

# Strong Minded

SOCIAL EMOTIONAL LEARNING

## TEACHER RESOURCE GUIDE

**TABLE OF CONTENTS**

**Overview..... 3**

**Professional Development Resources..... 5**

**Playlists ..... 6**

**Topical Index of SEL Lessons..... 7**

**Lesson Recommendations by Subject Grades K-2.....92**

**Lesson Recommendations by Subject Grades 3-5.....94**

**Curriculum Map – Grades K-2 .....97**

**Curriculum Map – Grades 3-5.....138**

**Diagonostic Result Recommendations – Grades K-2.....187**

**Diagonostic Result Recommendations – Grades 3-5.....190**

## Overview

Social and emotional learning (SEL) focuses on developing the skills both children and adults need to navigate life successfully. This includes learning how to self-manage, relate to others, and make decisions that lead to positive outcomes.

Recognizing that emotions influence thinking and behavior, SEL curriculum provides students with the tools to deal with those emotions when they arise. *What am I feeling? What are others feeling? How might these feelings be affecting everyone involved? How do I handle this situation?* SEL equips students to answer such questions with clarity and confidence across a broad range of contexts.

The strategies students acquire through SEL are applicable beyond the classroom. The SEL curriculum enables students to better navigate situations at home, at school, in the workplace, and out in the larger community.

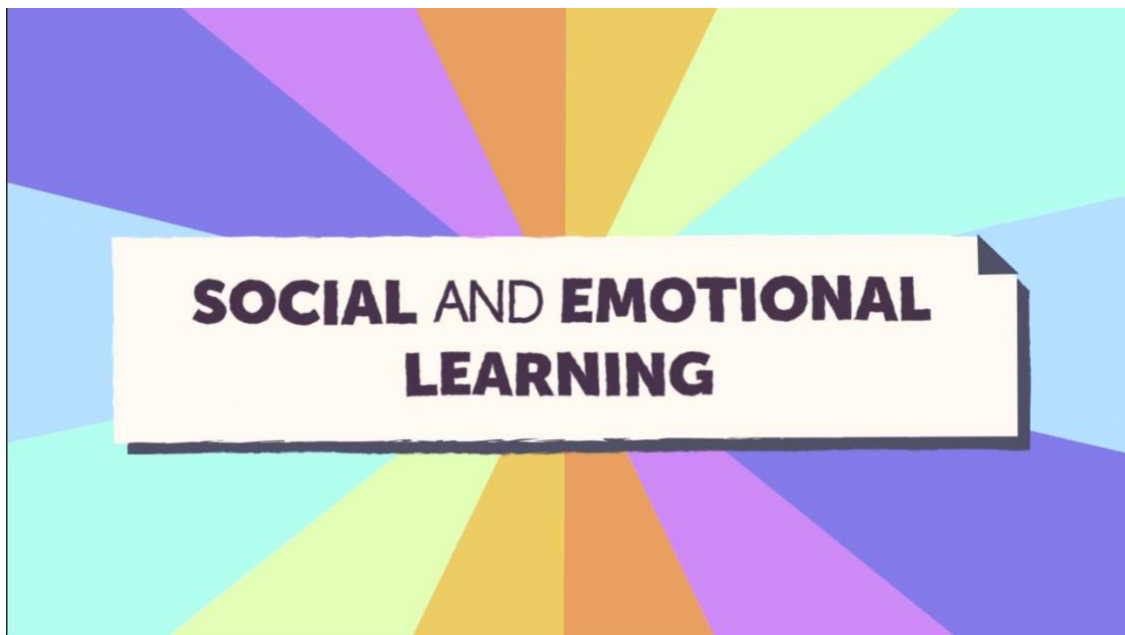
SEL programs commonly follow the framework developed by the Collaborative for Academic, Social and Emotional Learning (CASEL). The framework breaks down SEL into five key competencies.

- **Self-Awareness.** This includes acknowledging one's own feelings and what effect they may have on oneself and others, as well as developing a healthy understanding of one's own strengths and limitations.
- **Self-Management.** This competency involves impulse control, the ability to regulate one's emotions, identifying and acting on motivation, and setting and working toward goals.
- **Social Awareness.** To be socially aware includes abilities such as seeing other points of view, feeling empathy, appreciating diverse backgrounds and cultures, and understanding the expected behavior in different settings. Students also learn to identify resources and supports available in the home, at school, and in the community.
- **Relationship Skills.** These include forming and maintaining healthy relationships, effectively communicating and cooperating with diverse individuals and groups, managing conflict, and being able to request and offer help as appropriate.
- **Responsible Decision-Making.** SEL students learn to make safe, ethical, and respectful choices in a variety of contexts. They assess the potential consequences of different decisions and seek the best outcome for self and others.

Decades of research shows that SEL greatly improves student performance and well-being in school and beyond. Among SEL students, grades, behavior, graduation and college rates, and even future employment have all been shown to improve, while SEL

students are less likely to experience bullying, drug use, teen pregnancy, or mental health issues.

The skills students acquire through SEL are critical to their overall personal and interpersonal development. The positive gains stretch into all areas of life and continue into the long-term. With sufficient stakeholder commitment, SEL is poised to become a key component of education as understanding of its impact spreads farther and wider.



[K-5 StrongMinded Overview Video](#)

## Professional Development Resources

The following resources have been curated and recommended by CASEL staff and cover a range of topics to help you better understand and implement SEL.

[View full list of video resources here.](#)

<p><i>This Edutopia video explores classroom practices that make up the best and most effective SEL programs. (6 mins)</i>  <b>5 keys to social and emotional learning success.</b>  <a href="#">View the video.</a></p>
<p><i>Roberto Rivera, a collaborator researcher studying the intersection of SEL, culturally relevant pedagogy, and youth voice, describes his experience using hip-hop to engage young people in school. (19 mins)</i>  <b>Hip-Hop(e): TEDx Grand Rapids.</b> (2016). Published June 16, 2014.  <a href="#">View the video.</a></p>
<p><i>This video from the Garrison Institute discusses the CARE for Teachers program (Cultivating Awareness and Resilience in Education), which recognizes the importance of SEL skills for teachers to help them manage stressful working conditions. (3 mins)</i>  Garrison Institute (2016). Published August 17, 2016.  <b>Improving the Well-Being of Teachers and Students.</b>  <a href="#">View the video.</a></p>
<p><i>Dr. Kimberly Schonert-Reichl summarizes recent research. (10 mins)</i>  <b>Recent research on science behind social and emotional learning.</b>  <a href="#">View the video.</a></p>

### Featured Resources and Tools

<p><b>CASEL Guide to Schoolwide SEL</b>  Guidance and resources to support school teams with systematic SEL implementation.  <a href="#">View here.</a></p>
<p><b>State Resource Library</b>  A curated library offering support and guidance for states on SEL.  <a href="#">View here.</a></p>
<p><b>SEL Assessment Guide</b>  Provides several resources for leaders and implementation teams in PreK-12th-grade settings who are making decisions about selecting and using measures of student success in SEL.  <a href="#">View here.</a></p>

**CARES**

Provides resources on the C.A.R.E.S competencies for school teams that implement SEL. These five competencies are Cooperation, Assertiveness, Responsibility, Empathy, and Self-Control. They line up with the CASEL competencies as well.

[View here.](#)

**Character Counts**

Provides resources on character education based on the six pillars of character: trustworthiness, respect, responsibility, fairness, caring, and citizenship. Some of these pillars line up well with CASEL.

[View here.](#)

## K-2 Playlists

Playlist Title	Activity Titles	Keywords
Description		
<p><b>Feeling Nervous on the First Day of School</b></p> <p>Videos for students to watch if they feel nervous before starting at a new school or in a new class.</p>	<p>Choosing a Positive Attitude</p> <p>Speaking Up for What You Need at School</p> <p>Getting to Know You</p>	<p>relationship, role, peer, calm, patient, polite, wait, respect, ask, help, attitude, confident, goal, read</p>
<p><b>Being a Good Friend</b></p> <p>Videos for students to watch if they need help dealing with disagreements or conflicts with friends.</p>	<p>Expressing Your Emotions with Friends</p> <p>Managing Your Emotions with Friends</p> <p>Not Getting Along with Friends</p>	<p>self-management, verbal, nonverbal, expressing emotions, agree, calm, emotions, disagreement, conflict, conflict resolution, peers, friends</p>

## 3-5 Playlists

Playlist Title	Activity Titles	Keywords
Description		
<p><b>First Day of School Nerves</b></p> <p>Videos for students to watch if they feel nervous before starting at a new school or in a new class.</p>	<p>Asking a Trusted Adult for Support in Social Situations</p> <p>Using a Positive Attitude at School</p>	<p>emergency, trust, nurse, librarian, counselor, adult, help, assistance, reliable, danger, safety, choice, positive attitude, responsibility, negative attitude, participate, support, trusted</p>

	Finding Help at School	adult, help, nervous, feelings, scared
<p><b>Friendships Can Be Tricky</b></p> <p>Videos for students to watch if they need help dealing with disagreements or conflicts with friends.</p>	<p>Communicating Clearly to Friends</p> <p>How to Handle your Emotions with Friends</p> <p>Learn How to Receive Feedback from Friends</p>	<p>disagree, communicate, I Statement, angry, cry, emotions, home, behaviors, strategies, stress management, impulse control, panic, feedback, receive feedback, receive feedback from friends, receive respectful feedback, respectful</p>

## Topical Index of SEL Lessons

Topic	K-2 Lessons	3-5 Lessons
Adult support	<ul style="list-style-type: none"> <li>Who Can You Trust in Your Community?</li> <li>Asking an Adult for Help with a Goal</li> <li>Knowing How to Solve Problems at School</li> <li>Who Can You Trust in Your Community?</li> <li>Managing Your Emotions at School</li> <li>Times and Places to Share Emotions</li> <li>Staying Calm When Something Goes Wrong at School</li> <li>How Do You Feel About Current Events?</li> <li>How to Get Help with Tasks</li> <li>Roles at School</li> <li>How Do You Feel at School?</li> <li>What Tasks Do You Need Help With?</li> <li>The Rules Are for Everybody at School</li> <li>Impacting Others at School</li> <li>Not Getting Along with Others at School</li> </ul>	<ul style="list-style-type: none"> <li>Processing Emotions in a Safe Place</li> <li>Identify How Current Events Trigger Emotions</li> <li>A Trusted Adult Can Give Emotional Support</li> <li>Asking a Trusted Adult to Help with Schoolwork</li> <li>Choosing Safe Practices</li> <li>Speaking Up for Yourself at School</li> <li>Asking a Trusted Adult for Support in Social Situations</li> <li>How Feelings Can Get in Your Way at School</li> <li>Be a Part of Your Community</li> <li>How to Develop a Plan to Improve Your School</li> <li>Working With New People Wherever You Are</li> <li>Describe How Current Events Trigger Emotions</li> <li>How to Be a Helpful Member of Your School</li> <li>Finding Help at Home</li> <li>Finding More Ways You Can Succeed at School</li> </ul>

	<ul style="list-style-type: none"> <li>• How to Find Things at School to Make Better</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• Communicating with Others at School</li> <li>• Keep Away, Stranger!</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• How to Be Helpful in Your School</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• Emotions at Home</li> <li>• Show You Care at School</li> <li>• Thinking Through Emotions Safely at School</li> <li>• How To See People’s Upset Feelings by Their Bodies</li> <li>• Positive Reactions</li> <li>• How to Help Your Home Get Better</li> <li>• Learn How You Can Talk to People with Apps</li> <li>• Learn How People Talk without Words on Apps</li> <li>• Following Rules at School Affects Others</li> <li>• Choosing a Positive Attitude</li> <li>• How to Take Steps Toward a Goal</li> <li>• Using Technology to Talk Online</li> <li>• Roles at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Having a Positive Attitude and Taking Responsibility at School</li> <li>• Find Activities to Help Your Community</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Finding Help at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Figuring Out How You Feel at School</li> <li>• Finding a Resource in Your Family to Help with a Goal</li> <li>• Reach That Goal!</li> <li>• How to Find What Your School Needs to Improve</li> <li>• How to Handle Your Emotions at Home</li> <li>• Jobs You Can Do to Help Out in Your Classroom</li> <li>• Understanding How Problems Make You Feel</li> <li>• Deciding Which Strategy to Choose to Reach a School Goal</li> <li>• Steps for Reaching a Goal</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Find Different Strategies to Reach Your Goals</li> <li>• Knowing Negative Feelings by How Someone Talks</li> <li>• Including People You Don’t Know Well</li> <li>• Identifying Different Viewpoints</li> <li>• Short-Term Goals</li> <li>• When Schoolwork is Hard</li> <li>• Setting Social Goals</li> <li>• Finding Community Resources to Help You Reach a Goal</li> <li>• Online Situations</li> </ul>
--	---	---



	<ul style="list-style-type: none"> <li>• Understanding People’s Ideas Online</li> <li>• Calming Down in a Fight</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Getting Help Away from Home</li> <li>• What is Empathy?</li> <li>• How to Find an Adult to Help with Decisions in Your Community</li> <li>• Keep Trying at School!</li> <li>• Do Safe Things</li> <li>• How Other People Keep Safe</li> <li>• Reaching a Goal</li> <li>• How To See People’s Good Feelings by Their Bodies</li> <li>• Changes at School</li> <li>• Easy Changes, Hard Changes</li> <li>• Following Rules at Home</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• You Can Do This!</li> <li>• Short-Term Goals</li> <li>• Keep Trying at Home!</li> <li>• Actions That Hurt Feelings</li> <li>• Change is Good!</li> <li>• Know the Words That Hurt People’s Feelings</li> <li>• Choosing the Best Team</li> <li>• Following Rules at Home Affects Others</li> <li>• Words That Support Others</li> <li>• Practicing Safety</li> <li>• Treat People How You Want to Be Treated at School</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Change Will Happen</li> <li>• Acting Differently in Different Places</li> </ul>	<ul style="list-style-type: none"> <li>• Facing Challenging Group Work at School</li> <li>• Safe Actions and Words</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Knowing Positive Feelings by How Someone Talks</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• It’s Just Different!</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• Learning and Growing with Family</li> <li>• Making a Plan When Things are Hard</li> </ul>
--	---	---

	<ul style="list-style-type: none"> <li>• What Skills Do You Need Help With?</li> <li>• What Situations Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• How to Be Helpful in Your Classroom</li> <li>• How to Act at Home with Visitors</li> <li>• How to Tell When Someone at School Feels Good</li> <li>• How You Interact with Your Friends</li> <li>• Doing New Things with Friends</li> <li>• Trying New Things with Friends Can Be Good</li> <li>• Facing New Things at Home</li> </ul>	
Anger	<ul style="list-style-type: none"> <li>• How Your Choices Can Make Things Worse</li> <li>• How Do You Feel at Home?</li> <li>• Negative Behaviors</li> <li>• How Do You Feel with Your Friends?</li> <li>• Feelings at School</li> <li>• Managing Your Emotions at School</li> <li>• Times and Places to Share Emotions</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• Making Good Choices at School</li> <li>• Feeling Many Emotions</li> <li>• Not Getting Along with Friends</li> <li>• Knowing How to Fix Problems</li> <li>• How Your Actions Impact Your Friends</li> <li>• Expressing Your Emotions with Friends</li> <li>• How to Be in Charge of Your Emotions at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Identify How Current Events Trigger Emotions</li> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• How You Can Control Your Emotions at Home</li> <li>• Using a Positive Attitude at School</li> <li>• Figuring Out How You Feel at Home</li> <li>• Personal Emotions Are Natural</li> <li>• Ways to Express Your Emotions to Friends Without Words</li> <li>• How Feelings Can Get in Your Way at School</li> <li>• Expressing Emotions to Friends</li> <li>• How to Talk Through Emotions at Home</li> <li>• Your Emotions Are Valid</li> <li>• Describe How Current Events Trigger Emotions</li> </ul>

	<ul style="list-style-type: none"> <li>• Not Getting Along with Others at School</li> <li>• Communicating with Others at School</li> <li>• Knowing How to Solve Problems at School</li> <li>• Managing Your Emotions with Friends</li> <li>• How to Talk to Others with Kindness at Home</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Emotions At Home</li> <li>• Thinking Through Emotions Safely at School</li> <li>• How To See People’s Upset Feelings by Their Bodies</li> <li>• Positive Reactions</li> <li>• Choosing a Positive Attitude</li> <li>• Negative Reactions</li> <li>• Calming Down in a Fight</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• How Your Actions Impact Others at Home</li> <li>• Actions That Hurt Feelings</li> <li>• Understanding Each Person’s Ideas</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Change Will Happen</li> <li>• What Situations Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• How to Work through Hard Times with Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Learn How to Receive Feedback from Friends</li> <li>• Communicating Clearly to Friends</li> <li>• How to Handle Your Emotions at School</li> <li>• How to Express Your Emotions without Words at Home</li> <li>• Make a Calm Decision</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Finding Help at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Other People’s Emotions Are Valid</li> <li>• Knowing When to Process Emotions Alone</li> <li>• How to Handle Your Emotions at Home</li> <li>• Understanding How Problems Make You Feel</li> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Knowing Negative Feelings by How Someone Talks</li> <li>• How to Stop Conflict at School</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Dealing with Transitions at School</li> <li>• Facing Challenging Group Work at School</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Preventing Conflict with Your Friends</li> <li>• Being Respectful Online</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> </ul>
--	--	---

