmarks: 1A.3a Analyze factors that create stress or motivate successful performance. 1A.3b Apply strategies to manage stress and to motivate successful performance.
	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.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.3a Analyze how personal qualities influence choices and successes. 1B.2a Describe personal skills and interests that one wants to develop.
	Lesson 8: Taking Responsibility - This lesson provides learners with foundational skills needed to take responsibility for their choices and own their mistakes.	

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.	Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.3a Evaluate strategies for preventing and resolving interpersonal problems. 2D.3b Define unhealthy peer pressure and evaluate strategies for resisting it.
	Lesson 10: Gaining Confidence for Public Speaking - In this lesson, learners are taught strategies to reduce anxiety and become more confident public speakers.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.3a Analyze ways to establish positive relationships with others. 2C.3b Demonstrate cooperation and teamwork to promote group effectiveness.
	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.	Learning Standard: 3C Contribute to the well-being of one’s school and community. Benchmarks: 3C.3a Evaluate one’s participation in efforts to address an identified school need. 3C.3b Evaluate one’s participation in efforts to address an identified need in one’s local community.
	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.	Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.3a Evaluate strategies for preventing and resolving interpersonal problems. 2D.3b Define unhealthy peer pressure and evaluate strategies for resisting it.

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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.3a Analyze ways to establish positive relationships with others. 2C.3b Demonstrate cooperation and teamwork to promote group effectiveness.
	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.	Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.3a Evaluate strategies for preventing and resolving interpersonal problems. 2D.3b Define unhealthy peer pressure and evaluate strategies for resisting it.
	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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.3a Analyze ways to establish positive relationships with others. 2C.3b Demonstrate cooperation and teamwork to promote group effectiveness.
	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.	Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.3a Evaluate strategies for preventing and resolving interpersonal problems. 2D.3b Define unhealthy peer pressure and evaluate strategies for resisting it.

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.	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations. Benchmarks: 3B.3a Analyze how decision-making skills improve study habits and academic performance. 3B.3b Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.
	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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.3a Evaluate how honesty, respect, fairness, and compassion enable one to take the needs of others into account when making decisions. 3A.3b Analyze the reasons for school and societal rules.
	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.	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations. Benchmarks: 3B.3a Analyze how decision-making skills improve study habits and academic performance. 3B.3b Evaluate strategies for resisting pressures to engage in unsafe or unethical activities.

Grade 9

Competency	Lesson Title + Description	Learning Standard + Benchmarks
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.	Learning Standard: 1A Identify and manage one’s emotions and behavior. Benchmarks: 1A.4a Analyze how thoughts and emotions affect decision making and responsible behavior. 1A.4b Generate ways to develop more positive attitudes.
	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.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.4a Set priorities in building on strengths and identifying areas for improvement. 1B.4b Analyze how positive adult role models and support systems contribute to school and life success.
	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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.4a Identify strategies to make use of resources and overcome obstacles to achieve goals. 1C.4b Apply strategies to overcome obstacles to goal achievement.

Unit 2: Self-Management	<p>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.</p>	<p>Learning Standard: 1A Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.4a Analyze how thoughts and emotions affect decision making and responsible behavior. 1A.4b Generate ways to develop more positive attitudes.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 1B Recognize personal qualities and external supports.</p> <p>Benchmarks: 1B.4a Set priorities in building on strengths and identifying areas for improvement. 1B.4b Analyze how positive adult role models and support systems contribute to school and life success.</p>
	<p>Lesson 8: Steps Toward Success - In this lesson, students will learn about the ways they can positively impact their own success.</p>	<p>Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.4a Identify strategies to make use of resources and overcome obstacles to achieve goals. 1C.4b Apply strategies to overcome obstacles to goal achievement.</p>

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.	Learning Standard: 2B Recognize individual and group similarities and differences. Benchmarks: 2B.4a Analyze the origins and negative effects of stereotyping and prejudice. 2B.4b Demonstrate respect for individuals from different social and cultural groups.
	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.”	Learning Standard: 3C Contribute to the well-being of one’s school and community. Benchmarks: 3C.4a Plan, implement, and evaluate one’s participation in activities and organizations that improve school climate. 3C.4b Plan, implement, and evaluate one’s participation in a group effort to contribute to one’s local community.
	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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.4a Evaluate the effects of requesting support from and providing support to others. 2C.4b Evaluate one’s contribution in groups as a member and leader.

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.	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations. Benchmarks: 3B.4a. Evaluate personal abilities to gather information, generate alternatives, and anticipate the consequences of decisions. 3B.4b. Apply decision-making skills to establish responsible social and work relationships.
	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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.4a Evaluate the effects of requesting support from and providing support to others. 2C.4b Evaluate one’s contribution in groups as a member and leader.
	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.	Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.4a Analyze how listening and talking accurately help in resolving conflicts. 2D.4b Analyze how conflict-resolution skills contribute to work within a group.

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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.4a Demonstrate personal responsibility in making ethical decisions. 3A.4b Evaluate how social norms and the expectations of authority influence personal decisions and actions.
	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.	Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.4a Analyze how listening and talking accurately help in resolving conflicts. 2D.4b Analyze how conflict-resolution skills contribute to work within a group.
	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.	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations. Benchmarks: 3B.4a. Evaluate personal abilities to gather information, generate alternatives, and anticipate the consequences of decisions. 3B.4b. Apply decision-making skills to establish responsible social and work relationships.
	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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.4a Identify strategies to make use of resources and overcome obstacles to achieve goals. 1C.4b Apply strategies to overcome obstacles to goal achievement.

Grade 10

Competency	Lesson Title + Description	Learning Standard + Benchmarks
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.	<p>Learning Standard: 1A Identify and manage one’s emotions and behavior.</p> <p>Benchmarks: 1A.4a Analyze how thoughts and emotions affect decision making and responsible behavior. 1A.4b Generate ways to develop more positive attitudes.</p>
	Lesson 2: Overcoming Setbacks - Learners will be taught the importance of and value in being resilient by reflecting on their setbacks.	<p>Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.4a Identify strategies to make use of resources and overcome obstacles to achieve goals. 1C.4b Apply strategies to overcome obstacles to goal achievement.</p>
	Lesson 3: Beating Procrastination - Learners will be given the tools and insight necessary to stay motivated and reduce the urge to procrastinate.	<p>Learning Standard: 1B Recognize personal qualities and external supports.</p> <p>Benchmarks: 1B.4a Set priorities in building on strengths and identifying areas for improvement. 1B.4b Analyze how positive adult role models and support systems contribute to school and life success.</p>
	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.	<p>Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.4a Identify strategies to make use of resources and overcome obstacles to achieve goals. 1C.4b Apply strategies to overcome obstacles to goal achievement.</p>

Unit 2: Self-Management	<p>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.</p>	<p>Learning Standard: 1A Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.4a Analyze how thoughts and emotions affect decision making and responsible behavior. 1A.4b Generate ways to develop more positive attitudes.</p>
	<p>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.</p>	
	<p>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.</p>	<p>Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.4a Identify strategies to make use of resources and overcome obstacles to achieve goals. 1C.4b Apply strategies to overcome obstacles to goal achievement.</p>
	<p>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.</p>	<p>Learning Standard: 1A Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.4a Analyze how thoughts and emotions affect decision making and responsible behavior. 1A.4b Generate ways to develop more positive attitudes.</p>

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.	Learning Standard: 2A Recognize the feelings and perspectives of others. Benchmarks: 2A.4a Analyze similarities and differences between one's own and others' perspectives. 2A.4b Use conversation skills to understand others' feelings and perspectives.
	Lesson 10: Public Speaking 101 - Learners will explore and practice different strategies they can use to improve their public speaking skills.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.4a Evaluate the effects of requesting support from and providing support to others. 2C.4b Evaluate one's contribution in groups as a member and leader.
	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.	Learning Standard: 3C Contribute to the well-being of one's school and community. Benchmarks: 3C.4a Plan, implement, and evaluate one's participation in activities and organizations that improve school climate. 3C.4b Plan, implement, and evaluate one's participation in a group effort to contribute to one's local community.
	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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.4a Demonstrate personal responsibility in making ethical decisions. 3A.4b Evaluate how social norms and the expectations of authority influence personal decisions and actions.