		<ul style="list-style-type: none"> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• How to Work through Challenges with Friends</li> </ul>
<p>Asking for emotional support</p>	<ul style="list-style-type: none"> <li>• Speaking Up for What You Need with Friends</li> <li>• Knowing How to Solve Problems at School</li> <li>• What Does Empathy Look Like with Friends?</li> <li>• Feelings at School</li> <li>• Managing Your Emotions at School</li> <li>• Times and Places to Share Emotions</li> <li>• How People Can Help or Hurt Each Other</li> <li>• Knowing How to Fix Problems</li> <li>• Get Better at Something You Like to Do</li> <li>• Creating Goals at School</li> <li>• Keep Calm</li> <li>• How Do You Feel at School?</li> <li>• Impacting Others at School</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Helping People Hurt by Unkind Words</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How to Talk to Others with Kindness at Home</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• Emotions At Home</li> <li>• Show You Care at School</li> </ul>	<ul style="list-style-type: none"> <li>• Processing Emotions in a Safe Place</li> <li>• Identify How Current Events Trigger Emotions</li> <li>• A Trusted Adult Can Give Emotional Support</li> <li>• Learn How to Receive Feedback from Family</li> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Choosing Safe Practices</li> <li>• Speaking Up for Yourself at School</li> <li>• Figuring Out How You Feel at Home</li> <li>• Asking a Trusted Adult for Support in Social Situations</li> <li>• Personal Emotions Are Natural</li> <li>• How to Talk Through Emotions at Home</li> <li>• Seeking and Accepting Feedback</li> <li>• Describe How Current Events Trigger Emotions</li> <li>• How to Handle Your Emotions at School</li> <li>• Make a Calm Decision</li> <li>• Having a Positive Attitude and Taking Responsibility at School</li> <li>• Making Changes at Home</li> <li>• How Listening Helps You Be a Good Friend</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Different Ways to Look at Problems</li> </ul>

	<ul style="list-style-type: none"> <li>• Thinking Through Emotions Safely at School</li> <li>• Positive Reactions</li> <li>• Negative Reactions</li> <li>• Calming Down in a Fight</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Easy Changes, Hard Changes</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• Actions That Hurt Feelings</li> <li>• Change is Good!</li> <li>• Words That Support Others</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• What Situations Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• How to Work through Hard Times with Friends</li> <li>• Doing New Things with Friends</li> <li>• Facing New Things at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Other People’s Emotions Are Valid</li> <li>• Figuring Out How You Feel at School</li> <li>• How to Handle Your Emotions at Home</li> <li>• Understanding How Problems Make You Feel</li> <li>• Ways to Get Through Hard Times at Home</li> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• How to Stop Conflict at School</li> <li>• Online Situations</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work through Challenges at School</li> </ul>
Behavior	<ul style="list-style-type: none"> <li>• Positive Behaviors</li> <li>• Negative Behaviors</li> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• Helping People Hurt by Unkind Words</li> <li>• What Does Empathy Look Like with Friends?</li> <li>• Goals for Classroom Behavior</li> <li>• Managing Your Emotions at School</li> <li>• Times and Places to Share Emotions</li> <li>• Making Good Choices at School</li> <li>• Saying and Doing Different Things When There’s a Problem</li> <li>• Feeling Many Emotions</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Choosing Safe Practices</li> <li>• Your Choices and Behaviors Affect Others at Home</li> <li>• Speaking Up for Yourself at School</li> <li>• How You Can Control Your Emotions at Home</li> <li>• Using a Positive Attitude at School</li> <li>• Learn How to Give Feedback to Family</li> <li>• How Feelings Can Get in Your Way at School</li> <li>• Expressing Emotions to Friends</li> <li>• Your Choices and Behaviors Affect Others at School</li> </ul>

	<ul style="list-style-type: none"> <li>• Speaking Up for What You Need at School</li> <li>• Knowing How to Fix Problems</li> <li>• How to Get Help with Tasks</li> <li>• How Your Actions Impact Your Friends</li> <li>• Expressing Your Emotions with Friends</li> <li>• Roles at School</li> <li>• How Do You Feel at School?</li> <li>• The Rules Are for Everybody at School</li> <li>• Not Getting Along with Others at School</li> <li>• Be a Leader through Good Citizenship</li> <li>• Getting to Know You</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• How to Find Things at School to Make Better</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• People Are Alike</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Keep Away, Stranger!</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Managing Your Emotions with Friends</li> <li>• Knowing What Good Citizens Look Like and Do in School</li> </ul>	<ul style="list-style-type: none"> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Your Emotions Are Valid</li> <li>• Working With New People Wherever You Are</li> <li>• Expressing Positive Emotions at School</li> <li>• Getting Along with Others at Home</li> <li>• How to Express Your Emotions Without Words at Home</li> <li>• Making Changes at Home</li> <li>• How Talking and Listening Helps You Connect with Others</li> <li>• Everyone Has Rights at School</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Finding Help at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Knowing When to Process Emotions Alone</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• How to Handle Your Emotions at Home</li> <li>• Jobs You Can Do to Help Out in Your Classroom</li> <li>• Respect Other’s Rights</li> <li>• Using Problem-Solving Strategies with Friends</li> <li>• Ways to Get Through Hard Times at Home</li> <li>• Knowing Positive Feelings by Nonverbal Cues</li> <li>• How to Be a Helpful Student in Your Classroom</li> <li>• Sharing Your Emotions at School Without Using Words</li> </ul>
--	--	--

	<ul style="list-style-type: none"> <li>• How to Be Helpful in Your School</li> <li>• How to Talk to Others with Kindness at Home</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Lots of Ways to React</li> <li>• Making Choices</li> <li>• How Your Choices Can Help In a Good Way</li> <li>• Following Rules at School</li> <li>• Show You Care at School</li> <li>• Thinking Through Emotions Safely at School</li> <li>• How to Be Helpful at Home</li> <li>• Positive Reactions</li> <li>• How to Help Your Home Get Better</li> <li>• Following Rules at School Affects Others</li> <li>• Choosing a Positive Attitude</li> <li>• Using Technology to Talk Online</li> <li>• Roles at Home</li> <li>• Negative Reactions</li> <li>• Make a Plan</li> <li>• Calming Down in a Fight</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Get Rid of Obstacles to Meet Your School Goals</li> <li>• What is Empathy?</li> <li>• Making Good Choices at School</li> <li>• How Your Actions Impact Others at Home</li> <li>• Keep Trying at School!</li> <li>• Actions That Support Others</li> <li>• Do Safe Things</li> <li>• How Other People Keep Safe</li> </ul>	<ul style="list-style-type: none"> <li>• Respecting Different Cultural Viewpoints</li> <li>• Respecting Political Views</li> <li>• Different Can Be Great!</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Knowing Negative Feelings by How Someone Talks</li> <li>• Helping a New Kid</li> <li>• Including People You Don't Know Well</li> <li>• Knowing Negative Feelings by Nonverbal Cues</li> <li>• Identifying Different Viewpoints</li> <li>• How to Stop Conflict at School</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Working on the Grow-Up Machine</li> <li>• Dealing with Transitions at School</li> <li>• Managing Transitions in Life</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• Facing Changes in Life</li> <li>• Using Your Talents to Help You with Friends</li> <li>• Finding Community Resources to Help You Reach a Goal</li> <li>• Learning about Other Cultures</li> <li>• Showing Respect to Everyone Around You</li> <li>• Online Situations</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• Listening to Perspectives</li> <li>• Facing Challenging Group Work at School</li> <li>• Thinking about Interests and Personal Strengths</li> <li>• Safe Actions and Words</li> <li>• Jobs You Can Do to Help out at School</li> </ul>
--	---	--

	<ul style="list-style-type: none"> <li>• How To See People’s Good Feelings by Their Bodies</li> <li>• Helping Others and Yourself Feel Included</li> <li>• You Can Do This!</li> <li>• Short-Term Goals</li> <li>• Keep Trying at Home!</li> <li>• Actions That Hurt Feelings</li> <li>• Join In!</li> <li>• Change is Good!</li> <li>• Know the Words That Hurt People’s Feelings</li> <li>• Using Technology to Communicate without Words</li> <li>• Choosing the Best Team</li> <li>• Following Rules at Home Affects Others</li> <li>• Words That Support Others</li> <li>• Practicing Safety</li> <li>• Understanding Each Person’s Ideas</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Change Will Happen</li> <li>• Acting Differently in Different Places</li> <li>• What Skills Do You Need Help With?</li> <li>• What Situations Do You Need Help With?</li> <li>• How to Be Helpful in Your Classroom</li> <li>• How to Work through Hard Times with Friends</li> <li>• Improving Skills through Practice</li> <li>• How to Act at Home with Visitors</li> </ul>	<ul style="list-style-type: none"> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Understanding Boundaries</li> <li>• Knowing Positive Feelings by How Someone Talks</li> <li>• Responding to Your Friends When They’re Happy</li> <li>• Preventing Conflict with Your Friends</li> <li>• Learning and Growing with Friends</li> <li>• Being Respectful Online</li> <li>• How to Compromise at Home</li> <li>• Different Groups, Different Norms</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• Understanding How Your Friends Feel</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Looking For Reactions at School</li> <li>• It’s Just Different!</li> <li>• Celebrating Your Family’s Culture</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work Through Challenges at School</li> <li>• How to Work through Challenges with Friends</li> <li>• Accepting Different Families</li> <li>• Understanding the Need for Privacy</li> <li>• Getting Opinions and Information from a Group</li> <li>• Learning and Growing with Family</li> <li>• Making a Plan When Things are Hard</li> <li>• How Others Can Pull You Down as a Student</li> </ul>
--	---	--



	<ul style="list-style-type: none"> <li>• How to Tell When Someone at School Feels Good</li> <li>• How You Interact with Your Friends</li> <li>• Doing New Things with Friends</li> <li>• Showing Respect to Others at School</li> <li>• Knowing Why to Show Respect at Home</li> <li>• Trying New Things with Friends Can Be Good</li> <li>• Facing New Things at Home</li> <li>• Activities from Other Cultures!</li> </ul>	
Bias	<ul style="list-style-type: none"> <li>• People Are Alike and Different</li> <li>• People Are Different</li> <li>• People Are Alike</li> <li>• People Are Alike and Different</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Join In!</li> <li>• Change is Good!</li> <li>• Choosing the Best Team</li> <li>• Change Will Happen</li> <li>• Activities from Other Cultures!</li> </ul>	<ul style="list-style-type: none"> <li>• Valuing the Point of View of Others</li> <li>• Everyone Has Rights at School</li> <li>• Why Aren't Positive Stereotypes Good?</li> <li>• Those Opinions May Not Be True!</li> <li>• Respect Other's Rights</li> <li>• How to Tell if What Someone Says is True</li> <li>• Respecting Different Cultural Viewpoints</li> <li>• Respecting Political Views</li> <li>• Different Can Be Great!</li> <li>• Identifying Different Viewpoints</li> <li>• Valuing the Point of View of Others</li> <li>• Learning about Other Cultures</li> <li>• Showing Respect to Everyone Around You</li> <li>• Listening to Perspectives</li> <li>• Making Decisions in a Group</li> <li>• Preventing Conflict with Your Friends</li> <li>• Learning and Growing with Friends</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> </ul>

		<ul style="list-style-type: none"> <li>• How to Compromise with Friends</li> <li>• It's Just Different!</li> <li>• How to Work through Challenges with Friends</li> <li>• Accepting Different Families</li> <li>• Getting Opinions and Information from a Group</li> <li>• Learning and Growing with Family</li> </ul>
Body language	<ul style="list-style-type: none"> <li>• Expressing Your Emotions with Friends</li> <li>• Being An Active Listener</li> <li>• Feelings at School</li> <li>• Impacting Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• How To See People's Upset Feelings by Their Bodies</li> <li>• How To See People's Good Feelings by Their Bodies</li> <li>• Using Technology to Communicate without Words</li> <li>• Understanding Each Person's Ideas</li> <li>• How to Tell When Someone at School Feels Good</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Using a Positive Attitude at School</li> <li>• Ways to Express Your Emotions to Friends Without Words</li> <li>• How Listening Helps You Be a Good Friend</li> <li>• Understanding How Problems Make You Feel</li> <li>• Knowing Positive Feelings by Nonverbal Cues</li> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• Knowing Negative Feelings by Nonverbal Cues</li> <li>• Understanding Boundaries</li> <li>• Understanding How Your Friends Feel</li> <li>• Looking For Reactions at School</li> <li>• Understanding the Need for Privacy</li> </ul>
Change	<ul style="list-style-type: none"> <li>• Feelings at School</li> <li>• Managing Your Emotions at School</li> <li>• Making Good Choices at School</li> <li>• How to Help Your School Be Better</li> <li>• How Do You Feel About Current Events?</li> <li>• How Your Actions Impact Your Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Understanding Why You Need Feedback</li> <li>• How to Use Helpful Feedback</li> <li>• How to Develop a Plan to Improve Your School</li> <li>• Using Problem-Solving Strategies at School</li> <li>• How to Be a Helpful Member of Your School</li> </ul>

	<ul style="list-style-type: none"> <li>• Expressing Your Emotions with Friends</li> <li>• What Tasks Do You Need Help With?</li> <li>• Getting to Know You</li> <li>• How to Find Things at School to Make Better</li> <li>• Lots of Ways to React</li> <li>• Thinking Through Emotions Safely at School</li> <li>• Positive Reactions</li> <li>• Choosing a Positive Attitude</li> <li>• Negative Reactions</li> <li>• Keep Trying at School!</li> <li>• Changes at School</li> <li>• Easy Changes, Hard Changes</li> <li>• You Can Do This!</li> <li>• Keep Trying at Home!</li> <li>• Change is Good!</li> <li>• Choosing the Best Team</li> <li>• Understanding Each Person's Ideas</li> <li>• Change Will Happen</li> <li>• Acting Differently in Different Places</li> <li>• What Skills Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• Doing New Things with Friends</li> <li>• Trying New Things with Friends Can Be Good</li> <li>• Facing New Things at Home</li> <li>• Activities from Other Cultures!</li> </ul>	<ul style="list-style-type: none"> <li>• How to Find What Your Home Needs to Improve</li> <li>• Dealing with Emotional Triggers</li> <li>• Finding Help at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Knowing When to Process Emotions Alone</li> <li>• Ways to Get Through Hard Times at Home</li> <li>• Deciding Which Strategy to Choose to Reach a School Goal</li> <li>• Different Can Be Great!</li> <li>• Find Different Strategies to Reach Your Goals</li> <li>• Including People You Don't Know Well</li> <li>• Valuing the Point of View of Others</li> <li>• Dealing with Transitions at School</li> <li>• Managing Transitions in Life</li> <li>• Facing Changes at School</li> <li>• Facing Changes in Life</li> <li>• Learning about Other Cultures</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Understanding Boundaries</li> <li>• Learning and Growing with Friends</li> <li>• How to Compromise at Home</li> <li>• Different Groups, Different Norms</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• It's Just Different!</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> </ul>
--	--	--

		<ul style="list-style-type: none"> <li>• How to Work Through Challenges at School</li> <li>• How to Work through Challenges with Friends</li> <li>• Accepting Different Families</li> <li>• Getting Opinions and Information from a Group</li> <li>• Learning and Growing with Family</li> <li>• Making a Plan When Things are Hard</li> </ul>
Civic engagement	<ul style="list-style-type: none"> <li>• Who Can You Trust in Your Community?</li> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• People Are Alike and Different</li> <li>• Helping People Hurt by Unkind Words</li> <li>• How to Help Your School Be Better</li> <li>• The Rules Are for Everybody at School</li> <li>• How to Find Things at School to Make Better</li> <li>• Be a Leader through Good Citizenship</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• Helping People Hurt by Unkind Words</li> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• How to Be Helpful in Your School</li> <li>• How Your Choices Can Help in a Good Way</li> <li>• Following Rules at School</li> <li>• How to Be Helpful at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Identify How Current Events Trigger Emotions</li> <li>• Jobs You Can Do to Help Out in Your Classroom</li> <li>• Everyone Has Rights at School</li> <li>• How to Help Your Community Be Its Best</li> <li>• Be a Part of Your Community</li> <li>• How to Develop a Plan to Improve Your School</li> <li>• Working With New People Wherever You Are</li> <li>• How to Be a Helpful Member of Your School</li> <li>• Feeling Part of the Work Group Team</li> <li>• All Friends Have Rights</li> <li>• Find Activities to Help Your Community</li> <li>• How Talking and Listening Helps You Connect with Others</li> <li>• How to Find What Your School Needs to Improve</li> <li>• Jobs You Can Do to Help Out in Your Classroom</li> <li>• Respect Other’s Rights</li> <li>• How to Be a Helpful Student in Your Classroom</li> <li>• Respecting Different Cultural Viewpoints</li> <li>• Respecting Political Views</li> </ul>

	<ul style="list-style-type: none"> <li>• How to Help Your Home Get Better</li> <li>• Following Rules at School Affects Others</li> <li>• How to Find an Adult to Help with Decisions in Your Community</li> <li>• Actions That Support Others</li> <li>• How Other People Keep Safe</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Following Rules at Home</li> <li>• Actions That Hurt Feelings</li> <li>• Join In!</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Acting Differently in Different Places</li> <li>• How to Be Helpful in Your Classroom</li> <li>• Showing Respect to Others at School</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying Different Viewpoints</li> <li>• Finding Community Resources to Help You Reach a Goal</li> <li>• Showing Respect to Everyone Around You</li> <li>• Safe Actions and Words</li> <li>• Jobs You Can Do to Help out at School</li> <li>• Making Decisions in a Group</li> <li>• Being Respectful Online</li> <li>• Getting Opinions and Information from a Group</li> </ul>
Communication	<ul style="list-style-type: none"> <li>• Speaking Up for What You Need with Friends</li> <li>• Expressing Your Emotions with Friends</li> <li>• People Are Alike and Different</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Helping People Hurt by Unkind Words</li> <li>• What Does Empathy Look Like with Friends?</li> <li>• Being An Active Listener</li> <li>• How Do You Feel with Your Friends?</li> <li>• Your Social Interests</li> <li>• Current Events and Your Emotions</li> <li>• Finding What Your Talents Are at School</li> </ul>	<ul style="list-style-type: none"> <li>• Identify How Current Events Trigger Emotions</li> <li>• Understanding Why You Need Feedback</li> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Speaking Up for Yourself at School</li> <li>• Learn How to Receive Feedback from Family</li> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Asking a Trusted Adult to Help with Schoolwork</li> <li>• Your Choices and Behaviors Affect Others at Home</li> <li>• Figuring Out How You Feel at Home</li> <li>• When Is Feedback Helpful?</li> </ul>

	<ul style="list-style-type: none"> <li>• Times and Places to Share Emotions</li> <li>• How To Get Help with Skills</li> <li>• Making Good Choices at School</li> <li>• Saying and Doing Different Things When There's a Problem</li> <li>• Feeling Many Emotions</li> <li>• Speaking Up for What You Need at School</li> <li>• Not Getting Along with Friends</li> <li>• Knowing How to Fix Problems</li> <li>• How to Get Help with Tasks</li> <li>• Speaking Up for What You Need with Friends</li> <li>• Expressing Your Emotions with Friends</li> <li>• Keep Calm</li> <li>• How Do You Feel at School?</li> <li>• What Tasks Do You Need Help With?</li> <li>• Impacting Others at School</li> <li>• Not Getting Along with Others at School</li> <li>• Getting to Know You</li> <li>• People Are Alike</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Keep Away, Stranger!</li> <li>• Helping People Hurt by Unkind Words</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How Your Choices Can Make Things Worse</li> <li>• How to Get Help with a Problem</li> <li>• Managing Your Emotions with Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Ways to Express Your Emotions to Friends Without Words</li> <li>• Personal Emotions Are Natural</li> <li>• Learn How to Give Feedback to Family</li> <li>• How Feelings Can Get in Your Way at School</li> <li>• Expressing Emotions to Friends</li> <li>• How to Talk Through Emotions at Home</li> <li>• Your Choices and Behaviors Affect Others at School</li> <li>• Your Emotions Are Valid</li> <li>• How to Use Helpful Feedback</li> <li>• Seeking and Accepting Feedback</li> <li>• How to Respond to Others' Feelings</li> <li>• Working With New People Wherever You Are</li> <li>• Speaking Up for Yourself with Friends</li> <li>• Good and Bad Things about Talking with Others Online</li> <li>• Those Opinions May Not Be True!</li> <li>• Your Choices and Behaviors Affect You at School</li> <li>• Expressing Positive Emotions at School</li> <li>• Learn How to Receive Feedback from Friends</li> <li>• Getting Along with Others at Home</li> <li>• Communicating Clearly to Friends</li> <li>• How to Handle your Emotions with Friends</li> <li>• Learn How to Receive Feedback at School</li> <li>• Figuring Out How You Feel with Your Friends</li> <li>• How to Express Your Emotions Without Words at Home</li> </ul>
--	---	---

	<ul style="list-style-type: none"> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• How to Talk to Others with Kindness at Home</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Emotions At Home</li> <li>• Show You Care at School</li> <li>• Thinking Through Emotions Safely at School</li> <li>• How To See People’s Upset Feelings by Their Bodies</li> <li>• People Are Alike and Different</li> <li>• Positive Reactions</li> <li>• How to Help Your Home Get Better</li> <li>• Learn How You Can Talk to People with Apps</li> <li>• Learn How People Talk without Words on Apps</li> <li>• Using Technology to Talk Online</li> <li>• Understanding People’s Ideas Online</li> <li>• Calming Down in a Fight</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Getting Help Away from Home</li> <li>• What is Empathy?</li> <li>• How to Find an Adult to Help with Decisions in Your Community</li> <li>• How Your Actions Impact Others at Home</li> <li>• Actions That Support Others</li> <li>• How To See People’s Good Feelings by Their Bodies</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Who Can We Trust at School?</li> </ul>	<ul style="list-style-type: none"> <li>• How to Work Together and Use Good Listening Skills</li> <li>• Making Changes at Home</li> <li>• All Friends Have Rights</li> <li>• How Listening Helps You Be a Good Friend</li> <li>• How Talking and Listening Helps You Connect with Others</li> <li>• Learn How to Give Feedback at School</li> <li>• Everyone Has Rights at School</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Finding Help at School</li> <li>• Part of the Team!</li> <li>• Other People’s Emotions Are Valid</li> <li>• Knowing When to Process Emotions Alone</li> <li>• Talking About Your Emotions with Friends</li> <li>• Figuring Out How You Feel at School</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• How to Handle Your Emotions at Home</li> <li>• Understanding How Problems Make You Feel</li> <li>• Respect Other’s Rights</li> <li>• Using Problem-Solving Strategies with Friends</li> <li>• Ways to Get Through Hard Times at Home</li> <li>• Knowing Positive Feelings by Nonverbal Cues</li> <li>• How to Tell if What Someone Says is True</li> <li>• Sharing Your Emotions at School Without Using Words</li> </ul>
--	--	--

	<ul style="list-style-type: none"> <li>• Getting Help from Grown-Ups at School</li> <li>• Actions That Hurt Feelings</li> <li>• Join In!</li> <li>• Change is Good!</li> <li>• Know the Words That Hurt People’s Feelings</li> <li>• Using Technology to Communicate without Words</li> <li>• Choosing the Best Team</li> <li>• Following Rules at Home Affects Others</li> <li>• Words That Support Others</li> <li>• Understanding Each Person’s Ideas</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Acting Differently in Different Places</li> <li>• What Skills Do You Need Help With?</li> <li>• What Situations Do You Need Help With?</li> <li>• How to Work through Hard Times with Friends</li> <li>• How to Act at Home with Visitors</li> <li>• How to Tell When Someone at School Feels Good</li> <li>• How You Interact with Your Friends</li> <li>• Doing New Things with Friends</li> <li>• Showing Respect to Others at School</li> <li>• Knowing Why to Show Respect at Home</li> <li>• Facing New Things at Home</li> <li>• Activities from Other Cultures!</li> </ul>	<ul style="list-style-type: none"> <li>• Respecting Different Cultural Viewpoints</li> <li>• Respecting Political Views</li> <li>• Different Can Be Great!</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Knowing Negative Feelings by How Someone Talks</li> <li>• Helping a New Kid</li> <li>• Including People You Don’t Know Well</li> <li>• Knowing Negative Feelings by Nonverbal Cues</li> <li>• What to Do When Friends Feel Upset</li> <li>• Identifying Different Viewpoints</li> <li>• How to Stop Conflict at School</li> <li>• Valuing the Point of View of Others</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Using Technology to Communicate with Words</li> <li>• When Schoolwork is Hard</li> <li>• Using Your Talents to Help You with Friends</li> <li>• Setting Social Goals</li> <li>• Learning about Other Cultures</li> <li>• Showing Respect to Everyone Around You</li> <li>• Online Situations</li> <li>• Listening to Perspectives</li> <li>• Facing Challenging Group Work at School</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Understanding Boundaries</li> <li>• Making Decisions in a Group</li> <li>• Knowing Positive Feelings by How Someone Talks</li> </ul>
--	---	--



		<ul style="list-style-type: none"> <li>• Responding to Your Friends When They're Happy</li> <li>• Preventing Conflict with Your Friends</li> <li>• Being Respectful Online</li> <li>• How to Compromise at Home</li> <li>• Different Groups, Different Norms</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• Understanding How Your Friends Feel</li> <li>• Looking For Reactions at School</li> <li>• It's Just Different!</li> <li>• Celebrating Your Family's Culture</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work Through Challenges at School</li> <li>• How to Work through Challenges with Friends</li> <li>• Accepting Different Families</li> <li>• Getting Opinions and Information from a Group</li> <li>• Learning and Growing with Family</li> <li>• Making a Plan When Things are Hard</li> </ul>
<p>Complex emotions</p>	<ul style="list-style-type: none"> <li>• How You Can Talk to Friends with Kindness</li> <li>• Helping People Hurt by Unkind Words</li> <li>• What Does Empathy Look Like with Friends?</li> <li>• Negative Behaviors</li> <li>• How Do You Feel with Your Friends?</li> <li>• Managing Your Emotions at School</li> </ul>	<ul style="list-style-type: none"> <li>• Processing Emotions in a Safe Place</li> <li>• Identify How Current Events Trigger Emotions</li> <li>• A Trusted Adult Can Give Emotional Support</li> <li>• Everyone Has Rights at School</li> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Using a Positive Attitude at School</li> <li>• Figuring Out How You Feel at Home</li> </ul>

	<ul style="list-style-type: none"> <li>• How People Can Help or Hurt Each Other</li> <li>• Feeling Many Emotions</li> <li>• How Do You Feel About Current Events?</li> <li>• Knowing How to Fix Problems</li> <li>• Keep Calm</li> <li>• How Do You Feel at School?</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How to Get Help with a Problem</li> <li>• Lots of Ways to React</li> <li>• Emotions At Home</li> <li>• Thinking Through Emotions Safely at School</li> <li>• Positive Reactions</li> <li>• Choosing a Positive Attitude</li> <li>• Negative Reactions</li> <li>• Calming Down in a Fight</li> <li>• How Your Actions Impact Others at Home</li> <li>• Changes at School</li> <li>• Easy Changes, Hard Changes</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• Change is Good!</li> <li>• Using Technology to Communicate without Words</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Change Will Happen</li> <li>• What Situations Do You Need Help With?</li> </ul>	<ul style="list-style-type: none"> <li>• Personal Emotions Are Natural</li> <li>• How Feelings Can Get in Your Way at School</li> <li>• Expressing Emotions to Friends</li> <li>• How to Talk Through Emotions at Home</li> <li>• Your Emotions Are Valid</li> <li>• Describe How Current Events Trigger Emotions</li> <li>• How to Handle Your Emotions at School</li> <li>• Figuring Out How You Feel with Your Friends</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Different Ways to Look at Problems</li> <li>• Finding Help at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Other People’s Emotions Are Valid</li> <li>• How to Handle Your Emotions at Home</li> <li>• Understanding How Problems Make You Feel</li> <li>• Using Problem-Solving Strategies with Friends</li> <li>• Ways to Get Through Hard Times at Home</li> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• How to Stop Conflict at School</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Dealing with Transitions at School</li> <li>• Managing Transitions in Life</li> <li>• Facing Changes at School</li> <li>• Managing Setbacks at Home</li> </ul>
--	--	--

	<ul style="list-style-type: none"> <li>• Personal Emotions Are Important</li> <li>• How to Work through Hard Times with Friends</li> <li>• Improving Skills through Practice</li> <li>• How You Interact with Your Friends</li> <li>• Doing New Things with Friends</li> <li>• Trying New Things with Friends Can Be Good</li> <li>• Facing New Things at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Managing Setbacks at School</li> <li>• Understanding Boundaries</li> <li>• Responding to Your Friends When They're Happy</li> <li>• Preventing Conflict with Your Friends</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work through Challenges with Friends</li> <li>• Understanding the Need for Privacy</li> <li>• Learning and Growing with Family</li> </ul>
Confidence	<ul style="list-style-type: none"> <li>• Knowing How to Solve Problems at School</li> <li>• What Makes You Who You Are?</li> <li>• Your Personal Qualities at School</li> <li>• Things You Do Well at School</li> <li>• Get Better at Something You Like to Do</li> <li>• Keep Calm</li> <li>• What Tasks Do You Need Help With?</li> <li>• How to Find Things at School to Make Better</li> <li>• Be a Leader through Good Citizenship</li> <li>• Getting to Know You</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• Communicating with Others at School</li> <li>• Keep Away, Stranger!</li> <li>• Knowing How to Solve Problems at School</li> </ul>	<ul style="list-style-type: none"> <li>• Choosing Goals that Help Us Grow</li> <li>• Using Qualities to Identify Personal Strengths</li> <li>• Building Stronger Skills at School</li> <li>• Asking a Trusted Adult to Help with Schoolwork</li> <li>• Six Questions to Make a Decision</li> <li>• Asking a Trusted Adult for Support in Social Situations</li> <li>• Learn How to Give Feedback to Family</li> <li>• Having a Positive Attitude and Taking Responsibility at Home</li> <li>• Having a Positive Attitude and Taking Responsibility at School</li> <li>• Making a Plan to Do Well in School</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Part of the Team!</li> <li>• Reach That Goal!</li> <li>• Jobs You Can Do to Help Out in Your Classroom</li> <li>• Deciding Which Strategy to Choose to Reach a School Goal</li> </ul>

	<ul style="list-style-type: none"> <li>• How to Help Your Home Get Better</li> <li>• Choosing a Positive Attitude</li> <li>• How to Take Steps Toward a Goal</li> <li>• Make a Plan</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Getting Help Away from Home</li> <li>• How to Find an Adult to Help with Decisions in Your Community</li> <li>• Keep Trying at School!</li> <li>• Reaching a Goal</li> <li>• Helping Others and Yourself Feel Included</li> <li>• You Can Do This!</li> <li>• Short-Term Goals</li> <li>• Keep Trying at Home!</li> <li>• Join In!</li> <li>• Change is Good!</li> <li>• Words That Support Others</li> <li>• Understanding Each Person’s Ideas</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Change Will Happen</li> <li>• What Skills Do You Need Help With?</li> <li>• What Situations Do You Need Help With?</li> <li>• Improving Skills through Practice</li> <li>• How to Act at Home with Visitors</li> <li>• How to Tell When Someone at School Feels Good</li> <li>• Doing New Things with Friends</li> <li>• Trying New Things with Friends Can Be Good</li> <li>• Activities from Other Cultures!</li> </ul>	<ul style="list-style-type: none"> <li>• Steps for Reaching a Goal</li> <li>• Find Different Strategies to Reach Your Goals</li> <li>• Helping a New Kid</li> <li>• Including People You Don’t Know Well</li> <li>• Short-Term Goals</li> <li>• Working on the Grow-Up Machine</li> <li>• Managing Transitions in Life</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• Using Your Talents to Help You with Friends</li> <li>• Setting Social Goals</li> <li>• Finding Community Resources to Help You Reach a Goal</li> <li>• Learning about Other Cultures</li> <li>• Facing Challenging Group Work at School</li> <li>• Thinking about Interests and Personal Strengths</li> <li>• Understanding Boundaries</li> <li>• Learning and Growing with Friends</li> <li>• How to Compromise at Home</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Looking For Reactions at School</li> <li>• Celebrating Your Family’s Culture</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work Through Challenges at School</li> <li>• Learning and Growing with Family</li> <li>• Making a Plan When Things are Hard</li> </ul>
--	---	---

<p>Conflict</p>	<ul style="list-style-type: none"> <li>• Speaking Up for What You Need with Friends</li> <li>• Expressing Your Emotions with Friends</li> <li>• Helping People Hurt by Unkind Words</li> <li>• How Your Choices Can Make Things Worse</li> <li>• How Do You Feel at Home?</li> <li>• Negative Behaviors</li> <li>• Your Social Interests</li> <li>• Times and Places to Share Emotions</li> <li>• Making Good Choices at School</li> <li>• Saying and Doing Different Things When There’s a Problem</li> <li>• Feeling Many Emotions</li> <li>• Not Getting Along with Friends</li> <li>• Knowing How to Fix Problems</li> <li>• How Your Actions Impact Your Friends</li> <li>• How Do You Feel at School?</li> <li>• The Rules Are for Everybody at School</li> <li>• Not Getting Along with Others at School</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Helping People Hurt by Unkind Words</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Your Choices Can Make Things Worse</li> </ul>	<ul style="list-style-type: none"> <li>• Identify How Current Events Trigger Emotions</li> <li>• Speaking Up for Yourself at School</li> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Valuing the Point of View of Others</li> <li>• How You Can Control Your Emotions at Home</li> <li>• Figuring Out How You Feel at Home</li> <li>• Expressing Emotions to Friends</li> <li>• How to Talk Through Emotions at Home</li> <li>• Your Choices and Behaviors Affect Others at School</li> <li>• Your Emotions Are Valid</li> <li>• Speaking Up for Yourself with Friends</li> <li>• Those Opinions May Not Be True!</li> <li>• Ways to Help Out at Home</li> <li>• Learn How to Receive Feedback from Friends</li> <li>• Getting Along with Others at Home</li> <li>• Communicating Clearly to Friends</li> <li>• How to Handle your Emotions with Friends</li> <li>• How to Express Your Emotions Without Words at Home</li> <li>• Make a Calm Decision</li> <li>• Making Changes at Home</li> <li>• All Friends Have Rights</li> <li>• Everyone Has Rights at School</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Finding Help at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Other People’s Emotions Are Valid</li> </ul>
-----------------	--	--