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.	Learning Standard: 2B Recognize individual and group similarities and differences. Benchmarks: 2B.4a Analyze the origins and negative effects of stereotyping and prejudice. 2B.4b Demonstrate respect for individuals from different social and cultural groups.
	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.	Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.4a Analyze how listening and talking accurately help in resolving conflicts. 2D.4b Analyze how conflict-resolution skills contribute to work within a group.
	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.	Learning Standard: 2A Recognize the feelings and perspectives of others. Benchmarks: 2A.4a Analyze similarities and differences between one's own and others' perspectives. 2A.4b Use conversation skills to understand others' feelings and perspectives.
	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.	

Unit 5: Responsible Decision-Making	<p>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.</p>	<p>Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions.</p> <p>Benchmarks: 3A.4a Demonstrate personal responsibility in making ethical decisions. 3A.4b Evaluate how social norms and the expectations of authority influence personal decisions and actions.</p>
	<p>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.</p>	<p>Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations.</p> <p>Benchmarks: 3B.4a. Evaluate personal abilities to gather information, generate alternatives, and anticipate the consequences of decisions. 3B.4b. Apply decision-making skills to establish responsible social and work relationships.</p>
	<p>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.</p>	<p>Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions.</p> <p>Benchmarks: 3A.4a Demonstrate personal responsibility in making ethical decisions. 3A.4b Evaluate how social norms and the expectations of authority influence personal decisions and actions.</p>
	<p>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.</p>	<p>Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations.</p> <p>Benchmarks: 3B.4a. Evaluate personal abilities to gather information, generate alternatives, and anticipate the consequences of decisions. 3B.4b. Apply decision-making skills to establish responsible social and work relationships.</p>

Grade 11

Competency	Lesson Title + Description	Learning Standard + Benchmarks
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.	Learning Standard: 1A Identify and manage one's emotions and behavior. Benchmarks: 1A.5a Evaluate how expressing one's emotions in different situations affects others. 1A.5b Evaluate how expressing more positive attitudes influences others.
	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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.5a Set a post-secondary goal with action steps, time-frames, and criteria for evaluating achievement. 1C.5b Monitor progress toward achieving a goal, and evaluating one's performance against criteria.
	Lesson 3: Community Resources - Learners will be taught the importance of learning about and utilizing their community resources and how to do so.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.5a Implement a plan to build on a strength, meet a need, or address a challenge. 1B.5b Evaluate how developing interests and filling useful roles support school and life success.
	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."	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.5a Set a post-secondary goal with action steps, time-frames, and criteria for evaluating achievement. 1C.5b Monitor progress toward achieving a goal, and evaluating one's performance against criteria.

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.	Learning Standard: 1A Identify and manage one's emotions and behavior. Benchmarks: 1A.5a Evaluate how expressing one's emotions in different situations affects others. 1A.5b Evaluate how expressing more positive attitudes influences others.
	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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.5a Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. 2C.5b Plan, implement, and evaluate participation in a group project.
	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.	Learning Standard: 1A Identify and manage one's emotions and behavior. Benchmarks: 1A.5a Evaluate how expressing one's emotions in different situations affects others. 1A.5b Evaluate how expressing more positive attitudes influences others.
	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.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.5a Implement a plan to build on a strength, meet a need, or address a challenge. 1B.5b Evaluate how developing interests and filling useful roles support school and life success.

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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.5a Apply ethical reasoning to evaluate societal practices. 3A.5b Examine how the norms of different societies and cultures influence their members' decisions and behaviors.
	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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.5a Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. 2C.5b Plan, implement, and evaluate participation in a group project.
	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.	Learning Standard: 3C Contribute to the well-being of one's school and community. Benchmarks: 3C.5a. Work cooperatively with others to plan, implement, and evaluate a project to meet an identified school need. 3C.5b. Work cooperatively with others to plan, implement, and evaluate a project that addresses an identified need in the broader community.
	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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.5a Apply ethical reasoning to evaluate societal practices. 3A.5b Examine how the norms of different societies and cultures influence their members' decisions and behaviors.

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.	Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.5a Evaluate the effects of using negotiation skills to reach win-win solutions. 2D.5b Evaluate current conflict-resolution skills and plan how to improve them.
	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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.5a Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. 2C.5b Plan, implement, and evaluate participation in a group project.
	Lesson 15: External Pressures - In this lesson, learners will be taught a variety of strategies they can utilize and implement to mitigate external pressure.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.5a Apply ethical reasoning to evaluate societal practices. 3A.5b Examine how the norms of different societies and cultures influence their members' decisions and behaviors.
	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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.5a Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. 2C.5b Plan, implement, and evaluate participation in a group project.

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 mitigate negative effects.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.5a Apply ethical reasoning to evaluate societal practices. 3A.5b Examine how the norms of different societies and cultures influence their members' decisions and behaviors.
	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.	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations. Benchmarks: 3B.5a. Analyze how present decision making affects college and career choices. 3B.5b. Evaluate how responsible decision making affects interpersonal and group relationships.
	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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.5a Set a post-secondary goal with action steps, time-frames, and criteria for evaluating achievement. 1C.5b Monitor progress toward achieving a goal, and evaluating one's performance against criteria.

Grade 12

Competency	Lesson Title + Description	Learning Standard + Benchmarks
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.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.5a Implement a plan to build on a strength, meet a need, or address a challenge. 1B.5b Evaluate how developing interests and filling useful roles support school and life success.
	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.	Learning Standard: 1A Identify and manage one's emotions and behavior. Benchmarks: 1A.5a Evaluate how expressing one's emotions in different situations affects others. 1A.5b Evaluate how expressing more positive attitudes influences others.
	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.	Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals. Benchmarks: 1C.5a Set a post-secondary goal with action steps, time-frames, and criteria for evaluating achievement. 1C.5b Monitor progress toward achieving a goal, and evaluating one's performance against criteria.
	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.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.5a Implement a plan to build on a strength, meet a need, or address a challenge. 1B.5b Evaluate how developing interests and filling useful roles support school and life success.

Unit 2: Self-Management	<p>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.</p>	<p>Learning Standard: 1A Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.5a Evaluate how expressing one's emotions in different situations affects others. 1A.5b Evaluate how expressing more positive attitudes influences others.</p>
	<p>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.</p>	<p>Learning Standard: 1B Recognize personal qualities and external supports.</p> <p>Benchmarks: 1B.5a Implement a plan to build on a strength, meet a need, or address a challenge. 1B.5b Evaluate how developing interests and filling useful roles support school and life success.</p>
	<p>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.</p>	<p>Learning Standard: 1A Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.5a Evaluate how expressing one's emotions in different situations affects others. 1A.5b Evaluate how expressing more positive attitudes influences others.</p>
	<p>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.</p>	<p>Learning Standard: 1C Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.5a Set a post-secondary goal with action steps, time-frames, and criteria for evaluating achievement. 1C.5b Monitor progress toward achieving a goal, and evaluating one's performance against criteria.</p>

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.	Learning Standard: 3C Contribute to the well-being of one's school and community. Benchmarks: 3C.5a. Work cooperatively with others to plan, implement, and evaluate a project to meet an identified school need. 3C.5b. Work cooperatively with others to plan, implement, and evaluate a project that addresses an identified need in the broader 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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.5a Apply ethical reasoning to evaluate societal practices. 3A.5b Examine how the norms of different societies and cultures influence their members' decisions and behaviors.
	Lesson 11: Contributing to Community Improvement - Students will evaluate and learn new ways to be involved in their school and community improvement.	Learning Standard: 3C Contribute to the well-being of one's school and community. Benchmarks: 3C.5a. Work cooperatively with others to plan, implement, and evaluate a project to meet an identified school need. 3C.5b. Work cooperatively with others to plan, implement, and evaluate a project that addresses an identified need in the broader community.
	Lesson 12: Important Issues to You- Learners will reflect on what matters to them and social issues that they deem important.	Learning Standard: 2B Recognize individual and group similarities and differences. Benchmarks: 2B.5a Evaluate strategies for being respectful of others and opposing stereotyping and prejudice. 2B.5b Evaluate how advocacy for the rights of others contributes to the common good.

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.	Learning Standard: 2A Recognize the feelings and perspectives of others. Benchmarks: 2A.5a Demonstrate how to express understanding of those who hold different opinions. 2A.5b Demonstrate ways to express empathy for others.
	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.	Learning Standard: 2C Use communication and social skills to interact effectively with others. Benchmarks: 2C.5a Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. 2C.5b Plan, implement, and evaluate participation in a group project.
	Lesson 15: The Art of Communication - Students will learn communication skills to be successful in different aspects of school, work, and their personal lives.	Learning Standard: 2A Recognize the feelings and perspectives of others. Benchmarks: 2A.5a Demonstrate how to express understanding of those who hold different opinions. 2A.5b Demonstrate ways to express empathy for others.
	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.	Learning Standard: 2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. Benchmarks: 2D.5a Evaluate the effects of using negotiation skills to reach win-win solutions. 2D.5b Evaluate current conflict-resolution skills and plan how to improve them.

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.	Learning Standard: 3A Consider ethical, safety, and societal factors in making decisions. Benchmarks: 3A.5a Apply ethical reasoning to evaluate societal practices. 3A.5b Examine how the norms of different societies and cultures influence their members' decisions and behaviors.
	Lesson 18: Critical Thinking and Leadership - Students will evaluate the relationship between using critical thinking and being a leader.	Learning Standard: 3B Apply decision-making skills to deal responsibly with daily academic and social situations. Benchmarks: 3B.5a Analyze how present decision making affects college and career choices. 3B.5b Evaluate how responsible decision making affects interpersonal and group relationships.
	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.	Learning Standard: 1B Recognize personal qualities and external supports. Benchmarks: 1B.5a Implement a plan to build on a strength, meet a need, or address a challenge. 1B.5b Evaluate how developing interests and filling useful roles support school and life success.
	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.	

Tier 2/3 Scope and Sequence

Learning Standards and Benchmarks



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.

Pre-K & Kindergarten		
Skill	Goal & Lesson Units	Learning Standard & Benchmark(s)
Academic Readiness	<p>Classroom Routine - Students learn to follow directions, transition between activities, and engage in group routines.</p> <p>Lesson Units:</p> <ol style="list-style-type: none">Using Our Best BehaviorBeing a First-Time ListenerClassroom BasicsBeing a ClassmateStarting and Ending the Day*	<p>Learning Standard: 30C. Demonstrate skills related to successful personal and school outcomes.</p> <p>Benchmarks: 30.C.ECa Exhibit eagerness and curiosity as a learner. 30.C.ECb Demonstrate persistence and creativity in seeking solutions to problems. 30.C.ECc Show some initiative, self-direction, and independence in actions. 30.C.ECd Demonstrate engagement and sustained attention in activities.</p>
	<p>Behavior Management - Students learn to use safe hands, manage impulses, and follow behavioral expectations at school.</p> <p>Lesson Units:</p> <ol style="list-style-type: none">Using Safe HandsSafe Behaviors	<p>Learning Standard: 30.C Demonstrate skills related to successful personal and school outcomes.</p> <p>Benchmarks: 30.C.ECa Exhibit eagerness and curiosity as a learner. 30.C.ECb Demonstrate persistence and creativity in seeking solutions to problems. 30.C.ECc Show some initiative, self-direction, and independence in actions. 30.C.ECd Demonstrate engagement and sustained attention in activities.</p>

Communication	<p>Conversation Basics - Students practice starting and maintaining simple conversations by greeting others, asking questions, and taking turns while speaking.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Greeting Basics 2. What are Conversation Drivers & Stoppers? 	<p>Learning Standard: 31.B Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 31.B.ECa Interact verbally and nonverbally with other children. 31.B.ECb Engage in cooperative group play. 31.B.ECc Use socially appropriate behavior with peers and adults, such as helping, sharing, and taking turns.</p>
	<p>Conversation Maintenance - This goal focuses on keeping conversations going by staying on topic, making connected comments, and reading social cues.</p> <p>Lesson Unit:</p> <ol style="list-style-type: none"> 1. What are Connected Comments? 	<p>Learning Standard: 31.B Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 31.B.ECa Interact verbally and nonverbally with other children. 31.B.ECb Engage in cooperative group play. 31.B.ECc Use socially appropriate behavior with peers and adults, such as helping, sharing, and taking turns.</p>
Emotional Recognition	<p>Identifying Feelings - Children explore how to recognize and name their emotions, helping them better understand their internal experiences.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Starting to Identify Feelings 2. Describing Feelings 3. Labeling Feelings 	<p>Learning Standard: 30.A Identify and manage one's emotions and behavior.</p> <p>Standardized Benchmarks: 30.A.ECa Recognize and label basic emotions. 30.A.ECb Use appropriate communication skills when expressing needs, wants, and feelings. 30.A.ECc Express feelings that are appropriate to the situation.</p>
	<p>Changing the Channel on Feelings - This goal introduces strategies to help children shift focus when tough emotions like frustration or disappointment feel overwhelming.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Changing the Channel? 2. How to Change the Channel 3. Handling Big Feelings 	<p>Learning Standard: 30.A Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 30.A.ECa Recognize and label basic emotions. 30.A.ECb Use appropriate communication skills when expressing needs, wants, and feelings. 30.A.ECc Express feelings that are appropriate to the situation. 30.A.ECd Begin to understand and follow rules. 30.A.ECe Use materials with purpose, safety, and respect. 30.A.ECf Begin to understand the consequences of his or her behavior.</p>