	<ul style="list-style-type: none"> <li>• Managing Your Emotions with Friends</li> <li>• How to Talk to Others with Kindness at Home</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Lots of Ways to React</li> <li>• Emotions At Home</li> <li>• Show You Care at School</li> <li>• How To See People’s Upset Feelings by Their Bodies</li> <li>• People Are Alike and Different</li> <li>• Positive Reactions</li> <li>• Understanding People’s Ideas Online</li> <li>• Calming Down in a Fight</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• Actions That Hurt Feelings</li> <li>• Know the Words That Hurt People’s Feelings</li> <li>• Using Technology to Communicate without Words</li> <li>• Understanding Each Person’s Ideas</li> <li>• What Situations Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• How to Work through Hard Times with Friends</li> <li>• How You Interact with Your Friends</li> <li>• Showing Respect to Others at School</li> <li>• Facing New Things at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Knowing When to Process Emotions Alone</li> <li>• Talking About Your Emotions with Friends</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• How to Handle Your Emotions at Home</li> <li>• Understanding How Problems Make You Feel</li> <li>• Respect Other’s Rights</li> <li>• Using Problem-Solving Strategies with Friends</li> <li>• Ways to Get Through Hard Times at Home</li> <li>• How to Tell if What Someone Says is True</li> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• Respecting Political Views</li> <li>• Different Can Be Great!</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Knowing Negative Feelings by How Someone Talks</li> <li>• Identifying Different Viewpoints</li> <li>• How to Stop Conflict at School</li> <li>• Valuing the Point of View of Others</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Online Situations</li> <li>• Listening to Perspectives</li> <li>• Facing Challenging Group Work at School</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Understanding Boundaries</li> <li>• Making Decisions in a Group</li> <li>• Preventing Conflict with Your Friends</li> </ul>
--	---	---

		<ul style="list-style-type: none"> <li>• How to Compromise at Home</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• Understanding How Your Friends Feel</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Something is Different at Home</li> <li>• How to Work through Challenges with Friends</li> <li>• Getting Opinions and Information from a Group</li> <li>• Making a Plan When Things are Hard</li> <li>• How Others Can Pull You Down as a Student</li> </ul>
<p>Consequences</p>	<ul style="list-style-type: none"> <li>• How Your Choices Can Make Things Worse</li> <li>• Negative Behaviors</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• How Your Actions Impact Your Friends</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Managing Your Emotions with Friends</li> <li>• Making Choices</li> <li>• Lots of Ways to React</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Your Choices and Behaviors Affect Others at Home</li> <li>• How You Can Control Your Emotions at Home</li> <li>• Learn How to Give Feedback to Family</li> <li>• Your Choices and Behaviors Affect Others at School</li> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Your Choices and Behaviors Affect You at School</li> <li>• Getting Along with Others at Home</li> <li>• Finding Help at Home</li> <li>• Make a Calm Decision</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• How Feelings Can Get in the Way at Home</li> </ul>

	<ul style="list-style-type: none"> <li>• How Your Choices Can Help in a Good Way</li> <li>• Following Rules at School</li> <li>• Positive Reactions</li> <li>• Following Rules at School Affects Others</li> <li>• Negative Reactions</li> <li>• Making Good Choices at School</li> <li>• How Your Actions Impact Others at Home</li> <li>• Do Safe Things</li> <li>• How Other People Keep Safe</li> <li>• How to See an Obstacle</li> <li>• Following Rules at Home</li> <li>• Actions That Hurt Feelings</li> <li>• Know the Words That Hurt People’s Feelings</li> <li>• Using Technology to Communicate without Words</li> <li>• Choosing the Best Team</li> <li>• Following Rules at Home Affects Others</li> <li>• Words That Support Others</li> <li>• Practicing Safety</li> <li>• How to Be Helpful in Your Classroom</li> <li>• How to Work through Hard Times with Friends</li> <li>• Improving Skills through Practice</li> <li>• Showing Respect to Others at School</li> <li>• Knowing Why to Show Respect at Home</li> <li>• Trying New Things with Friends Can Be Good</li> </ul>	<ul style="list-style-type: none"> <li>• Short-Term Goals</li> <li>• Online Situations</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• Safe Actions and Words</li> <li>• Making Decisions in a Group</li> <li>• Preventing Conflict with Your Friends</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• Understanding How Your Friends Feel</li> <li>• How to Work Through Challenges at School</li> <li>• How to Work through Challenges with Friends</li> <li>• Making a Plan When Things are Hard</li> <li>• How Others Can Pull You Down as a Student</li> </ul>
Decision-Making	<ul style="list-style-type: none"> <li>• Asking an Adult for Help with a Goal</li> <li>• Your Interests at School</li> <li>• Goals for Classroom Behavior</li> <li>• Your Social Interests</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Choosing Goals that Help Us Grow</li> <li>• Valuing the Point of View of Others</li> </ul>



	<ul style="list-style-type: none"> <li>• Who Can You Trust in Your Community?</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• Making Good Choices at School</li> <li>• How to Help Your School Be Better</li> <li>• Speaking Up for What You Need at School</li> <li>• Not Getting Along with Friends</li> <li>• How to Get Help with Tasks</li> <li>• Speaking Up for What You Need with Friends</li> <li>• Creating Goals at School</li> <li>• How Your Actions Impact Your Friends</li> <li>• Keep Calm</li> <li>• What Tasks Do You Need Help With?</li> <li>• The Rules Are for Everybody at School</li> <li>• How to Find Things at School to Make Better</li> <li>• Be a Leader through Good Citizenship</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Keep Away, Stranger!</li> <li>• Helping People Hurt by Unkind Words</li> <li>• Knowing How to Solve Problems at School</li> </ul>	<ul style="list-style-type: none"> <li>• Everyone Has Rights at School</li> <li>• Choosing Safe Practices</li> <li>• Your Choices and Behaviors Affect Others at Home</li> <li>• Using a Positive Attitude at School</li> <li>• Six Questions to Make a Decision</li> <li>• Be a Part of Your Community</li> <li>• Your Choices and Behaviors Affect Others at School</li> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Seeking and Accepting Feedback</li> <li>• How to Develop a Plan to Improve Your School</li> <li>• How to Be a Helpful Member of Your School</li> <li>• Your Choices and Behaviors Affect You at School</li> <li>• Finding Help at Home</li> <li>• Make a Calm Decision</li> <li>• Having a Positive Attitude and Taking Responsibility at School</li> <li>• Making a Plan to Do Well in School</li> <li>• Different Ways to Look at Problems</li> <li>• Finding Help at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Knowing When to Process Emotions Alone</li> <li>• Reach That Goal!</li> <li>• How to Find What Your School Needs to Improve</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• How to Handle Your Emotions at Home</li> <li>• Using Problem-Solving Strategies with Friends</li> <li>• How to Be a Helpful Student in Your Classroom</li> </ul>
--	---	--

	<ul style="list-style-type: none"> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Managing Your Emotions with Friends</li> <li>• How to Be Helpful in Your School</li> <li>• How to Talk to Others with Kindness at Home</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Lots of Ways to React</li> <li>• Making Choices</li> <li>• How Your Choices Can Help in a Good Way</li> <li>• Following Rules at School</li> <li>• How to Be Helpful at Home</li> <li>• Positive Reactions</li> <li>• How to Help Your Home Get Better</li> <li>• Following Rules at School Affects Others</li> <li>• Choosing a Positive Attitude</li> <li>• How to Take Steps Toward a Goal</li> <li>• Using Technology to Talk Online</li> <li>• Negative Reactions</li> <li>• Make a Plan</li> <li>• Calming Down in a Fight</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Getting Help Away from Home</li> <li>• Get Rid of Obstacles to Meet Your School Goals</li> <li>• Making Good Choices at School</li> <li>• How to Find an Adult to Help with Decisions in Your Community</li> </ul>	<ul style="list-style-type: none"> <li>• Steps for Reaching a Goal</li> <li>• Respecting Different Cultural Viewpoints</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Find Different Strategies to Reach Your Goals</li> <li>• Helping a New Kid</li> <li>• Including People You Don't Know Well</li> <li>• Identifying Different Viewpoints</li> <li>• How to Stop Conflict at School</li> <li>• Valuing the Point of View of Others</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Short-Term Goals</li> <li>• Dealing with Transitions at School</li> <li>• Managing Transitions in Life</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• Facing Changes in Life</li> <li>• Using Your Talents to Help You with Friends</li> <li>• Setting Social Goals</li> <li>• Finding Community Resources to Help You Reach a Goal</li> <li>• Learning about Other Cultures</li> <li>• Showing Respect to Everyone Around You</li> <li>• Online Situations</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• Listening to Perspectives</li> <li>• Facing Challenging Group Work at School</li> <li>• Thinking about Interests and Personal Strengths</li> <li>• Safe Actions and Words</li> <li>• Jobs You Can Do to Help out at School</li> </ul>
--	---	---

	<ul style="list-style-type: none"> <li>• How Your Actions Impact Others at Home</li> <li>• Keep Trying at School!</li> <li>• Do Safe Things</li> <li>• How Other People Keep Safe</li> <li>• Reaching a Goal</li> <li>• How to See an Obstacle</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Easy Changes, Hard Changes</li> <li>• Following Rules at Home</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• You Can Do This!</li> <li>• Short-Term Goals</li> <li>• Keep Trying at Home!</li> <li>• Actions That Hurt Feelings</li> <li>• Join In!</li> <li>• Change is Good!</li> <li>• Know the Words That Hurt People’s Feelings</li> <li>• Choosing the Best Team</li> <li>• Following Rules at Home Affects Others</li> <li>• Words That Support Others</li> <li>• Practicing Safety</li> <li>• Understanding Each Person’s Ideas</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Change Will Happen</li> <li>• Acting Differently in Different Places</li> <li>• What Skills Do You Need Help With?</li> <li>• What Situations Do You Need Help With?</li> </ul>	<ul style="list-style-type: none"> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Understanding Boundaries</li> <li>• Making Decisions in a Group</li> <li>• Responding to Your Friends When They’re Happy</li> <li>• Preventing Conflict with Your Friends</li> <li>• Learning and Growing with Friends</li> <li>• Being Respectful Online</li> <li>• How to Compromise at Home</li> <li>• Different Groups, Different Norms</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Celebrating Your Family’s Culture</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work Through Challenges at School</li> <li>• How to Work through Challenges with Friends</li> <li>• Accepting Different Families</li> <li>• Understanding the Need for Privacy</li> <li>• Getting Opinions and Information from a Group</li> <li>• Making a Plan When Things are Hard</li> <li>• How Others Can Pull You Down as a Student</li> </ul>
--	--	---

	<ul style="list-style-type: none"> <li>• How to Be Helpful in Your Classroom</li> <li>• How to Work through Hard Times with Friends</li> <li>• Improving Skills through Practice</li> <li>• How to Act at Home with Visitors</li> <li>• How to Tell When Someone at School Feels Good</li> <li>• How You Interact with Your Friends</li> <li>• Doing New Things with Friends</li> <li>• Showing Respect to Others at School</li> <li>• Knowing Why to Show Respect at Home</li> <li>• Trying New Things with Friends Can Be Good</li> <li>• Facing New Things at Home</li> <li>• Activities from Other Cultures!</li> </ul>	
<p>Disappointment</p>	<ul style="list-style-type: none"> <li>• How Do You Feel at Home?</li> <li>• Personal Emotions Are Natural</li> <li>• Feelings at School</li> <li>• Managing Your Emotions at School</li> <li>• How Do You Feel About Current Events?</li> <li>• How Do You Feel at School?</li> <li>• Communicating with Others at School</li> <li>• Thinking Through Emotions Safely at School</li> <li>• How To See People’s Upset Feelings by Their Bodies</li> <li>• Positive Reactions</li> <li>• Choosing a Positive Attitude</li> <li>• Negative Reactions</li> <li>• How Your Actions Impact Others at Home</li> <li>• Keep Trying at School!</li> </ul>	<ul style="list-style-type: none"> <li>• Identify How Current Events Trigger Emotions</li> <li>• A Trusted Adult Can Give Emotional Support</li> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Learn How to Receive Feedback from Friends</li> <li>• Communicating Clearly to Friends</li> <li>• How to Handle Your Emotions at School</li> <li>• Everyone Has Rights at School</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> </ul>

	<ul style="list-style-type: none"> <li>• Changes at School</li> <li>• Easy Changes, Hard Changes</li> <li>• You Can Do This!</li> <li>• Change is Good!</li> <li>• Words That Support Others</li> <li>• Change Will Happen</li> <li>• What Skills Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• How to Work through Hard Times with Friends</li> <li>• Improving Skills through Practice</li> <li>• Facing New Things at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Knowing When to Process Emotions Alone</li> <li>• How to Handle Your Emotions at Home</li> <li>• Understanding How Problems Make You Feel</li> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Find Different Strategies to Reach Your Goals</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Dealing with Transitions at School</li> <li>• Managing Transitions in Life</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Something is Different at Home</li> <li>• How to Work through Challenges with Friends</li> <li>• Making a Plan When Things are Hard</li> </ul>
Discouragement	<ul style="list-style-type: none"> <li>• Knowing How to Solve Problems at School</li> <li>• Personal Emotions Are Natural</li> <li>• Using Positive Self-Talk</li> <li>• Feelings at School</li> <li>• Managing Your Emotions at School</li> <li>• How To Get Help with Skills</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• Things You Do Well at School</li> </ul>	<ul style="list-style-type: none"> <li>• Identify How Current Events Trigger Emotions</li> <li>• A Trusted Adult Can Give Emotional Support</li> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Using a Positive Attitude at School</li> <li>• How Feelings Can Get in Your Way at School</li> </ul>

	<ul style="list-style-type: none"> <li>• Speaking Up for What You Need at School</li> <li>• How to Get Help with Tasks</li> <li>• Keep Calm</li> <li>• What Tasks Do You Need Help With?</li> <li>• Communicating with Others at School</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How to Get Help with a Problem</li> <li>• Asking Others for Help with a Goal</li> <li>• Emotions at Home</li> <li>• Thinking Through Emotions Safely at School</li> <li>• How To See People’s Upset Feelings by Their Bodies</li> <li>• Positive Reactions</li> <li>• Choosing a Positive Attitude</li> <li>• How to Take Steps Toward a Goal</li> <li>• Negative Reactions</li> <li>• Get Rid of Obstacles to Meet Your School Goals</li> <li>• Keep Trying at School!</li> <li>• Reaching a Goal</li> <li>• How to See an Obstacle</li> <li>• You Can Do This!</li> <li>• Change is Good!</li> <li>• Words That Support Others</li> <li>• What Skills Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• How to Work through Hard Times with Friends</li> <li>• Improving Skills through Practice</li> <li>• How to Tell When Someone at School Feels Good</li> </ul>	<ul style="list-style-type: none"> <li>• Having a Positive Attitude and Taking Responsibility at Home</li> <li>• Your Emotions Are Valid</li> <li>• Using Problem-Solving Strategies at School</li> <li>• Learn How to Receive Feedback from Friends</li> <li>• How to Handle Your Emotions at School</li> <li>• How to Find What Your Home Needs to Improve</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Different Ways to Look at Problems</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Finding a Resource in Your Family to Help with a Goal</li> <li>• Reach That Goal!</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• How to Handle Your Emotions at Home</li> <li>• Understanding How Problems Make You Feel</li> <li>• Deciding Which Strategy to Choose to Reach a School Goal</li> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• Steps for Reaching a Goal</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Find Different Strategies to Reach Your Goals</li> <li>• Short-Term Goals</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• Setting Social Goals</li> </ul>
--	---	---

	<ul style="list-style-type: none"> <li>• Doing New Things with Friends</li> <li>• Trying New Things with Friends Can Be Good</li> <li>• Facing New Things at Home</li> </ul>	<ul style="list-style-type: none"> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work Through Challenges at School</li> <li>• Making a Plan When Things are Hard</li> </ul>
Empathy	<ul style="list-style-type: none"> <li>• What Does Empathy Look Like with Friends?</li> <li>• People Are Alike and Different</li> <li>• Helping People Hurt by Unkind Words</li> <li>• How Do You Feel with Your Friends?</li> <li>• How People Can Help or Hurt Each Other</li> <li>• Keep Calm</li> <li>• Impacting Others at School</li> <li>• How to Find Things at School to Make Better</li> <li>• Be a Leader through Good Citizenship</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• People Are Alike</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Helping People Hurt by Unkind Words</li> </ul>	<ul style="list-style-type: none"> <li>• Identify How Current Events Trigger Emotions</li> <li>• How to Respond to Others' Feelings</li> <li>• Describe How Current Events Trigger Emotions</li> <li>• How Listening Helps You Be a Good Friend</li> <li>• Part of the Team!</li> <li>• Other People's Emotions Are Valid</li> <li>• Figuring Out How You Feel at School</li> <li>• How to Find What Your School Needs to Improve</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• Jobs You Can Do to Help Out in Your Classroom</li> <li>• Respect Other's Rights</li> <li>• Using Problem-Solving Strategies with Friends</li> <li>• Knowing Positive Feelings by Nonverbal Cues</li> <li>• How to Be a Helpful Student in Your Classroom</li> <li>• Respecting Different Cultural Viewpoints</li> <li>• Respecting Political Views</li> <li>• Different Can Be Great!</li> </ul>