Emotional Recognition	<p>Keeping an Open Mind - Students learn to try new ideas, listen to others, and be flexible in their thinking during group activities.</p> <p>Lesson Unit: 1. Learning to Switch Tracks</p>	<p>Learning Standard: 30.C Demonstrate skills related to successful personal and school outcomes.</p> <p>Benchmarks: 30.C.ECa Exhibit eagerness and curiosity as a learner. 30.C.ECb Demonstrate persistence and creativity in seeking solutions to problems. 30.C.ECc Show some initiative, self-direction, and independence in actions. 30.C.ECd Demonstrate engagement and sustained attention in activities.</p>
	<p>Thinking Positive - Encourages children to build confidence by practicing positive self-talk and focusing on their strengths.</p> <p>Lesson Units: 1. How to Think Positive</p>	<p>Learning Standard: 30.B Recognize own uniqueness and personal qualities.</p> <p>Benchmarks: 30.B.ECa Describe self using several basic characteristics.</p>
Friendship	<p>Playing with Others - This goal supports cooperative play by teaching children to share, take turns, and include their peers.</p> <p>Lesson Units: 1. How to Ask Others to Play 2. Everyone Can Play 3. Play Basics 4. Being Fair</p>	<p>Learning Standard: 31.B Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 31.B.ECa Interact verbally and nonverbally with other children. 31.B.ECb Engage in cooperative group play. 31.B.ECc Use socially appropriate behavior with peers and adults, such as helping, sharing, and taking turns.</p>
	<p>Empathy Essentials - Students learn to notice and understand others' feelings, practicing ways to show kindness and care.</p> <p>Lesson Units: 1. Caring About Others 2. Making New Friends*</p>	<p>Learning Standard: 31.A Develop positive relationships with peers and adults.</p> <p>Benchmarks: 31.A.ECa Show empathy, sympathy, and caring for others. 31.A.ECb Recognize the feelings and perspectives of others. 31.A.ECc Interact easily with familiar adults. 31.A.ECd Demonstrate attachment to familiar adults. 31.A.ECe Develop positive relationships with peers.</p>

Problem Solving	<p>Solving a Problem- Children are introduced to a simple problem-solving process to help them navigate challenges during play and learning.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Learning the Problem Solving Steps 2. Practice Solving Problems 	<p>Learning Standard: 31.C Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 31.C.ECa Begin to share materials and experiences and take turns. 31.C.ECb Solve simple conflicts with peers with independence, using gestures or words. 31.C.ECc Seek adult help when needed to resolve conflict.</p>
	<p>Handling Conflicts- This goal teaches students how to manage small disagreements, including saying sorry and finding fair solutions with friends.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Saying Sorry 2. When I Feel Upset with a Friend 	<p>Learning Standard: 31.C Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 31.C.ECa Begin to share materials and experiences and take turns. 31.C.ECb Solve simple conflicts with peers with independence, using gestures or words. 31.C.ECc Seek adult help when needed to resolve conflict.</p>
Resiliency	<p>Growth Mindset - Students explore how effort and persistence lead to growth, learning to embrace challenges and view mistakes as opportunities to improve.</p> <p>Lesson Unit:</p> <ol style="list-style-type: none"> 1. What is Growth Mindset?* 	<p>Learning Standard: 30.C Demonstrate skills related to successful personal and school outcomes.</p> <p>Benchmarks: 30.C.ECa Exhibit eagerness and curiosity as a learner. 30.C.ECb Demonstrate persistence and creativity in seeking solutions to problems 30.C.ECc Show some initiative, self-direction, and independence in actions.</p>

Self-Regulation	<p>Managing Stress - Children practice calming techniques, like deep breathing, to help them manage big feelings.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. When to Choose Calm 2. Practicing Calming Strategies 3. Mastering Staying Calm 	<p>Learning Standard: 30.A Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 30.A.ECa Recognize and label basic emotions. 30.A.ECb Use appropriate communication skills when expressing needs, wants, and feelings. 30.A.ECc Express feelings that are appropriate to the situation.</p>
	<p>Using Your Self-Controller - Students explore tools to maintain self-control, such as stopping to think or using calm-down strategies.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Self-Control Strategies 2. Practicing Self-Control 3. Using the Calming Corner 	<p>Learning Standard: 30.A Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 30.A.ECa Recognize and label basic emotions. 30.A.ECb Use appropriate communication skills when expressing needs, wants, and feelings. 30.A.ECc Express feelings that are appropriate to the situation.</p>
Situational Awareness	<p>Perspective Taking - Students learn to see situations from another person's point of view.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Seeing Others' Point of View 	<p>Learning Standard: 31.A Develop positive relationships with peers and adults.</p> <p>Benchmarks: 31.A.ECa Show empathy, sympathy, and caring for others. 31.A.ECb Recognize the feelings and perspectives of others. 31.A.ECc Interact easily with familiar adults. 31.A.ECd Demonstrate attachment to familiar adults. 31.A.ECe Develop positive relationships with peers.</p>
	<p>Being a Community Member - Students learn to adapt to group settings, use appropriate behaviors in shared spaces, and contribute positively to their community.</p> <p>Lesson Unit:</p> <ol style="list-style-type: none"> 1. Showing Room Respect* 	<p>Learning Standard: 32.A Begin to consider ethical, safety, and societal factors in making decisions.</p> <p>Benchmarks: 32.A.ECa Participate in discussions about why rules exist. 32.A.ECb Follow rules and make good choices about behavior.</p>

*Notes units that will be released over the 2026-27 school year

Elementary

Skill	Goal & Lesson Units	Learning Standard & Benchmarks
Academic Readiness	<p>Classroom Routine - Students learn to navigate daily routines to foster independence and responsibility.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Classroom Basics 2. Walking in the Halls 3. Using Our Best Behavior 4. Learning How to Follow Directions 5. Following Directions the First Time 6. Showing You Are Listening 7. What to Do When You Feel Bored 8. Focusing in School 9. Teaching Not to Blur 10. Raising Your Hand 11. Fire Drills at School* 	<p>Learning Standard: 1C. Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.1a Describe why school is important in helping students achieve personal goals. 1C.1b Identify goals for academic success and classroom behavior.</p>
	<p>Working with Others - This goal helps students practice collaboration by sharing ideas, taking turns, and contributing positively in group activities.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Why We Work in Groups 2. How to Work in Groups 3. Being a Good Group Member 4. Team Work 	<p>Learning Standard: 2C. Use communication and social skills to interact effectively with others.</p> <p>Benchmark: 2C.2b. Analyze ways to work effectively in groups.</p>
	<p>Behavior Management - Students develop self-regulation and problem-solving skills to navigate social and classroom expectations.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Safe Hands, Safe Feet 2. Getting Attention in a Positive Way 3. How to Ignore Others 4. Practice Ignoring Others 5. What is On Purpose Plan? 6. Using On Purpose Plan 7. Learning to Accept a Consequence 	<p>Learning Standard: 1B. Recognize personal qualities and external support.</p> <p>Benchmarks: 1B.2a. Describe personal skills and interests that one wants to develop. 1B.2b. Explain how family members, peers, school personnel, and community members can support school success and responsible behavior.</p>

Academic Readiness	<p>Showing Respect - Students learn to show respect for others through their words and actions.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. How We Treat Others 2. How to Show Respect 3. Respecting Others Opinions 4. Mastering Showing Respect 	<p>Learning Standard: 2B. Recognize individual and group similarities and differences.</p> <p>Benchmarks: 2B.2a. Identify differences among and contributions of various social and cultural groups. 2B.2b. Demonstrate how to work effectively with those who are different from oneself.</p>
	<p>Riding the Bus - This goal focuses on teaching students safe and respectful behavior on the bus.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Bus Basics 2. Bus Safety 3. Community Clues 4. Staying Calm on the Bus 	<p>Learning Standard: 2C. Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.1a. Identify ways to work and play well with others. 2C.1b. Demonstrate appropriate social and classroom behavior.</p>
Adaptive Skills	<p>Advocating for Yourself - Students learn the importance of expressing their needs and asking for help.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Self-Advocacy? 2. Being Your Own Decision-Maker 3. My Supports 4. Asking for Help 5. Asking for What You Need 	<p>Learning Standard: 3B. Apply decision-making skills to deal responsibly with daily academic and social situations.</p> <p>Benchmarks: 3B.1a. Identify a range of decisions that students make at school.</p>
	<p>Making Decisions - Students explore strategies for making thoughtful choices by identifying options, considering outcomes, and reflecting on their decisions.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. THINK Method 2. Recognizing Safe Situations 3. Reacting to Problems 	<p>Learning Standard: 3A. Consider ethical, safety, and societal factors in making decisions.</p> <p>Benchmarks: 3A.1a. Explain why unprovoked acts that hurt others are wrong. 3A.1b. Identify social norms and safety considerations that guide behavior.</p>
	<p>Healthy Habits - This goal teaches students the importance of hygiene, healthy eating, and routines that support physical and mental well-being.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Hygiene? 2. Healthy Eating Habits 3. Sleep Hygiene 	<p>Learning Standard: 3A. Consider ethical, safety, and societal factors in making decisions.</p> <p>Benchmarks: 3A.1b. Identify social norms and safety considerations that guide behavior.</p>

<p>Communication</p>	<p>Conversation Basics - Students practice starting and maintaining conversations by learning skills like greetings, turn-taking, and asking relevant questions.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Greeting Basics 2. Introducing Yourself 3. Gaining Attention 4. Start a Conversation 5. Join a Conversation 6. What is the Conversation Stoplight? 7. Practice Using the Conversation Stoplight 8. What are Conversation Drivers & Stoppers? 9. Labeling Conversation Drivers & Stoppers 10. Using Conversation Drivers & Stoppers 11. Master Conversation Drivers & Stoppers 12. Learn to Share Conversations 13. Practice Sharing Conversations 14. How to End Conversations 15. Ways to End a Conversation 	<p>Learning Standard: 2C. Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.2b. Analyze ways to work effectively in groups.</p>
	<p>Conversation Maintenance - This goal focuses on keeping conversations going by staying on topic, making connected comments, and reading social cues.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What are Connected Comments? 2. Practice Making Connected Comments 3. What is Topic Radar? 4. Practicing Picking the Topic 5. Additional Practice 6. Mastering Topic Radar 7. What is Topic Surfing? 8. How to Topic Surf 9. What is Think It or Say It? 10. Practice Think It or Say It 11. What are the Two W's? 12. Using the Two W's 13. What is the Conversation Measuring Cup? 14. Using the Conversation Measuring Cup 	<p>Learning Standard: 2C. Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.2b. Analyze ways to work effectively in groups.</p>

Communication	<p>Advanced Conversation Skills - Students learn nuanced communication skills like understanding sarcasm, using humor, and recognizing the appropriate level of detail for different audiences.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is the Background Brief? 2. Using the Background Brief 3. Direct vs. Indirect Language 4. Practice Using Direct vs. Indirect Language 5. Using Humor 6. Using Sarcasm 	<p>Learning Standard: 2C. Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.2b. Analyze ways to work effectively in groups.</p>
	<p>Nonverbal Communication - Students explore the power of body language, visual referencing, tone of voice, and personal space to support their interactions.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Personal Space? 2. How to Keep Personal Space 3. How to Listen 4. Practice Listening 5. Engaged Listening 6. What is Visual Referencing? 7. How to Use Visual Referencing 8. Body Language Basics 9. Understanding Body Language 10. Reading Body Language 11. Mastering Body Language 12. How to Show Interest 13. Understanding Tone of Voice 14. Monitoring Your Tone of Voice 	<p>Learning Standard: 2C. Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.2b. Analyze ways to work effectively in groups.</p>
	<p>Cyber Skills - Students learn the basics of online communication, including staying safe, respecting digital boundaries, and interacting responsibly on the internet.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What are the Cyber Skills? 2. Practice Cyber Skills 3. How We're Treated Online 	<p>Learning Standard: 2C. Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.2b. Analyze ways to work effectively in groups.</p>

Emotional Recognition	<p>Identifying Feelings - Students practice recognizing and naming their own emotions and those of others.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Starting to Identify Feelings 2. Describing Feelings 3. Labeling Feelings 4. Understanding My Feelings 5. Mastering Feelings 6. Understanding Sadness & Grief* 	<p>Learning Standard: 1A. Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.1a Recognize and accurately label emotions and how they are linked to behavior.</p>
	<p>Changing the Channel on Feelings - This goal teaches students how to shift their focus and cope with tough emotions.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Understanding Your Emotions 2. Changing the Channel on Emotions 3. Handling Jealousy 	<p>Learning Standard: 1A. Identify and Manage one's emotions and behavior.</p> <p>Benchmarks: 1A.2a. Describe a range of emotions and the situations that cause them. 1A.2b. Describe and demonstrate ways to express emotions in a socially acceptable manner.</p>
	<p>Keeping an Open Mind - Students learn to try new ideas and follow a new plan.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is an Open and Closed Mind? 2. How to Keep an Open Mind 3. What is Switching Tracks? 4. How to Switch Tracks 	<p>Learning Standard: 1A. Identify and Manage one's emotions and behavior.</p> <p>Benchmarks: 1A.2a. Describe a range of emotions and the situations that cause them. 1A.2b. Describe and demonstrate ways to express emotions in a socially acceptable manner.</p>
	<p>Thinking Positive - Students build confidence by focusing on their strengths and practicing self-talk.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Understanding Self-Esteem* 2. How to Think Positive 3. Improving My Self-Esteem 	<p>Learning Standard: 1B. Recognize personal qualities and external supports.</p> <p>Benchmarks: 1B.1a Identify one's likes and dislikes, needs and wants, strengths and challenges. 1B.1b Identify family, peer, school, and community strengths.</p>

Friendship	<p>Playing with Others - This goal helps students practice cooperative play by sharing, taking turns, and resolving conflicts.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. How to Ask Others to Play 2. Practice Asking Others to Play 3. Including Others 4. Joining Others 5. Play Basics 6. Cooperative Play 7. Sharing 8. Playing Fairly 9. What to Say while Playing 10. What is a Good Sport? 11. Being a Good Sport at Recess 	<p>Learning Standard: 2C. Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.2a. Describe approaches for making and keeping friends. 2C.2b. Analyze ways to work effectively in groups.</p>
	<p>Empathy Essentials - Students learn to understand and respond to others' feelings by practicing active listening, kindness, and compassion.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What are the Empathy Essentials? 2. Using the Empathy Essentials 3. Ways to Show Kindness 4. Showing You Care 5. Learning Empathy 	<p>Learning Standard: 2A. Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.1a. Recognize that others may experience situations differently from oneself. 2A.1b Use listening skills to identify the feelings and perspectives of others.</p>
	<p>Maintaining Friendships - Students learn the qualities of a good friend and explore different types of relationships.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is a Friend? 2. Behaviors of Friends 3. How to be a Friend 4. Hanging out with Friends 5. What is the Relationship Ruler? 6. Understanding Different Relationships 	<p>Learning Standard: 2C. Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.2a. Describe approaches for making and keeping friends. 2C.2b. Analyze ways to work effectively in groups.</p>
	<p>Handling Teasing and Bullying - This goal teaches students how to recognize, respond to, and seek help when faced with teasing or bullying.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Bullying? 2. How to Handle Bullying 3. Opposing Prejudice 	<p>Learning Standard: 2D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.2a. Describe causes and consequences of conflicts. 2D.2b. Apply constructive approaches in resolving conflicts.</p>