	<ul style="list-style-type: none"> <li>• Knowing How to Solve Problems at School</li> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Show You Care at School</li> <li>• How To See People’s Upset Feelings by Their Bodies</li> <li>• How to Be Helpful at Home</li> <li>• People Are Alike and Different</li> <li>• Following Rules at School Affects Others</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• What is Empathy?</li> <li>• How Your Actions Impact Others at Home</li> <li>• Actions That Support Others</li> <li>• How Other People Keep Safe</li> <li>• How To See People’s Good Feelings by Their Bodies</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Actions That Hurt Feelings</li> <li>• Join In!</li> <li>• Know the Words That Hurt People’s Feelings</li> <li>• Using Technology to Communicate without Words</li> <li>• Words That Support Others</li> <li>• Understanding Each Person’s Ideas</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Personal Emotions Are Important</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Knowing Negative Feelings by How Someone Talks</li> <li>• Helping a New Kid</li> <li>• Including People You Don’t Know Well</li> <li>• Knowing Negative Feelings by Nonverbal Cues</li> <li>• What to Do When Friends Feel Upset</li> <li>• Learning about Other Cultures</li> <li>• Showing Respect to Everyone Around You</li> <li>• Online Situations</li> <li>• Listening to Perspectives</li> <li>• Jobs You Can Do to Help out at School</li> <li>• Understanding Boundaries</li> <li>• Making Decisions in a Group</li> <li>• Knowing Positive Feelings by How Someone Talks</li> <li>• Responding to Your Friends When They’re Happy</li> <li>• Preventing Conflict with Your Friends</li> <li>• Being Respectful Online</li> <li>• How to Compromise at Home</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• Understanding How Your Friends Feel</li> <li>• Looking For Reactions at School</li> <li>• It’s Just Different!</li> <li>• How to Work through Challenges with Friends</li> <li>• Accepting Different Families</li> </ul>
--	---	--



	<ul style="list-style-type: none"> <li>• How to Be Helpful in Your Classroom</li> <li>• How to Work through Hard Times with Friends</li> <li>• How You Interact with Your Friends</li> <li>• Showing Respect to Others at School</li> <li>• Knowing Why to Show Respect at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding the Need for Privacy</li> <li>• Getting Opinions and Information from a Group</li> </ul>
Expressing yourself safely	<ul style="list-style-type: none"> <li>• Emotions At Home</li> <li>• Expressing Your Emotions with Friends</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Personal Emotions Are Natural</li> <li>• What Makes You Who You Are?</li> <li>• Your Social Interests</li> <li>• Current Events and Your Emotions</li> <li>• Feelings at School</li> <li>• Managing Your Emotions at School</li> <li>• Times and Places to Share Emotions</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• Making Good Choices at School</li> <li>• Saying and Doing Different Things When There's a Problem</li> <li>• Feeling Many Emotions</li> <li>• Speaking Up for What You Need at School</li> <li>• Not Getting Along with Friends</li> <li>• Knowing How to Fix Problems</li> <li>• Speaking Up for What You Need with Friends</li> <li>• Expressing Your Emotions with Friends</li> <li>• How to Be in Charge of Your Emotions at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Processing Emotions in a Safe Place</li> <li>• Identify How Current Events Trigger Emotions</li> <li>• A Trusted Adult Can Give Emotional Support</li> <li>• Speaking Up for Yourself at School</li> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Asking a Trusted Adult to Help with Schoolwork</li> <li>• How You Can Control Your Emotions at Home</li> <li>• Using a Positive Attitude at School</li> <li>• Ways to Express Your Emotions to Friends Without Words</li> <li>• Learn How to Give Feedback to Family</li> <li>• How Feelings Can Get in Your Way at School</li> <li>• Expressing Emotions to Friends</li> <li>• How to Talk Through Emotions at Home</li> <li>• Your Emotions Are Valid</li> <li>• Why Aren't Positive Stereotypes Good?</li> <li>• Describe How Current Events Trigger Emotions</li> </ul>

	<ul style="list-style-type: none"> <li>• Keep Calm</li> <li>• How Do You Feel at School?</li> <li>• What Tasks Do You Need Help With?</li> <li>• Not Getting Along with Others at School</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• Managing Your Emotions with Friends</li> <li>• How to Talk to Others with Kindness at Home</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• Emotions At Home</li> <li>• Show You Care at School</li> <li>• Thinking Through Emotions Safely at School</li> <li>• Positive Reactions</li> <li>• Negative Reactions</li> <li>• Calming Down in a Fight</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• How Your Actions Impact Others at Home</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• Know the Words That Hurt People’s Feelings</li> </ul>	<ul style="list-style-type: none"> <li>• Speaking Up for Yourself with Friends</li> <li>• Those Opinions May Not Be True!</li> <li>• Expressing Positive Emotions at School</li> <li>• Communicating Clearly to Friends</li> <li>• How to Handle Your Emotions at School</li> <li>• How to Handle your Emotions with Friends</li> <li>• Learn How to Receive Feedback at School</li> <li>• Figuring Out How You Feel with Your Friends</li> <li>• How to Express Your Emotions Without Words at Home</li> <li>• Make a Calm Decision</li> <li>• How Listening Helps You Be a Good Friend</li> <li>• Everyone Has Rights at School</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Finding Help at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Knowing When to Process Emotions Alone</li> <li>• Talking About Your Emotions with Friends</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• How to Handle Your Emotions at Home</li> <li>• Understanding How Problems Make You Feel</li> <li>• Using Problem-Solving Strategies with Friends</li> <li>• Ways to Get Through Hard Times at Home</li> </ul>
--	---	--

	<ul style="list-style-type: none"> <li>• Using Technology to Communicate without Words</li> <li>• Understanding Each Person’s Ideas</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Acting Differently in Different Places</li> <li>• What Situations Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• How to Work through Hard Times with Friends</li> <li>• How You Interact with Your Friends</li> <li>• Doing New Things with Friends</li> <li>• Showing Respect to Others at School</li> <li>• Knowing Why to Show Respect at Home</li> <li>• Facing New Things at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• Respecting Political Views</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• How to Stop Conflict at School</li> <li>• Valuing the Point of View of Others</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Setting Social Goals</li> <li>• Listening to Perspectives</li> <li>• Facing Challenging Group Work at School</li> <li>• Thinking about Interests and Personal Strengths</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Understanding Boundaries</li> <li>• Preventing Conflict with Your Friends</li> <li>• Being Respectful Online</li> <li>• How to Compromise at Home</li> <li>• Different Groups, Different Norms</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Celebrating Your Family’s Culture</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work through Challenges with Friends</li> <li>• Understanding the Need for Privacy</li> <li>• Getting Opinions and Information from a Group</li> </ul>
Falling behind	<ul style="list-style-type: none"> <li>• Knowing How to Solve Problems at School</li> <li>• How Your Choices Can Make Things Worse</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Asking a Trusted Adult to Help with Schoolwork</li> </ul>

	<ul style="list-style-type: none"> <li>• Things You Do Well at School</li> <li>• What Tasks Do You Need Help With?</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• Choosing a Positive Attitude</li> <li>• How to Take Steps Toward a Goal</li> <li>• Make a Plan</li> <li>• Get Rid of Obstacles to Meet Your School Goals</li> <li>• Reaching a Goal</li> <li>• How to See an Obstacle</li> <li>• You Can Do This!</li> <li>• Short-Term Goals</li> <li>• Change is Good!</li> <li>• Change Will Happen</li> <li>• What Skills Do You Need Help With?</li> <li>• Improving Skills through Practice</li> <li>• Trying New Things with Friends Can Be Good</li> </ul>	<ul style="list-style-type: none"> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Finding Help at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Finding a Resource in Your Family to Help with a Goal</li> <li>• Reach That Goal!</li> <li>• Deciding Which Strategy to Choose to Reach a School Goal</li> <li>• Steps for Reaching a Goal</li> <li>• Find Different Strategies to Reach Your Goals</li> <li>• Short-Term Goals</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• Managing Setbacks at School</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• How to Work Through Challenges at School</li> <li>• Making a Plan When Things are Hard</li> </ul>
Feedback	<ul style="list-style-type: none"> <li>• Asking an Adult for Help with a Goal</li> <li>• How To Get Help with Skills</li> <li>• What Tasks Do You Need Help With?</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Understanding People’s Ideas Online</li> <li>• Know the Words That Hurt People’s Feelings</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding Why You Need Feedback</li> <li>• Learn How to Receive Feedback from Family</li> <li>• Valuing the Point of View of Others</li> <li>• When Is Feedback Helpful?</li> <li>• Learn How to Give Feedback to Family</li> <li>• How to Use Helpful Feedback</li> <li>• Seeking and Accepting Feedback</li> <li>• Learn How to Receive Feedback from Friends</li> <li>• Learn How to Receive Feedback at School</li> <li>• Making a Plan to Do Well in School</li> </ul>

	<ul style="list-style-type: none"> <li>• Using Technology to Communicate without Words</li> <li>• Following Rules at Home Affects Others</li> <li>• Words That Support Others</li> <li>• Understanding Each Person’s Ideas</li> <li>• How to Work through Hard Times with Friends</li> <li>• Improving Skills through Practice</li> <li>• How to Tell When Someone at School Feels Good</li> <li>• How You Interact with Your Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Learn How to Give Feedback at School</li> <li>• Different Ways to Look at Problems</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• Knowing Positive Feelings by Nonverbal Cues</li> <li>• Knowing Negative Feelings by How Someone Talks</li> <li>• Knowing Negative Feelings by Nonverbal Cues</li> <li>• Identifying Different Viewpoints</li> <li>• Valuing the Point of View of Others</li> <li>• Listening to Perspectives</li> <li>• Understanding Boundaries</li> <li>• Making Decisions in a Group</li> <li>• Knowing Positive Feelings by How Someone Talks</li> <li>• Responding to Your Friends When They’re Happy</li> <li>• Preventing Conflict with Your Friends</li> <li>• Words That Support Others</li> <li>• How to Compromise at Home</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• Understanding How Your Friends Feel</li> <li>• Looking For Reactions at School</li> <li>• How to Work through Challenges with Friends</li> <li>• Understanding the Need for Privacy</li> <li>• Getting Opinions and Information from a Group</li> </ul>
Frustration	<ul style="list-style-type: none"> <li>• Saying and Doing Different Things When There’s a Problem</li> <li>• Feeling Many Emotions</li> </ul>	<ul style="list-style-type: none"> <li>• A Trusted Adult Can Give Emotional Support</li> <li>• Speaking Up for Yourself at School</li> </ul>

	<ul style="list-style-type: none"> <li>• Speaking Up for What You Need at School</li> <li>• Not Getting Along with Friends</li> <li>• Knowing How to Fix Problems</li> <li>• How to Get Help with Tasks</li> <li>• How Your Actions Impact Your Friends</li> <li>• Expressing Your Emotions with Friends</li> <li>• How to Be in Charge of Your Emotions at Home</li> <li>• How Do You Feel at School?</li> <li>• What Tasks Do You Need Help With?</li> <li>• Not Getting Along with Others at School</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How to Get Help with a Problem</li> <li>• Managing Your Emotions with Friends</li> <li>• Asking Others for Help with a Goal</li> <li>• How to Talk to Others with Kindness at Home</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Emotions At Home</li> <li>• Thinking Through Emotions Safely at School</li> <li>• How To See People’s Upset Feelings by Their Bodies</li> <li>• Positive Reactions</li> </ul>	<ul style="list-style-type: none"> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Using a Positive Attitude at School</li> <li>• Figuring Out How You Feel At Home</li> <li>• Ways to Express Your Emotions to Friends Without Words</li> <li>• Personal Emotions Are Natural</li> <li>• How Feelings Can Get in Your Way at School</li> <li>• Understanding Why You Need Feedback</li> <li>• Expressing Emotions to Friends</li> <li>• How to Talk Through Emotions at Home</li> <li>• Your Emotions Are Valid</li> <li>• Using Problem-Solving Strategies at School</li> <li>• Learn How to Receive Feedback from Friends</li> <li>• Communicating Clearly to Friends</li> <li>• How to Handle Your Emotions at School</li> <li>• Figuring Out How You Feel with Your Friends</li> <li>• Finding More Ways You Can Succeed at School</li> <li>• How to Find What Your Home Needs to Improve</li> <li>• Everyone Has Rights at School</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Different Ways to Look at Problems</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Knowing When to Process Emotions Alone</li> </ul>
--	--	---

	<ul style="list-style-type: none"> <li>• Choosing a Positive Attitude</li> <li>• Negative Reactions</li> <li>• Calming Down in a Fight</li> <li>• How Your Actions Impact Others at Home</li> <li>• Keep Trying at School!</li> <li>• Reaching a Goal</li> <li>• How to See an Obstacle</li> <li>• Easy Changes, Hard Changes</li> <li>• You Can Do This!</li> <li>• Keep Trying at Home!</li> <li>• Actions That Hurt Feelings</li> <li>• Change is Good!</li> <li>• Words That Support Others</li> <li>• Understanding Each Person’s Ideas</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Change Will Happen</li> <li>• What Skills Do You Need Help With?</li> <li>• What Situations Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• How to Work through Hard Times with Friends</li> <li>• Improving Skills through Practice</li> <li>• Facing New Things at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Finding a Resource in Your Family to Help with a Goal</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• How to Handle Your Emotions at Home</li> <li>• Understanding How Problems Make You Feel</li> <li>• Deciding Which Strategy to Choose to Reach a School Goal</li> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• Steps for Reaching a Goal</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Knowing Negative Feelings by How Someone Talks</li> <li>• How to Stop Conflict at School</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Dealing with Transitions at School</li> <li>• Managing Transitions in Life</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes in Life</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• Facing Challenging Group Work at School</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Understanding Boundaries</li> <li>• Preventing Conflict with Your Friends</li> <li>• How to Compromise at Home</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• How to See Challenges as a Chance to Grow</li> </ul>
--	---	--

		<ul style="list-style-type: none"> <li>• Something is Different at Home</li> <li>• How to Work Through Challenges at School</li> <li>• How to Work through Challenges with Friends</li> <li>• Understanding the Need for Privacy</li> <li>• Learning and Growing with Family</li> <li>• Making a Plan When Things are Hard</li> </ul>
Goals (setting)	<ul style="list-style-type: none"> <li>• Asking an Adult for Help with a Goal</li> <li>• Goals for Classroom Behavior</li> <li>• Being An Active Listener</li> <li>• How to Help Your School Be Better</li> <li>• Creating Goals at School</li> <li>• How to Find Things at School to Make Better</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• How to Help Your Home Get Better</li> <li>• Choosing a Positive Attitude</li> <li>• How to Take Steps Toward a Goal</li> <li>• Make a Plan</li> <li>• Get Rid of Obstacles to Meet Your School Goals</li> <li>• Reaching a Goal</li> <li>• Short-Term Goals</li> <li>• Improving Skills through Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Choosing Goals that Help Us Grow</li> <li>• Be a Part of Your Community</li> <li>• How to Develop a Plan to Improve Your School</li> <li>• How to Be a Helpful Member of Your School</li> <li>• Finding More Ways You Can Succeed at School</li> <li>• Making a Plan to Do Well in School</li> <li>• Finding a Resource in Your Family to Help with a Goal</li> <li>• Reach That Goal!</li> <li>• How to Find What Your School Needs to Improve</li> <li>• Deciding Which Strategy to Choose to Reach a School Goal</li> <li>• Steps for Reaching a Goal</li> <li>• Short-Term Goals</li> <li>• Setting Social Goals</li> <li>• Finding Community Resources to Help You Reach a Goal</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• How to See Challenges as a Chance to Grow</li> </ul>
Goals (working toward)	<ul style="list-style-type: none"> <li>• Asking an Adult for Help with a Goal</li> <li>• Goals for Classroom Behavior</li> <li>• Using Positive Self-Talk</li> <li>• Creating Goals at School</li> </ul>	<ul style="list-style-type: none"> <li>• Choosing Goals that Help Us Grow</li> <li>• Building Stronger Skills at School</li> <li>• Asking a Trusted Adult to Help with Schoolwork</li> </ul>