Problem-Solving	<p>Solving a Problem - Students learn a step-by-step process to identify problems, think through solutions, and evaluate outcomes.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Identify a Problem 2. Learn the Problem Solving Steps 3. How Big is the Problem? 4. Practice Solving Problems 5. Master Solving Problems 	<p>Learning Standard: 2D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.1a. Identify problems and conflicts commonly experienced by peers. 2D.1b. Identify approaches to resolving conflicts constructively.</p>
	<p>Compromising - This goal focuses on teaching students how to balance their needs with others and work collaboratively toward shared solutions.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Compromising? 2. Practice Compromising 	<p>Learning Standard: 2D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.2a. Describe causes and consequences of conflicts. 2D.2b. Apply constructive approaches in resolving conflicts.</p>
	<p>Handling Conflicts - Students practice resolving conflicts by using respectful communication, understanding different perspectives, and finding fair solutions.</p> <p>Lesson Units::</p> <ol style="list-style-type: none"> 1. Apologizing to Friends 2. Solving Friendship Conflicts 3. Conflict Resolution 4. Fairness 	<p>Learning Standard: 2D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.1a. Identify problems and conflicts commonly experienced by peers. 2D.1b. Identify approaches to resolving conflicts constructively.</p>
Resiliency	<p>Growth Mindset - Students explore how effort and persistence lead to growth, learning to embrace challenges and view mistakes as opportunities to improve.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Growth Mindset? 2. Practicing Growth Mindset 3. I'm Not Good at This...Yet 4. Believing in Yourself 5. Growing from our Challenges 	<p>Learning Standard: 1C. Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.1a Describe why school is important in helping students achieve personal goals. 1C.1b Identify goals for academic success and classroom behavior.</p>

Resiliency	<p>Setting Goals - This goal teaches students to set and work toward their goals by breaking them into steps and tracking their personal progress.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Setting Goals 2. Overcoming Challenges 3. Recognizing Strengths 	<p>Learning Standard: 1C. Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.1a Describe why school is important in helping students achieve personal goals. 1C.1b Identify goals for academic success and classroom behavior.</p>
	<p>Accountability & Values - Students reflect on their influences and how they align with personal values.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Understanding Your Values 2. Finding Positive Influences 	<p>Learning Standard: 1B. Recognize personal qualities and external supports.</p> <p>Benchmarks: 1B.1a Identify one's likes and dislikes, needs and wants, strengths and challenges. 1B.1b Identify family, peer, school, and community strengths.</p>
Self-Regulation	<p>Managing Stress - Students practice strategies to stay calm and focused during challenging situations, such as deep breathing and visualization.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. How to Keep a Calm Body 2. How to Calm Down 3. Practice Calming Strategies 4. Mastering Staying Calm 	<p>Learning Standard: 1A. Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.2a. Describe a range of emotions and the situations that cause them. 1A.2b. Describe and demonstrate ways to express emotions in a socially acceptable manner.</p>
	<p>Using Your Self-Controller - This goal helps students strengthen self-control by pausing before reacting, making thoughtful choices, and managing impulses.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is the Self-Controller? 2. How to Keep Self-Control 3. Strategies to Help You Keep Self-Control 4. Understanding Sensory Needs* 	<p>Learning Standard: 1A. Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.2a. Describe a range of emotions and the situations that cause them. 1A.2b. Describe and demonstrate ways to express emotions in a socially acceptable manner.</p>

Self-Regulation	<p>Being Mindful - Students learn to stay present and focused by practicing techniques like belly breathing, body scans, and gratitude exercises.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Mindfulness? 2. Cultivating Gratitude 3. Practicing Mindfulness 	<p>Learning Standard: 1A. Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.2a. Describe a range of emotions and the situations that cause them. 1A.2b. Describe and demonstrate ways to express emotions in a socially acceptable manner.</p>
	<p>Executive Functioning - Students develop organization and time management skills to help them plan, focus, and complete tasks.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Making a Plan 2. Task Initiation 3. Finding Focus and Motivation 	<p>Learning Standard: 1C. Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.1a Describe why school is important in helping students achieve personal goals. 1C.1b Identify goals for academic success and classroom behavior.</p>
Situational Awareness	<p>Perspective Taking - This goal helps students understand others' viewpoints, build empathy, and improve social interactions.</p> <ol style="list-style-type: none"> 1. How to Tune In 2. Adjusting Your Behavior 3. How to Think About Others 4. What is Reading the Room? 5. Practice Reading the Room 6. Master Reading the Room 7. What is Point of View? 8. Seeing Other's Point of View 	<p>Learning Standard: 2A. Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.2a. Identify verbal, physical, and situational cues that indicate how others may feel. 2A.2b. Describe the expressed feelings and perspectives of others.</p>
	<p>Being a Community Member - Students learn to adapt to group settings, use appropriate behaviors in shared spaces, and contribute positively to their community.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is a Social Chameleon? 2. Practice Being a Social Chameleon 3. Using the Voice Scale 4. What are the Restaurant Rules? 5. Using the Restaurant Rules 6. Understanding Your Resources 	<p>Learning Standard: 2B. Recognize individual and group similarities and differences.</p> <p>Benchmarks: 2B.1a. Describe the ways that people are similar and different. 2B.1b. Describe positive qualities in others.</p>

Situational Awareness	<p>Healthy Relationships - Students explore how to build supportive and respectful relationships with others.</p> <p>Lesson Unit: 1. Supportive Relationships</p>	<p>Learning Standard: 2D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.2a. Describe causes and consequences of conflicts. 2D.2b. Apply constructive approaches in resolving conflicts.</p>
Vocational	<p>Learning Leadership - Students are introduced to leadership skills like responsibility.</p> <p>Lesson Unit: 1. Responsibility</p>	<p>Learning Standard: 3C. Contribute to the well-being of one's school and community.</p> <p>Benchmarks: 3C.1a. Identify and perform roles that contribute to one's classroom. 3C.1b. Identify and perform roles that contribute to one's family.</p>

*Notes units that will be released over the 2026-27 school year

Middle & High School

Skill	Goal & Lesson Units	Learning Standard & Benchmarks
Academic Readiness	<p>Working with Others - Students build collaboration skills by learning how to work in groups, communicate effectively, and manage problems that may arise.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. How to Work in Groups 2. Collaboration 3. Being a Teammate 	<p>Learning Standard: 2C: Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.3a. Analyze ways to establish positive relationships with others. 2C.3b. Demonstrate cooperation and teamwork to promote group effectiveness.</p>
	<p>Showing Respect - Students explore how to show respect for diverse perspectives and foster inclusive relationships.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. How to Show Respect 2. Respecting Others' Opinions 	<p>Learning Standard: 2B: Recognize individual and group similarities and differences.</p> <p>Benchmarks: 2B.4a. Analyze the origins and negative effects of stereotyping and prejudice. 2B.4b. Demonstrate respect for individuals from different social and cultural groups.</p>
Adaptive Skills	<p>Advocating for Yourself - Students learn to identify their needs, express them confidently, and navigate systems like school or work to achieve their goals.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Self-Advocacy? 2. Expressing Yourself 3. Speaking Up 4. Understanding Your Plan 5. Taking Initiative 6. Asking for Help or Clarification 	<p>Learning Standard: 3B: Apply decision-making skills to deal responsibly with daily academic and social situations.</p> <p>Benchmarks: 3B.3a. Analyze how decision-making skills improve study habits and academic performance.</p>
	<p>Making Decisions - This goal teaches students to evaluate their options and make choices in personal and academic contexts.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Making Safe Decisions 2. Principals vs. Actions 3. Anatomy of a Good Decision 	<p>Learning Standard: 3A: Consider ethical, safety, and societal factors in making decisions.</p> <p>Benchmarks: 3A.3a. Evaluate how honesty, respect, fairness, and compassion enable one to take the needs of others into account when making decisions. 3A.3b. Analyze the reasons for school and societal rules.</p>

Adaptive Skills	<p>Healthy Habits - Students develop routines for physical and mental well-being.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Hygiene? 2. Getting Yourself Ready 3. How to Improve Your Hygiene 	<p>Learning Standard: 3.A: Consider ethical, safety, and societal factors in making decisions.</p> <p>Benchmarks: 3A.4a. Demonstrate personal responsibility in making ethical decisions. 3A.4b. Evaluate how social norms and the expectations of authority influence personal decisions and actions.</p>
	<p>Transitioning Grades - Students prepare for academic and social changes by building skills to confidently navigate new environments and expectations.</p> <p>Lesson Unit:</p> <ol style="list-style-type: none"> 1. Going to Middle and High School 	<p>Learning Standard: 3.A: Consider ethical, safety, and societal factors in making decisions.</p> <p>Benchmarks: 3A.3a. Evaluate how honesty, respect, fairness, and compassion enable one to take the needs of others into account when making decisions. 3A.3b. Analyze the reasons for school and societal rules.</p>
Communication	<p>Conversation Basics - Students practice initiating, maintaining, and sharing conversations.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. How to Start a Conversation 2. Greeting Basics 3. What is the Conversation Stoplight? 4. Using Conversation Stoplight 5. What are Conversation Drivers & Stoppers? 6. Using Conversation Drivers & Stoppers 7. Learn to Share Conversations 8. Practice Conversation Share 	<p>Learning Standard: 2C: Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.3a. Analyze ways to establish positive relationships with others.</p>

Communication	<p>Conversation Maintenance - This goal emphasizes keeping conversations engaging and on-topic through connected comments, active listening, and topic changes.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What are Connected Comments? 2. Making Connected Comments at School 3. Staying on Topic 4. Practicing Picking the Topic 5. What is Topic Radar? 6. Mastering Topic Radar 7. How to Change the Topic 8. What is Think It or Say It? 9. Practice Think It or Say It 10. Public vs. Private Topics 11. Uncomfortable Comments 12. What are the Two W's? 	<p>Learning Standard: 2C: Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.3a. Analyze ways to establish positive relationships with others.</p>
	<p>Advanced Conversation Skills - Students refine communication by learning to use humor, sarcasm, and nuanced language appropriately in social contexts.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is the Background Brief? 2. Using the Background Brief 3. Learn Direct vs. Indirect Language 4. Practice Using Direct vs. Indirect Language 5. What are Disguised Thoughts? 6. Understanding Disguised Thoughts 7. Using Disguised Thoughts 8. What is Sarcasm? 9. Using Humor 10. Communicating with Confidence 11. Public Speaking 	<p>Learning Standard: 2C: Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.3a. Analyze ways to establish positive relationships with others.</p>

Communication	<p>Nonverbal Communication - Students explore body language, facial expressions, and tone of voice to improve interactions and understand social cues.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Personal Space? 2. Using Visual Referencing 3. Body Language Basics 4. Reading Body Language 5. How to Show Interest 6. Sharing an Interest 7. Understanding Tone of Voice 8. Monitoring Your Tone of Voice 	<p>Learning Standard: 2C: Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.3a. Analyze ways to establish positive relationships with others.</p>
	<p>Cyber Skills - Students learn to navigate online communication responsibly, including managing digital friendships, privacy, and respectful interactions.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What are the Cyber Skills? 2. What is Cybersecurity?* 3. Talking to Friends Online 4. Digital Communication 5. Using Social Media 6. Social Media & Your Mood 7. Using Social Media Mindfully 8. Digital Impact on Your Body & Mind 9. Digital Wellness 10. Digital Impact on Your Community 	<p>Learning Standard: 2C: Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.3a. Analyze ways to establish positive relationships with others.</p>
Emotional Recognition	<p>Identifying Feelings - Students build emotional awareness by recognizing and labeling their own feelings and understanding how emotions influence behavior.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Labeling Feelings 2. Identifying Feelings 3. Mastering Feelings 4. Understanding Mixed Emotions* 	<p>Learning Standard: 2A. Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.3a. Predict others' feelings and perspectives in a variety of situations. 2A.3b. Analyze how one's behavior may affect others.</p>

Emotional Recognition	<p>Changing the Channel on Feelings - This goal teaches students strategies to shift focus, regulate emotions, and cope with challenges in healthy ways.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Changing the Channel on Emotions 2. Handling Tough Emotions 3. Feeling Angry or Jealous 	<p>Learning Standard: 1A. Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.4a. Analyze how thoughts and emotions affect decision making and responsible behavior. 1A.4b. Generate ways to develop more positive attitudes.</p>
	<p>Thinking Positive - Students practice positive self-talk and reframing negative thoughts.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Self-Talk? 2. How to Think Positive 3. Supporting Community 4. Using Metacognition 5. Understanding Self-Worth 6. Building Self-Esteem 7. Overcoming Negativity 8. Fostering a Sense of Belonging 9. Improving Self-Talk 10. Increasing Self-Worth 	<p>Learning Standard: 1A. Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.4a. Analyze how thoughts and emotions affect decision making and responsible behavior. 1A.4b. Generate ways to develop more positive attitudes.</p>
Friendship	<p>Playing with Others - This goal helps students engage in group activities by fostering teamwork, cooperation, and fair play.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Playing By the Rules* 2. Being a Good Sport 	<p>Learning Standard: 2C: Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.3a. Analyze ways to establish positive relationships with others. 2C.3b. Demonstrate cooperation and teamwork to promote group effectiveness.</p>
	<p>Empathy Essentials - Students practice understanding and responding to others' emotions, building stronger relationships.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What are the Empathy Essentials? 2. Using the Empathy Essentials 	<p>Learning Standard: 2A: Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.3a. Predict others' feelings and perspectives in a variety of situations. 2A.3b. Analyze how one's behavior may affect others.</p>

Friendship	<p>Maintaining Friendships - This goal focuses on developing meaningful relationships by exploring trust, boundaries, and behaviors that sustain friendships.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is a Friend? 2. Making Plans with Friends 3. Close Friendships 4. Why Do We Give Compliments? 5. Practice Giving Compliments 6. What is the Relationship Ruler? 7. Building Deeper Friendships 	<p>Learning Standard: 2C: Use communication and social skills to interact effectively with others.</p> <p>Benchmarks: 2C.4a. Evaluate the effects of requesting support from and providing support to others. 2C.4b. Evaluate one's contribution in groups as a member and leader.</p>
	<p>Handling Teasing and Bullying - Students learn to identify, address, and prevent bullying, while practicing assertive responses and supporting peers.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Bullying? 2. How to Handle Bullying 3. Being an Upstander 4. Challenging Stereotypes 5. Combatting Labels 6. What is Rejection? 7. How to Handle Rejection 8. Feeling Isolated 	<p>Learning Standard: 2B: Recognize individual and group similarities and differences.</p> <p>Benchmarks: 2B.3a. Explain how individual, social, and cultural differences may increase vulnerability to bullying and identify ways to address it. 2B.3b. Analyze the effects of taking action to oppose bullying based on individual and group differences.</p>
Problem-Solving	<p>Solving a Problem - Students build problem-solving skills by analyzing situations, considering multiple solutions, and evaluating outcomes.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Learn the Problem Solving Steps 2. How Big is the Problem? 3. Practice Solving Problems 4. Master Solving Problems 5. Additional Practice 	<p>Learning Standard: 2D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.3a. Evaluate strategies for preventing and resolving interpersonal problems.</p>
	<p>Compromising - This goal teaches students to find common ground, negotiate effectively, and maintain positive relationships.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is Compromising? 2. Practicing Compromising 	<p>Learning Standard: 2D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.5a. Evaluate the effects of using negotiation skills to reach win-win solutions. 2D.5b. Evaluate current conflict-resolution skills and plan how to improve them.</p>