	<ul style="list-style-type: none"> <li>• What Tasks Do You Need Help With?</li> <li>• How to Find Things at School to Make Better</li> <li>• Be a Leader through Good Citizenship</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How to Get Help with a Problem</li> <li>• Asking Others for Help with a Goal</li> <li>• Positive Reactions</li> <li>• How to Help Your Home Get Better</li> <li>• Choosing a Positive Attitude</li> <li>• How to Take Steps Toward a Goal</li> <li>• Make a Plan</li> <li>• Get Rid of Obstacles to Meet Your School Goals</li> <li>• Keep Trying at School!</li> <li>• Reaching a Goal</li> <li>• How to See an Obstacle</li> <li>• Short-Term Goals</li> <li>• Keep Trying at Home!</li> <li>• Choosing the Best Team</li> <li>• What Skills Do You Need Help With?</li> <li>• Improving Skills through Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Asking a Trusted Adult for Support in Social Situations</li> <li>• Your Interests at School</li> <li>• Having a Positive Attitude and Taking Responsibility at Home</li> <li>• Be a Part of Your Community</li> <li>• Seeking and Accepting Feedback</li> <li>• How to Develop a Plan to Improve Your School</li> <li>• How to Be a Helpful Member of Your School</li> <li>• Finding More Ways You Can Succeed at School</li> <li>• Having a Positive Attitude and Taking Responsibility at School</li> <li>• Making a Plan to Do Well in School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Finding a Resource in Your Family to Help with a Goal</li> <li>• Reach That Goal!</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• Deciding Which Strategy to Choose to Reach a School Goal</li> <li>• Steps for Reaching a Goal</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Find Different Strategies to Reach Your Goals</li> <li>• Short-Term Goals</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• Setting Social Goals</li> <li>• Finding Community Resources to Help You Reach a Goal</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• How to See Challenges as a Chance to Grow</li> </ul>
--	---	---

		<ul style="list-style-type: none"> <li>• How to Work Through Challenges at School</li> <li>• Getting Opinions and Information from a Group</li> </ul>
Incomplete work	<ul style="list-style-type: none"> <li>• What Tasks Do You Need Help With?</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How to Take Steps Toward a Goal</li> <li>• Make a Plan</li> <li>• Get Rid of Obstacles to Meet Your School Goals</li> <li>• Keep Trying at School!</li> <li>• Reaching a Goal</li> <li>• You Can Do This!</li> <li>• Short-Term Goals</li> <li>• Keep Trying at Home!</li> <li>• What Skills Do You Need Help With?</li> <li>• Improving Skills through Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Reach That Goal!</li> <li>• Steps for Reaching a Goal</li> <li>• Find Different Strategies to Reach Your Goals</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• Facing Challenging Group Work at School</li> <li>• Managing Setbacks at School</li> <li>• How to Work Through Challenges at School</li> <li>• Making a Plan When Things are Hard</li> </ul>
Integrity	<ul style="list-style-type: none"> <li>• How to Be Helpful at Home</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• How Your Actions Impact Your Friends</li> <li>• Roles at School</li> <li>• The Rules Are for Everybody at School</li> <li>• How to Find Things at School to Make Better</li> <li>• Be a Leader through Good Citizenship</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• How You Can Find Ways to Make Your Home Better</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Speaking Up for Yourself at School</li> <li>• Valuing the Point of View of Others</li> <li>• Choosing Safe Practices</li> <li>• Your Choices and Behaviors Affect Others at Home</li> <li>• Your Choices and Behaviors Affect Others at School</li> <li>• Working With New People Wherever You Are</li> <li>• Those Opinions May Not Be True!</li> <li>• Ways to Help Out at Home</li> <li>• Getting Along with Others at Home</li> <li>• Finding Help at Home</li> <li>• How to Express Your Emotions Without Words at Home</li> </ul>

	<ul style="list-style-type: none"> <li>• Knowing How to Solve Problems at School</li> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• How to Be Helpful in Your School</li> <li>• Making Choices</li> <li>• Following Rules at School</li> <li>• Show You Care at School</li> <li>• How to Be Helpful at Home</li> <li>• Following Rules at School Affects Others</li> <li>• Actions That Support Others</li> <li>• Following Rules at Home</li> <li>• Actions That Hurt Feelings</li> <li>• Join In!</li> <li>• Following Rules at Home Affects Others</li> <li>• Treat People How You Want to be Treated at School</li> <li>• How to Be Helpful in Your Classroom</li> <li>• How to Work through Hard Times with Friends</li> <li>• How to Act at Home with Visitors</li> <li>• How You Interact with Your Friends</li> <li>• Showing Respect to Others at School</li> <li>• Knowing Why to Show Respect at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Make a Calm Decision</li> <li>• Respect Other’s Rights</li> <li>• How to Be a Helpful Student in Your Classroom</li> <li>• How to Tell if What Someone Says is True</li> <li>• Respecting Political Views</li> <li>• How to Stop Conflict at School</li> <li>• Showing Respect to Everyone Around You</li> <li>• Online Situations</li> <li>• Listening to Perspectives</li> <li>• Facing Challenging Group Work at School</li> <li>• Safe Actions and Words</li> <li>• Jobs You Can Do to Help out at School</li> <li>• Understanding Boundaries</li> <li>• Making Decisions in a Group</li> <li>• Being Respectful Online</li> <li>• Accepting Different Families</li> </ul>
Interests	<ul style="list-style-type: none"> <li>• What Makes You Who You Are?</li> <li>• Current Events and Your Emotions</li> <li>• What Are Your Talents?</li> <li>• Finding What Your Talents Are at School</li> <li>• How Do You Feel at School?</li> <li>• How to Find Things at School to Make Better</li> </ul>	<ul style="list-style-type: none"> <li>• Your Interests at School</li> <li>• All Friends Have Rights</li> <li>• Making a Plan to Do Well in School</li> <li>• Find Activities to Help Your Community</li> <li>• Working on the Grow-Up Machine</li> <li>• Using Your Talents to Help You with Friends</li> <li>• Setting Social Goals</li> </ul>

	<ul style="list-style-type: none"> <li>• Be a Leader through Good Citizenship</li> <li>• Getting to Know You</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• People Are Alike</li> <li>• People Are Alike and Different</li> <li>• Learn How You Can Talk to People with Apps</li> <li>• How to Find an Adult to Help with Decisions in Your Community</li> <li>• Change is Good!</li> <li>• Choosing the Best Team</li> <li>• Improving Skills through Practice</li> <li>• Doing New Things with Friends</li> <li>• Trying New Things with Friends Can Be Good</li> <li>• Facing New Things at Home</li> <li>• Activities from Other Cultures!</li> </ul>	<ul style="list-style-type: none"> <li>• Learning about Other Cultures</li> <li>• Thinking about Interests and Personal Strengths</li> <li>• Learning and Growing with Friends</li> <li>• Learning and Growing with Family</li> </ul>
<p>Leadership (outside school)</p>	<ul style="list-style-type: none"> <li>• How to Be Helpful at Home</li> <li>• Helping People Hurt by Unkind Words</li> <li>• Who Can You Trust in Your Community?</li> <li>• Keep Calm</li> <li>• Be a Leader through Good Citizenship</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• How to Be Helpful at Home</li> <li>• How to Help Your Home Get Better</li> <li>• Roles at Home</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Actions That Support Others</li> <li>• Do Safe Things</li> <li>• How Other People Keep Safe</li> </ul>	<ul style="list-style-type: none"> <li>• Valuing the Point of View of Others</li> <li>• Everyone Has Rights at School</li> <li>• Choosing Safe Practices</li> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Your Choices and Behaviors Affect Others at Home</li> <li>• How to Help Your Community Be Its Best</li> <li>• Having a Positive Attitude and Taking Responsibility at Home</li> <li>• Working With New People Wherever You Are</li> <li>• Ways to Help Out at Home</li> <li>• How to Find What Your Home Needs to Improve</li> <li>• Find Activities to Help Your Community</li> </ul>

	<ul style="list-style-type: none"> <li>• Helping Others and Yourself Feel Included</li> <li>• Following Rules at Home</li> <li>• Keep Trying at Home!</li> <li>• Following Rules at Home Affects Others</li> <li>• Words That Support Others</li> <li>• Understanding Each Person’s Ideas</li> <li>• What Situations Do You Need Help With?</li> <li>• How to Work through Hard Times with Friends</li> <li>• How to Act at Home with Visitors</li> <li>• How You Interact with Your Friends</li> <li>• Knowing Why to Show Respect at Home</li> <li>• Trying New Things with Friends Can Be Good</li> </ul>	<ul style="list-style-type: none"> <li>• How Talking and Listening Helps You Connect with Others</li> <li>• Part of the Team!</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• Helping a New Kid</li> <li>• Including People You Don’t Know Well</li> <li>• What to Do When Friends Feel Upset</li> <li>• Identifying Different Viewpoints</li> <li>• Valuing the Point of View of Others</li> <li>• Facing Changes in Life</li> <li>• Using Your Talents to Help You with Friends</li> <li>• Listening to Perspectives</li> <li>• Making Decisions in a Group</li> <li>• Preventing Conflict with Your Friends</li> <li>• How to Compromise at Home</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Compromise with Friends</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Celebrating Your Family’s Culture</li> <li>• Stay YOU!</li> <li>• How to Work through Challenges with Friends</li> <li>• Accepting Different Families</li> <li>• Getting Opinions and Information from a Group</li> </ul>
Loss	<ul style="list-style-type: none"> <li>• Emotions At Home</li> <li>• Thinking Through Emotions Safely at School</li> <li>• How To See People’s Upset Feelings by Their Bodies</li> <li>• Positive Reactions</li> <li>• Negative Reactions</li> <li>• Easy Changes, Hard Changes</li> </ul>	<ul style="list-style-type: none"> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Describe How Current Events Trigger Emotions</li> <li>• Processing Emotions in a Safe Place</li> <li>• Learn How to Receive Feedback from Friends</li> </ul>

	<ul style="list-style-type: none"> <li>• Words That Support Others</li> <li>• Change Will Happen</li> <li>• Personal Emotions Are Important</li> </ul>	<ul style="list-style-type: none"> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• How to Handle Your Emotions at Home</li> <li>• Understanding How Problems Make You Feel</li> <li>• Dealing with Transitions at School</li> <li>• Managing Transitions in Life</li> <li>• Managing Setbacks at Home</li> <li>• Something is Different at Home</li> </ul>
Naming Emotions	<ul style="list-style-type: none"> <li>• How Do You Feel at Home?</li> <li>• How Do You Feel at School?</li> <li>• Expressing Your Emotions with Friends</li> <li>• Personal Emotions Are Natural</li> <li>• Negative Behaviors</li> <li>• How Do You Feel with Your Friends?</li> <li>• Current Events and Your Emotions</li> <li>• Feelings at School</li> <li>• Managing Your Emotions at School</li> <li>• Times and Places to Share Emotions</li> <li>• How People Can Help or Hurt Each Other</li> <li>• Feeling Many Emotions</li> <li>• How Do You Feel About Current Events?</li> <li>• Speaking Up for What You Need at School</li> <li>• Knowing How to Fix Problems</li> <li>• Expressing Your Emotions with Friends</li> <li>• How to Be in Charge of Your Emotions at Home</li> <li>• Keep Calm</li> </ul>	<ul style="list-style-type: none"> <li>• Figuring Out How You Feel at Home</li> <li>• Processing Emotions in a Safe Place</li> <li>• Identify How Current Events Trigger Emotions</li> <li>• Speaking Up for Yourself at School</li> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Using a Positive Attitude at School</li> <li>• Expressing Emotions to Friends</li> <li>• How to Talk Through Emotions at Home</li> <li>• Your Emotions Are Valid</li> <li>• Describe How Current Events Trigger Emotions</li> <li>• Communicating Clearly to Friends</li> <li>• How to Handle Your Emotions at School</li> <li>• How to Handle your Emotions with Friends</li> <li>• Figuring Out How You Feel with Your Friends</li> <li>• How to Express Your Emotions Without Words at Home</li> <li>• All Friends Have Rights</li> <li>• Everyone Has Rights at School</li> <li>• Dealing with Emotional Triggers</li> </ul>

	<ul style="list-style-type: none"> <li>• How Do You Feel at School?</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How to Get Help with a Problem</li> <li>• Managing Your Emotions with Friends</li> <li>• Asking Others for Help with a Goal</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• Lots of Ways to React</li> <li>• Emotions at Home</li> <li>• Thinking Through Emotions Safely at School</li> <li>• How To See People’s Upset Feelings by Their Bodies</li> <li>• Positive Reactions</li> <li>• How To See People’s Good Feelings by Their Bodies</li> <li>• Actions That Hurt Feelings</li> <li>• Change is Good!</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Change Will Happen</li> <li>• What Situations Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• How to Work through Hard Times with Friends</li> <li>• How to Tell When Someone at School Feels Good</li> <li>• Doing New Things with Friends</li> <li>• Trying New Things with Friends Can Be Good</li> </ul>	<ul style="list-style-type: none"> <li>• How to Express Your Emotions with Words at School</li> <li>• Finding Help at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Other People’s Emotions Are Valid</li> <li>• Knowing When to Process Emotions Alone</li> <li>• Talking About Your Emotions with Friends</li> <li>• Figuring Out How You Feel at School</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• How to Handle Your Emotions at Home</li> <li>• Understanding How Problems Make You Feel</li> <li>• Ways to Get Through Hard Times at Home</li> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Knowing Negative Feelings by How Someone Talks</li> <li>• Knowing Negative Feelings by Nonverbal Cues</li> <li>• Dealing with Transitions at School</li> <li>• Managing Transitions in Life</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Understanding How Your Friends Feel</li> <li>• Looking for Reactions at School</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work through Challenges with Friends</li> <li>• Understanding the Need for Privacy</li> </ul>
--	--	--

	<ul style="list-style-type: none"> <li>• Facing New Things at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Learning and Growing with Family</li> </ul>
Negative self-talk	<ul style="list-style-type: none"> <li>• Using Positive Self-Talk</li> <li>• Keep Calm</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• Managing Your Emotions with Friends</li> <li>• Asking Others for Help with a Goal</li> <li>• Emotions at Home</li> <li>• Thinking Through Emotions Safely at School</li> <li>• Positive Reactions</li> <li>• Choosing a Positive Attitude</li> <li>• Get Rid of Obstacles to Meet Your School Goals</li> <li>• Keep Trying at School!</li> <li>• Reaching a Goal</li> <li>• How to See an Obstacle</li> <li>• You Can Do This!</li> <li>• Short-Term Goals</li> <li>• Keep Trying at Home!</li> <li>• What Skills Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• Improving Skills through Practice</li> <li>• How to Tell When Someone at School Feels Good</li> <li>• Doing New Things with Friends</li> <li>• Trying New Things with Friends Can Be Good</li> </ul>	<ul style="list-style-type: none"> <li>• A Trusted Adult Can Give Emotional Support</li> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Using a Positive Attitude at School</li> <li>• How to Handle Your Emotions at School</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Reach That Goal!</li> <li>• Steps for Reaching a Goal</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Find Different Strategies to Reach Your Goals</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Celebrating Your Family’s Culture</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work Through Challenges at School</li> <li>• Making a Plan When Things are Hard</li> </ul>
Negative thoughts	<ul style="list-style-type: none"> <li>• Helping People Hurt by Unkind Words</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Negative Behaviors</li> <li>• Using Positive Self-Talk</li> </ul>	<ul style="list-style-type: none"> <li>• Identify How Current Events Trigger Emotions</li> <li>• A Trusted Adult Can Give Emotional Support</li> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Using a Positive Attitude at School</li> </ul>



	<ul style="list-style-type: none"> <li>• Managing Your Emotions at School</li> <li>• How People Can Help or Hurt Each Other</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• Managing Your Emotions with Friends</li> <li>• Emotions at Home</li> <li>• Thinking Through Emotions Safely at School</li> <li>• Positive Reactions</li> <li>• Choosing a Positive Attitude</li> <li>• Calming Down in a Fight</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• You Can Do This!</li> <li>• Keep Trying at Home!</li> <li>• Change Will Happen</li> <li>• What Situations Do You Need Help With?</li> <li>• How to Work through Hard Times with Friends</li> <li>• Improving Skills through Practice</li> <li>• Trying New Things with Friends Can Be Good</li> <li>• Facing New Things at Home</li> <li>• Activities from Other Cultures!</li> </ul>	<ul style="list-style-type: none"> <li>• How Feelings Can Get in Your Way at School</li> <li>• Having a Positive Attitude and Taking Responsibility at Home</li> <li>• How to Handle Your Emotions at School</li> <li>• Make a Calm Decision</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Finding Help at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• How to Handle Your Emotions at Home</li> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes in Life</li> <li>• Showing Respect to Everyone Around You</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• Learning and Growing with Family</li> </ul>
New experiences	<ul style="list-style-type: none"> <li>• People Are Alike and Different</li> <li>• How Do You Feel with Your Friends?</li> <li>• Current Events and Your Emotions</li> <li>• Feelings at School</li> <li>• How to Help Your School Be Better</li> <li>• Feeling Many Emotions</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding Why You Need Feedback</li> <li>• Choosing Goals that Help Us Grow</li> <li>• Valuing the Point of View of Others</li> <li>• Everyone Has Rights at School</li> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Building Stronger Skills at School</li> </ul>