Problem-Solving	<p>Handling Conflicts - Students learn to resolve disagreements by communicating calmly, considering perspectives, and finding fair solutions.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Apologizing to Friends 2. Handling Change with Friendships 3. Forgiveness 4. Making Amends 5. I-Statements 6. Responding to Conflict 	<p>Learning Standard: 2D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.</p> <p>Benchmarks: 2D.3a. Evaluate strategies for preventing and resolving interpersonal problems.</p>
Resiliency	<p>Growth Mindset - Students develop perseverance and adaptability by viewing challenges as opportunities to grow and learn.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Learning Growth Mindset 2. Learning from Mistakes 3. Growing Resilience 4. Training Our Brains 5. Neuroplasticity 6. Finding Success 7. Coping with Hard Times 8. Making Improvements 	<p>Learning Standard: 1A. Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.4a. Analyze how thoughts and emotions affect decision making and responsible behavior. 1A.4b. Generate ways to develop more positive attitudes.</p>
	<p>Setting Goals - Students practice setting meaningful goals, breaking them into actionable steps, and tracking their progress.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Setting Goals for Ourselves 2. Building Our Strengths 3. Overcoming Setbacks 4. Designing Your Roadmap 	<p>Learning Standard: 1C. Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.3a. Set a short-term goal and make a plan for achieving it. 1C.3b. Analyze why one achieved or did not achieve a goal.</p>
	<p>Accountability & Values - This goal helps students reflect on their actions, align decisions with their values, and take responsibility.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Exploring Personal Beliefs 2. Moving Beyond Blame 3. Shaping Your Identity 4. Understanding Your Moral Compass 5. Becoming Your Best Self 6. Building Self-Discipline 7. Understanding What Shapes Us 	<p>Learning Standard: 1B. Recognize personal qualities and external supports.</p> <p>Benchmarks: 1B.4a. Set priorities in building on strengths and identifying areas for improvement. 1B.4b. Analyze how positive adult role models and support systems contribute to school and life success.</p>

Self-Regulation	<p>Managing Stress - Students learn stress-management techniques to handle challenges effectively.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. How to Calm Down 2. Practicing Calming Strategies 3. Understanding Anxiety 4. Types of Anxiety 5. Managing Anxiety 6. Understanding What Causes Anxiety 7. Increasing Agency 	<p>Learning Standard: 1A. Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.3a. Analyze factors that create stress or motivate successful performance. 1A.3b. Apply strategies to manage stress and to motivate successful performance.</p>
	<p>Using Your Self-Controller - Students strengthen self-regulation by practicing strategies to pause, reflect, and make choices.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is the Self-Controller? 2. How to Keep Self-Control 3. Understanding Stress Signals* 4. Stress Management Strategies 	<p>Learning Standard: 1A. Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.3a. Analyze factors that create stress or motivate successful performance. 1A.3b. Apply strategies to manage stress and to motivate successful performance.</p>
	<p>Being Mindful - Students practice staying present through techniques like deep breathing and self-reflection.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Learning Mindfulness 2. How to Be Mindful 	<p>Learning Standard: 1A. Identify and manage one's emotions and behavior.</p> <p>Benchmarks: 1A.4a. Analyze how thoughts and emotions affect decision making and responsible behavior. 1A.4b. Generate ways to develop more positive attitudes.</p>
	<p>Executive Functioning - This goal focuses on organization, time management, and prioritization to help students succeed academically and personally.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Staying Organized 2. Task Initiation 3. Learning to Prioritize 4. Motivation in Action 5. Prioritizing 6. Self-Monitoring 	<p>Learning Standard: 1C. Demonstrate skills related to achieving personal and academic goals.</p> <p>Benchmarks: 1C.3a. Set a short-term goal and make a plan for achieving it. 1C.3b. Analyze why one achieved or did not achieve a goal.</p>

Situational Awareness	<p>Perspective Taking - Students build problem-solving skills by analyzing situations, considering multiple solutions, and evaluating outcomes.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. How to Think About Others 2. How to Read the Room 3. Practice Reading the Room 4. What is Point of View? 5. Seeing Other's Point of View 6. Multiple Perspectives 7. Forming our Perspective 	<p>Learning Standard: 2A: Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.3a. Predict others' feelings and perspectives in a variety of situations. 2A.3b. Analyze how one's behavior may affect others.</p>
	<p>Being a Community Member - This goal teaches students to find common ground, negotiate effectively, and maintain positive relationships.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. What is a Social Chameleon? 2. Practice Being a Social Chameleon 3. What are the Restaurant Rules? 4. Your Role in the Community 5. Contributing to the Common Good 6. Creating a Positive School Culture 7. Courageous Citizenship 8. Resources for Your Generation 9. Civic Engagement and Improvement 	<p>Learning Standard: 3C. Contribute to the well-being of one's school and community.</p> <p>Benchmarks: 3C.4a. Plan, implement, and evaluate one's participation in activities and organizations that improve school climate. 3C.4b. Plan, implement, and evaluate one's participation in a group effort to contribute to one's local community.</p>
	<p>Healthy Relationships - Students learn to resolve disagreements by communicating calmly, considering perspectives, and finding fair solutions.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Positive Relationships 2. Setting Boundaries 3. Types of Relationships 4. Having Support 5. Healthy Communication 	<p>Learning Standard: 2A: Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.4a. Analyze similarities and differences between one's own and others' perspectives. 2A.4b. Use conversation skills to understand others' feelings and perspectives.</p>

Situational Awareness	<p>Dating - Students learn to navigate romantic relationships by understanding healthy boundaries, communication, and mutual respect.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Getting Ready to Date 2. Dating 3. Being in a Relationship 4. Ending a Relationship 	<p>Learning Standard: 2A: Recognize the feelings and perspectives of others.</p> <p>Benchmarks: 2A.3a. Predict others' feelings and perspectives in a variety of situations. 2A.3b. Analyze how one's behavior may affect others.</p>
Vocational	<p>Professional Skills - This goal prepares students for the workplace by teaching interviewing and job skills.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. How to Find a Job 2. Going on an Interview 3. Employee Skills 4. Self-Reflecting at Work 5. Communication at Work 6. Time Management 	<p>Learning Standard: 3B: Apply decision-making skills to deal responsibly with daily academic and social situations.</p> <p>Benchmarks: 3B.5a. Analyze how present decision making affects college and career choices.</p>
	<p>Learning Leadership - Students develop leadership abilities by practicing decision-making, collaboration, and setting a positive example for others.</p> <p>Lesson Units:</p> <ol style="list-style-type: none"> 1. Being a Leader 2. Decision-Making 	<p>Learning Standard: 3.A: Consider ethical, safety, and societal factors in making decisions.</p> <p>Benchmarks: 3A.3a. Evaluate how honesty, respect, fairness, and compassion enable one to take the needs of others into account when making decisions. 3A.3b. Analyze the reasons for school and societal rules.</p>

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