	<ul style="list-style-type: none"> <li>• How Do You Feel About Current Events?</li> <li>• People Are Different</li> <li>• Your Interests at School</li> <li>• Get Better at Something You Like to Do</li> <li>• Keep Calm</li> <li>• What Tasks Do You Need Help With?</li> <li>• Getting to Know You</li> <li>• People Are Alike</li> <li>• Lots of Ways to React</li> <li>• People Are Alike and Different</li> <li>• Positive Reactions</li> <li>• Using Technology to Talk Online</li> <li>• Getting Help Away from Home</li> <li>• Do Safe Things</li> <li>• How Other People Keep Safe</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Changes at School</li> <li>• Easy Changes, Hard Changes</li> <li>• Keep Trying at Home!</li> <li>• Join In!</li> <li>• Change is Good!</li> <li>• Practicing Safety</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Change Will Happen</li> <li>• Acting Differently in Different Places</li> <li>• What Skills Do You Need Help With?</li> <li>• What Situations Do You Need Help With?</li> <li>• How to Work through Hard Times with Friends</li> <li>• Improving Skills through Practice</li> <li>• How to Act at Home with Visitors</li> </ul>	<ul style="list-style-type: none"> <li>• Asking a Trusted Adult for Support in Social Situations</li> <li>• Seeking and Accepting Feedback</li> <li>• Speaking Up for Yourself with Friends</li> <li>• Learn How to Receive Feedback at School</li> <li>• Feeling Part of the Work Group Team</li> <li>• All Friends Have Rights</li> <li>• Dealing with Emotional Triggers</li> <li>• Different Ways to Look at Problems</li> <li>• Finding Help at School</li> <li>• Talking About Your Emotions with Friends</li> <li>• Different Can Be Great!</li> <li>• Using Technology to Communicate with Words</li> <li>• Dealing with Transitions at School</li> <li>• Managing Transitions in Life</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• Facing Changes in Life</li> <li>• Finding Community Resources to Help You Reach a Goal</li> <li>• Learning about Other Cultures</li> <li>• Listening to Perspectives</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Understanding Boundaries</li> <li>• Learning and Growing with Friends</li> <li>• Different Groups, Different Norms</li> <li>• Understanding How Your Friends Feel</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• It's Just Different!</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• Accepting Different Families</li> </ul>
--	--	---

	<ul style="list-style-type: none"> <li>• How to Tell When Someone at School Feels Good</li> <li>• Doing New Things with Friends</li> <li>• Trying New Things with Friends Can Be Good</li> <li>• Facing New Things at Home</li> <li>• Activities from Other Cultures!</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding the Need for Privacy</li> <li>• Learning and Growing with Family</li> <li>• Making a Plan When Things are Hard</li> </ul>
Overcoming challenges	<ul style="list-style-type: none"> <li>• Helping People Hurt by Unkind Words</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Goals for Classroom Behavior</li> <li>• Using Positive Self-Talk</li> <li>• Finding What Your Talents Are at School</li> <li>• Who Can You Trust in Your Community?</li> <li>• Feelings at School</li> <li>• Managing Your Emotions at School</li> <li>• How To Get Help with Skills</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• Things You Do Well at School</li> <li>• Making Good Choices at School</li> <li>• Saying and Doing Different Things When There's a Problem</li> <li>• How to Help Your School Be Better</li> <li>• Feeling Many Emotions</li> <li>• How Do You Feel About Current Events?</li> <li>• Speaking Up for What You Need at School</li> <li>• Not Getting Along with Friends</li> <li>• Knowing How to Fix Problems</li> <li>• Get Better at Something You Like to Do</li> <li>• How to Get Help with Tasks</li> </ul>	<ul style="list-style-type: none"> <li>• Identify How Current Events Trigger Emotions</li> <li>• Speaking Up for Yourself at School</li> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Asking a Trusted Adult to Help with Schoolwork</li> <li>• Using a Positive Attitude at School</li> <li>• Six Questions to Make a Decision</li> <li>• Figuring Out How You Feel at Home</li> <li>• How Feelings Can Get in Your Way at School</li> <li>• Understanding Why You Need Feedback</li> <li>• Having a Positive Attitude and Taking Responsibility at Home</li> <li>• How to Talk Through Emotions at Home</li> <li>• Your Emotions Are Valid</li> <li>• Seeking and Accepting Feedback</li> <li>• How to Develop a Plan to Improve Your School</li> <li>• Describe How Current Events Trigger Emotions</li> <li>• Speaking Up for Yourself with Friends</li> <li>• Good and Bad Things about Talking with Others Online</li> <li>• Using Problem-Solving Strategies at School</li> </ul>

	<ul style="list-style-type: none"> <li>• Speaking Up for What You Need with Friends</li> <li>• Creating Goals at School</li> <li>• How Your Actions Impact Your Friends</li> <li>• Expressing Your Emotions with Friends</li> <li>• Keep Calm</li> <li>• How Do You Feel at School?</li> <li>• What Tasks Do You Need Help With?</li> <li>• Not Getting Along with Others at School</li> <li>• Getting to Know You</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How Your Choices Can Make Things Worse</li> <li>• How to Get Help with a Problem</li> <li>• Managing Your Emotions with Friends</li> <li>• Asking Others for Help with a Goal</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Lots of Ways to React</li> <li>• Emotions At Home</li> <li>• Thinking Through Emotions Safely at School</li> </ul>	<ul style="list-style-type: none"> <li>• How to Be a Helpful Member of Your School</li> <li>• Learn How to Receive Feedback from Friends</li> <li>• Learn How to Receive Feedback at School</li> <li>• Feeling Part of the Work Group Team</li> <li>• Finding Help at Home</li> <li>• Finding More Ways You Can Succeed at School</li> <li>• Make a Calm Decision</li> <li>• How to Find What Your Home Needs to Improve</li> <li>• Making Changes at Home</li> <li>• How Listening Helps You Be a Good Friend</li> <li>• Everyone Has Rights at School</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Different Ways to Look at Problems</li> <li>• Finding Help at School</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Knowing When to Process Emotions Alone</li> <li>• Finding a Resource in Your Family to Help with a Goal</li> <li>• Reach That Goal!</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• How to Handle Your Emotions at Home</li> <li>• Understanding How Problems Make You Feel</li> <li>• Using Problem-Solving Strategies with Friends</li> <li>• Ways to Get Through Hard Times at Home</li> </ul>
--	---	---

	<ul style="list-style-type: none"> <li>• How To See People’s Upset Feelings by Their Bodies</li> <li>• People Are Alike and Different</li> <li>• Positive Reactions</li> <li>• Choosing a Positive Attitude</li> <li>• How to Take Steps Toward a Goal</li> <li>• Negative Reactions</li> <li>• Make a Plan</li> <li>• Calming Down in a Fight</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Getting Help Away from Home</li> <li>• Get Rid of Obstacles to Meet Your School Goals</li> <li>• Making Good Choices at School</li> <li>• How to Find an Adult to Help with Decisions in Your Community</li> <li>• Keep Trying at School!</li> <li>• Reaching a Goal</li> <li>• How to See an Obstacle</li> <li>• Easy Changes, Hard Changes</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• You Can Do This!</li> <li>• Short-Term Goals</li> <li>• Keep Trying at Home!</li> <li>• Change is Good!</li> <li>• Words That Support Others</li> <li>• Understanding Each Person’s Ideas</li> <li>• Change Will Happen</li> <li>• What Skills Do You Need Help With?</li> <li>• What Situations Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> </ul>	<ul style="list-style-type: none"> <li>• Deciding Which Strategy to Choose to Reach a School Goal</li> <li>• Steps for Reaching a Goal</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Find Different Strategies to Reach Your Goals</li> <li>• Identifying Different Viewpoints</li> <li>• How to Stop Conflict at School</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Short-Term Goals</li> <li>• Using Technology to Communicate with Words</li> <li>• Dealing with Transitions at School</li> <li>• Managing Transitions in Life</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• Facing Changes in Life</li> <li>• Finding Community Resources to Help You Reach a Goal</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• Facing Challenging Group Work at School</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Making Decisions in a Group</li> <li>• Preventing Conflict with Your Friends</li> <li>• How to Compromise at Home</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> </ul>
--	--	--

	<ul style="list-style-type: none"> <li>• How to Work through Hard Times with Friends</li> <li>• Improving Skills through Practice</li> <li>• How You Interact with Your Friends</li> <li>• Doing New Things with Friends</li> <li>• Facing New Things at Home</li> </ul>	<ul style="list-style-type: none"> <li>• How to Work Through Challenges at School</li> <li>• How to Work through Challenges with Friends</li> <li>• Learning and Growing with Family</li> <li>• Making a Plan When Things are Hard</li> <li>• How Others Can Pull You Down as a Student</li> </ul>
Participation (lack of)	<ul style="list-style-type: none"> <li>• Knowing How to Fix Problems</li> <li>• Get Better at Something You Like to Do</li> <li>• Expressing Your Emotions with Friends</li> <li>• Keep Calm</li> <li>• The Rules Are for Everybody at School</li> <li>• Getting to Know You</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• Choosing a Positive Attitude</li> <li>• Keep Trying at School!</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Change is Good!</li> <li>• Change Will Happen</li> <li>• How to Tell When Someone at School Feels Good</li> <li>• Doing New Things with Friends</li> <li>• Trying New Things with Friends Can Be Good</li> <li>• Facing New Things at Home</li> <li>• Activities from Other Cultures!</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Everyone Has Rights at School</li> <li>• How Feelings Can Get in Your Way at School</li> <li>• Ways to Help Out at Home</li> <li>• Getting Along with Others at Home</li> <li>• Part of the Team!</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• Setting Social Goals</li> <li>• Learning and Growing with Friends</li> <li>• Different Groups, Different Norms</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Stay YOU!</li> <li>• Getting Opinions and Information from a Group</li> </ul>
Paying attention to others	<ul style="list-style-type: none"> <li>• How to Be Helpful at Home</li> <li>• People Are Alike and Different</li> <li>• Negative Behaviors</li> <li>• Goals for Classroom Behavior</li> <li>• Being an Active Listener</li> <li>• How Do You Feel with Your Friends?</li> <li>• Your Social Interests</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Learn How to Receive Feedback from Family</li> <li>• Valuing the Point of View of Others</li> <li>• Your Choices and Behaviors Affect Others At Home</li> </ul>

	<ul style="list-style-type: none"> <li>• Current Events and Your Emotions</li> <li>• Making Good Choices at School</li> <li>• Saying and Doing Different Things When There’s a Problem</li> <li>• People Are Different</li> <li>• Not Getting Along with Friends</li> <li>• Get Better at Something You Like to Do</li> <li>• Speaking Up for What You Need with Friends</li> <li>• How to Be in Charge of Your Emotions at Home</li> <li>• Keep Calm</li> <li>• How Do You Feel at School?</li> <li>• Impacting Others at School</li> <li>• Not Getting Along with Others at School</li> <li>• Be a Leader through Good Citizenship</li> <li>• Getting to Know You</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• People Are Alike</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Helping People Hurt by Unkind Words</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Your Choices Can Make Things Worse</li> <li>• How to Get Help with a Problem</li> <li>• Asking Others for Help with a Goal</li> </ul>	<ul style="list-style-type: none"> <li>• How Rules Can Help You Have Positive Emotions at Home</li> <li>• When Is Feedback Helpful?</li> <li>• Learn How to Give Feedback to Family</li> <li>• Be a Part of Your Community</li> <li>• Your Choices and Behaviors Affect Others at School</li> <li>• Your Emotions Are Valid</li> <li>• How to Use Helpful Feedback</li> <li>• Seeking and Accepting Feedback</li> <li>• How to Respond to Others’ Feelings</li> <li>• Why Aren’t Positive Stereotypes Good?</li> <li>• Working with New People Wherever You Are</li> <li>• Describe How Current Events Trigger Emotions</li> <li>• Those Opinions May Not Be True!</li> <li>• Expressing Positive Emotions at School</li> <li>• Ways to Help Out at Home</li> <li>• Learn How to Receive Feedback from Friends</li> <li>• Ways to Help Out at Home</li> <li>• Figuring Out How You Feel with Your Friends</li> <li>• How to Express Your Emotions Without Words at Home</li> <li>• Make a Calm Decision</li> <li>• Making Changes at Home</li> <li>• All Friends Have Rights</li> <li>• How Listening Helps You Be a Good Friend</li> <li>• Find Activities to Help Your Community</li> <li>• How Talking and Listening Helps You Connect with Others</li> <li>• Everyone Has Rights at School</li> <li>• Part of the Team!</li> </ul>
--	--	--

	<ul style="list-style-type: none"> <li>• How to Talk to Others with Kindness at Home</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Show You Care at School</li> <li>• How To See People’s Upset Feelings by Their Bodies</li> <li>• Following Rules at School Affects Others</li> <li>• Using Technology to Talk Online</li> <li>• What is Empathy?</li> <li>• How Your Actions Impact Others at Home</li> <li>• Actions That Support Others</li> <li>• How To See People’s Good Feelings by Their Bodies</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Actions That Hurt Feelings</li> <li>• Join In!</li> <li>• Know the Words That Hurt People’s Feelings</li> <li>• Using Technology to Communicate without Words</li> <li>• Choosing the Best Team</li> <li>• Following Rules at Home Affects Others</li> <li>• Words That Support Others</li> <li>• Understanding Each Person’s Ideas</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• How to Work through Hard Times with Friends</li> <li>• How to Act at Home with Visitors</li> </ul>	<ul style="list-style-type: none"> <li>• Other People’s Emotions Are Valid</li> <li>• Talking About Your Emotions with Friends</li> <li>• Figuring Out How You Feel at School</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• Respect Other’s Rights</li> <li>• Knowing Positive Feelings by Nonverbal Cues</li> <li>• Respecting Different Cultural Viewpoints</li> <li>• Respecting Political Views</li> <li>• Different Can Be Great!</li> <li>• Knowing Negative Feelings by How Someone Talks</li> <li>• Helping a New Kid</li> <li>• Knowing Negative Feelings by Nonverbal Cues</li> <li>• What to Do When Friends Feel Upset</li> <li>• Identifying Different Viewpoints</li> <li>• Valuing the Point of View of Others</li> <li>• Learning about Other Cultures</li> <li>• Showing Respect to Everyone Around You</li> <li>• Listening to Perspectives</li> <li>• Facing Challenging Group Work at School</li> <li>• Understanding Boundaries</li> <li>• Making Decisions in a Group</li> <li>• Knowing Positive Feelings by How Someone Talks</li> <li>• Preventing Conflict with Your Friends</li> <li>• Learning and Growing with Friends</li> <li>• Being Respectful Online</li> <li>• How to Compromise at Home</li> <li>• Different Groups, Different Norms</li> </ul>
--	---	--



	<ul style="list-style-type: none"> <li>• How to Tell When Someone at School Feels Good</li> <li>• How You Interact with Your Friends</li> <li>• Doing New Things with Friends</li> <li>• Showing Respect to Others at School</li> <li>• Knowing Why to Show Respect at Home</li> <li>• Activities from Other Cultures!</li> </ul>	<ul style="list-style-type: none"> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• Understanding How Your Friends Feel</li> <li>• Looking For Reactions at School</li> <li>• It's Just Different!</li> <li>• How to Work through Challenges with Friends</li> <li>• Accepting Different Families</li> <li>• Understanding the Need for Privacy</li> <li>• Getting Opinions and Information from a Group</li> <li>• How Others Can Pull You Down as a Student</li> </ul>
<p>Perseverance</p>	<ul style="list-style-type: none"> <li>• Goals for Classroom Behavior</li> <li>• Using Positive Self-Talk</li> <li>• How To Get Help with Skills</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• Things You Do Well at School</li> <li>• Get Better at Something You Like to Do</li> <li>• How to Get Help with Tasks</li> <li>• Creating Goals at School</li> <li>• What Tasks Do You Need Help With?</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How to Get Help with a Problem</li> <li>• Asking Others for Help with a Goal</li> <li>• Lots of Ways to React</li> <li>• Positive Reactions</li> <li>• Choosing a Positive Attitude</li> <li>• How to Take Steps Toward a Goal</li> <li>• Negative Reactions</li> </ul>	<ul style="list-style-type: none"> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Using a Positive Attitude at School</li> <li>• Asking a Trusted Adult for Support in Social Situations</li> <li>• Having a Positive Attitude and Taking Responsibility at Home</li> <li>• How to Develop a Plan to Improve Your School</li> <li>• Using Problem-Solving Strategies at School</li> <li>• Finding More Ways You Can Succeed at School</li> <li>• Having a Positive Attitude and Taking Responsibility at School</li> <li>• Making a Plan to Do Well in School</li> <li>• Dealing with Emotional Triggers</li> <li>• Finding Help at School</li> <li>• Part of the Team!</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Finding a Resource in Your Family to Help with a Goal</li> </ul>

	<ul style="list-style-type: none"> <li>• Make a Plan</li> <li>• Get Rid of Obstacles to Meet Your School Goals</li> <li>• Keep Trying at School!</li> <li>• Reaching a Goal</li> <li>• How to See an Obstacle</li> <li>• You Can Do This!</li> <li>• Short-Term Goals</li> <li>• Keep Trying at Home!</li> <li>• Change is Good!</li> <li>• Change Will Happen</li> <li>• What Skills Do You Need Help With?</li> <li>• How to Work through Hard Times with Friends</li> <li>• Improving Skills through Practice</li> <li>• Doing New Things with Friends</li> <li>• Facing New Things at Home</li> </ul>	<ul style="list-style-type: none"> <li>• Reach That Goal!</li> <li>• How to Handle Your Emotions at Home</li> <li>• Ways to Get Through Hard Times at Home</li> <li>• Deciding Which Strategy to Choose to Reach a School Goal</li> <li>• Steps for Reaching a Goal</li> <li>• Feeling Conflict In Our Own Emotions</li> <li>• Find Different Strategies to Reach Your Goals</li> <li>• Short-Term Goals</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• Facing Changes in Life</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• Facing Challenging Group Work at School</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work Through Challenges at School</li> <li>• How to Work through Challenges with Friends</li> <li>• Learning and Growing with Family</li> <li>• Making a Plan When Things are Hard</li> </ul>
<p>Personal Qualities</p>	<ul style="list-style-type: none"> <li>• What Makes You Who You Are?</li> <li>• Your Personal Qualities at School</li> <li>• People Are Different</li> <li>• People Are Alike</li> <li>• People Are Alike and Different</li> </ul>	<ul style="list-style-type: none"> <li>• Using Qualities to Identify Personal Strengths</li> <li>• Dealing with Emotional Triggers</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Working on the Grow-Up Machine</li> </ul>

	<ul style="list-style-type: none"> <li>• What is Empathy?</li> <li>• Actions That Support Others</li> <li>• Actions That Hurt Feelings</li> <li>• Personal Emotions Are Important</li> <li>• Doing New Things with Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Using Your Talents to Help You with Friends</li> <li>• Setting Social Goals</li> <li>• Thinking about Interests and Personal Strengths</li> <li>• Stay YOU!</li> </ul>
Personal responsibility	<ul style="list-style-type: none"> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Negative Behaviors</li> <li>• Goals for Classroom Behavior</li> <li>• Knowing How to Fix Problems</li> <li>• Speaking Up for What You Need with Friends</li> <li>• Creating Goals at School</li> <li>• How Your Actions Impact Your Friends</li> <li>• Roles at School</li> <li>• The Rules Are for Everybody at School</li> <li>• How to Find Things at School to Make Better</li> <li>• Be a Leader through Good Citizenship</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• Keep Away, Stranger!</li> <li>• Helping People Hurt by Unkind Words</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• How to Be Helpful in Your School</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friend</li> <li>• Speaking Up for Yourself at School</li> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Jobs You Can Do to Help Out in Your Classroom</li> <li>• Choosing Safe Practices</li> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Your Choices and Behaviors Affect Others at Home</li> <li>• How Rules Can Help You Have Positive Emotions at Home</li> <li>• How You Can Control Your Emotions at Home</li> <li>• Six Questions to Make a Decision</li> <li>• Having a Positive Attitude and Taking Responsibility at Home</li> <li>• Expressing Emotions to Friends</li> <li>• Your Choices and Behaviors Affect Others at School</li> <li>• Speaking Up for Yourself with Friends</li> <li>• Ways to Help Out at Home</li> <li>• Getting Along with Others at Home</li> <li>• Finding Help at Home</li> <li>• Make a Calm Decision</li> <li>• Making Changes at Home</li> <li>• Finding Help at School</li> <li>• Figuring Out How You Feel at School</li> <li>• Jobs You Can Do to Help Out in Your Classroom</li> </ul>

	<ul style="list-style-type: none"> <li>• How You Can Talk to Friends with Kindness</li> <li>• Making Choices</li> <li>• How Your Choices Can Help in a Good Way</li> <li>• Show You Care at School</li> <li>• How to Be Helpful at Home</li> <li>• Positive Reactions</li> <li>• How to Help Your Home Get Better</li> <li>• Following Rules at School Affects Others</li> <li>• Using Technology to Talk Online</li> <li>• Roles at Home</li> <li>• Negative Reactions</li> <li>• Calming Down in a Fight</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Making Good Choices at School</li> <li>• How Your Actions Impact Others at Home</li> <li>• Actions That Support Others</li> <li>• Do Safe Things</li> <li>• How Other People Keep Safe</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Changes at School</li> <li>• Following Rules at Home</li> <li>• You Can Do This!</li> <li>• Short-Term Goals</li> <li>• Actions That Hurt Feelings</li> <li>• Join In!</li> <li>• Know the Words That Hurt People’s Feelings</li> <li>• Following Rules at Home Affects Others</li> <li>• Words That Support Others</li> <li>• Practicing Safety</li> <li>• Treat People How You Want to be Treated at School</li> </ul>	<ul style="list-style-type: none"> <li>• Respect Other’s Rights</li> <li>• How to Be a Helpful Student in Your Classroom</li> <li>• Including People You Don’t Know Well</li> <li>• How to Stop Conflict at School</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Dealing with Transitions at School</li> <li>• Managing Transitions in Life</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• Facing Changes in Life</li> <li>• Setting Social Goals</li> <li>• Showing Respect to Everyone Around You</li> <li>• Online Situations</li> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• Facing Challenging Group Work at School</li> <li>• Safe Actions and Words</li> <li>• Jobs You Can Do to Help out at School</li> <li>• Understanding Boundaries</li> <li>• Making Decisions in a Group</li> <li>• Preventing Conflict with Your Friends</li> <li>• Being Respectful Online</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• Understanding How Your Friends Feel</li> <li>• How to Work Through Challenges at School</li> <li>• How to Work through Challenges with Friends</li> <li>• Accepting Different Families</li> </ul>
--	--	---

	<ul style="list-style-type: none"> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Acting Differently in Different Places</li> <li>• How to Be Helpful in Your Classroom</li> <li>• How to Work through Hard Times with Friends</li> <li>• Improving Skills through Practice</li> <li>• How to Act at Home with Visitors</li> <li>• How You Interact with Your Friends</li> <li>• Showing Respect to Others at School</li> </ul>	<ul style="list-style-type: none"> <li>• Getting Opinions and Information from a Group</li> <li>• Making a Plan When Things are Hard</li> <li>• How Others Can Pull You Down as a Student</li> </ul>
Personal Strengths	<ul style="list-style-type: none"> <li>• What Makes You Who You Are?</li> <li>• Your Personal Qualities at School</li> <li>• What Are Your Talents?</li> <li>• Finding What Your Talents Are at School</li> <li>• What Tasks Do You Need Help With?</li> <li>• Be a Leader through Good Citizenship</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How to Help Your Home Get Better</li> <li>• Choosing a Positive Attitude</li> <li>• What is Empathy?</li> <li>• Improving Skills through Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Using Qualities to Identify Personal Strengths</li> <li>• Your Emotions Are Valid</li> <li>• Working on the Grow-Up Machine</li> <li>• Using Your Talents to Help You with Friends</li> <li>• Setting Social Goals</li> <li>• Thinking about Interests and Personal Strengths</li> <li>• Stay YOU!</li> </ul>
Procrastination	<ul style="list-style-type: none"> <li>• What Tasks Do You Need Help With?</li> <li>• Making Choices</li> <li>• How to Take Steps Toward a Goal</li> <li>• Make a Plan</li> <li>• How to See an Obstacle</li> </ul>	<ul style="list-style-type: none"> <li>• How to Express Your Emotions Without Words at Home</li> <li>• Steps for Reaching a Goal</li> <li>• Short-Term Goals</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> </ul>

	<ul style="list-style-type: none"> <li>• You Can Do This!</li> <li>• Short-Term Goals</li> <li>• Change Will Happen</li> <li>• What Skills Do You Need Help With?</li> </ul>	<ul style="list-style-type: none"> <li>• When You Need New Action Steps to Reach Your Goals</li> <li>• How to Work Through Challenges at School</li> <li>• Making a Plan When Things are Hard</li> </ul>
<p>Respect</p>	<ul style="list-style-type: none"> <li>• Making Good Choices at School</li> <li>• Saying and Doing Different Things When There’s a Problem</li> <li>• Speaking Up for What You Need at School</li> <li>• People Are Different</li> <li>• Not Getting Along with Friends</li> <li>• Speaking Up for What You Need with Friends</li> <li>• How Your Actions Impact Your Friends</li> <li>• Expressing Your Emotions with Friends</li> <li>• Roles at School</li> <li>• How Do You Feel at School?</li> <li>• The Rules Are for Everybody at School</li> <li>• Not Getting Along with Others at School</li> <li>• Be a Leader through Good Citizenship</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• People Are Alike</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Knowing How to Solve Problems at School</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding Why You Need Feedback</li> <li>• Jobs You Can Do to Help Out in Your Classroom</li> <li>• Valuing the Point of View of Others</li> <li>• How Rules Can Help You Have Positive Emotions at Home</li> <li>• How to Talk Through Emotions at Home</li> <li>• Your Choices and Behaviors Affect Others at School</li> <li>• Why Aren’t Positive Stereotypes Good?</li> <li>• Working With New People Wherever You Are</li> <li>• Those Opinions May Not Be True!</li> <li>• Expressing Positive Emotions at School</li> <li>• Getting Along with Others at Home</li> <li>• How to Handle your Emotions with Friends</li> <li>• Learn How to Receive Feedback at School</li> <li>• Finding Help at Home</li> <li>• How to Express Your Emotions Without Words at Home</li> <li>• Make a Calm Decision</li> <li>• Making Changes at Home</li> <li>• All Friends Have Rights</li> <li>• How Listening Helps You Be a Good Friend</li> <li>• How Talking and Listening Helps You Connect with Others</li> </ul>

	<ul style="list-style-type: none"> <li>• Managing Your Emotions with Friends</li> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• How to Be Helpful in Your School</li> <li>• How to Talk to Others with Kindness at Home</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Following Rules at School</li> <li>• Show You Care at School</li> <li>• People Are Alike and Different</li> <li>• How to Help Your Home Get Better</li> <li>• Following Rules at School Affects Others</li> <li>• Using Technology to Talk Online</li> <li>• How Your Actions Impact Others at Home</li> <li>• Actions That Support Others</li> <li>• Actions That Hurt Feelings</li> <li>• Join In!</li> <li>• Know the Words That Hurt People’s Feelings</li> <li>• Following Rules at Home Affects Others</li> <li>• Understanding Each Person’s Ideas</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Acting Differently in Different Places</li> <li>• How to Be Helpful in Your Classroom</li> <li>• How to Work through Hard Times with Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Learn How to Give Feedback at School</li> <li>• Everyone Has Rights at School</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Part of the Team!</li> <li>• Other People’s Emotions Are Valid</li> <li>• Talking About Your Emotions with Friends</li> <li>• Figuring Out How You Feel at School</li> <li>• How to Find What Your School Needs to Improve</li> <li>• Respect Other’s Rights</li> <li>• How to Be a Helpful Student in Your Classroom</li> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• Respecting Different Cultural Viewpoints</li> <li>• Respecting Political Views</li> <li>• Different Can Be Great!</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Identifying Different Viewpoints</li> <li>• Valuing the Point of View of Others</li> <li>• Learning about Other Cultures</li> <li>• Showing Respect to Everyone Around You</li> <li>• Online Situations</li> <li>• Listening to Perspectives</li> <li>• Safe Actions and Words</li> <li>• Jobs You Can Do to Help out at School</li> <li>• Understanding Boundaries</li> <li>• Making Decisions in a Group</li> <li>• Preventing Conflict with Your Friends</li> <li>• Learning and Growing with Friends</li> <li>• Being Respectful Online</li> </ul>
--	---	--

	<ul style="list-style-type: none"> <li>• How to Act at Home with Visitors</li> <li>• How You Interact with Your Friends</li> <li>• Showing Respect to Others at School</li> <li>• Knowing Why to Show Respect at Home</li> <li>• Activities from Other Cultures!</li> </ul>	<ul style="list-style-type: none"> <li>• How to Compromise at Home</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• Understanding How Your Friends Feel</li> <li>• It's Just Different!</li> <li>• Celebrating Your Family's Culture</li> <li>• How to Work through Challenges with Friends</li> <li>• Accepting Different Families</li> <li>• Understanding the Need for Privacy</li> </ul>
Rules	<ul style="list-style-type: none"> <li>• Goals for Classroom Behavior</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• How Your Actions Impact Your Friends</li> <li>• Roles at School</li> <li>• The Rules Are for Everybody at School</li> <li>• Be a Leader through Good Citizenship</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• Communicating with Others at School</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• How to Be Helpful in Your School</li> <li>• How Your Choices Can Help in a Good Way</li> <li>• Following Rules at School</li> <li>• How to Be Helpful at Home</li> </ul>	<ul style="list-style-type: none"> <li>• How Rules Can Help You Have Positive Emotions at Home</li> <li>• How You Can Control Your Emotions at Home</li> <li>• Having a Positive Attitude and Taking Responsibility at Home</li> <li>• Ways to Help Out at Home</li> <li>• Getting Along with Others at Home</li> <li>• Finding Help at Home</li> <li>• Respect Other's Rights</li> <li>• Using Problem-Solving Strategies with Friends</li> <li>• How to Be a Helpful Student in Your Classroom</li> <li>• Dealing with Transitions at School</li> <li>• Showing Respect to Everyone Around You</li> <li>• Safe Actions and Words</li> <li>• Jobs You Can Do to Help out at School</li> <li>• Understanding Boundaries</li> <li>• Different Groups, Different Norms</li> <li>• Accepting Different Families</li> </ul>



	<ul style="list-style-type: none"> <li>• Following Rules at School Affects Others</li> <li>• Making Good Choices at School</li> <li>• Do Safe Things</li> <li>• How Other People Keep Safe</li> <li>• Following Rules at Home</li> <li>• Following Rules at Home Affects Others</li> <li>• Practicing Safety</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Change Will Happen</li> <li>• Acting Differently in Different Places</li> <li>• How to Be Helpful in Your Classroom</li> <li>• How to Act at Home with Visitors</li> </ul>	
Safe behaviors	<ul style="list-style-type: none"> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• Making Good Choices at School</li> <li>• Saying and Doing Different Things When There's a Problem</li> <li>• Knowing How to Fix Problems</li> <li>• How to Get Help with Tasks</li> <li>• Expressing Your Emotions with Friends</li> <li>• How to Be in Charge of Your Emotions at Home</li> <li>• Not Getting Along with Others at School</li> <li>• Be a Leader through Good Citizenship</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• Communicating with Others at School</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Choosing Safe Practices</li> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Your Choices and Behaviors Affect Others at Home</li> <li>• How You Can Control Your Emotions at Home</li> <li>• Ways to Express Your Emotions to Friends Without Words</li> <li>• Your Choices and Behaviors Affect Others at School</li> <li>• Communicating Clearly to Friends</li> <li>• How to Handle Your Emotions at School</li> <li>• Finding Help at Home</li> <li>• How to Express Your Emotions Without Words at Home</li> <li>• Make a Calm Decision</li> <li>• Finding Help at School</li> <li>• Knowing When to Process Emotions Alone</li> </ul>

	<ul style="list-style-type: none"> <li>• Keep Away, Stranger!</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Managing Your Emotions with Friends</li> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Following Rules at School</li> <li>• Thinking Through Emotions Safely at School</li> <li>• Positive Reactions</li> <li>• Following Rules at School Affects Others</li> <li>• Calming Down in a Fight</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• How Your Actions Impact Others at Home</li> <li>• Do Safe Things</li> <li>• How Other People Keep Safe</li> <li>• Following Rules at Home</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• Actions That Hurt Feelings</li> <li>• Following Rules at Home Affects Others</li> <li>• Join In!</li> <li>• Practicing Safety</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Acting Differently in Different Places</li> <li>• What Situations Do You Need Help With?</li> <li>• How to Be Helpful in Your Classroom</li> </ul>	<ul style="list-style-type: none"> <li>• How to Handle Your Emotions at Home</li> <li>• Sharing Your Emotions at School without Using Words</li> <li>• How to Stop Conflict at School</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Showing Respect to Everyone Around You</li> <li>• Online Situations</li> <li>• Facing Challenging Group Work at School</li> <li>• Safe Actions and Words</li> <li>• Managing Setbacks at Home</li> <li>• Understanding Boundaries</li> <li>• Preventing Conflict with Your Friends</li> <li>• Being Respectful Online</li> <li>• Different Groups, Different Norms</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Something is Different at Home</li> <li>• Understanding the Need for Privacy</li> <li>• How Others Can Pull You Down as a Student</li> </ul>
--	--	---

	<ul style="list-style-type: none"> <li>• How You Interact with Your Friends</li> <li>• Doing New Things with Friends</li> <li>• Showing Respect to Others at School</li> <li>• Knowing Why to Show Respect at Home</li> <li>• Facing New Things at Home</li> </ul>	
<p>Seek help</p>	<ul style="list-style-type: none"> <li>• Asking an Adult for Help with a Goal</li> <li>• Helping People Hurt by Unkind Words</li> <li>• Knowing How to Solve Problems at School</li> <li>• Personal Emotions Are Natural</li> <li>• Finding What Your Talents Are at School</li> <li>• Who Can You Trust in Your Community?</li> <li>• How To Get Help with Skills</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• Things You Do Well at School</li> <li>• How to Help Your School Be Better</li> <li>• Speaking Up for What You Need at School</li> <li>• How to Get Help with Tasks</li> <li>• Creating Goals at School</li> <li>• Keep Calm</li> <li>• How Do You Feel at School?</li> <li>• What Tasks Do You Need Help With?</li> <li>• Impacting Others at School</li> <li>• How to Find Things at School to Make Better</li> <li>• How You Can Find Ways to Make Your Home Better</li> <li>• Keep Away, Stranger!</li> <li>• Knowing How to Solve Problems at School</li> </ul>	<ul style="list-style-type: none"> <li>• Identify How Current Events Trigger Emotions</li> <li>• A Trusted Adult Can Give Emotional Support</li> <li>• Understanding Why You Need Feedback</li> <li>• Learn How to Receive Feedback from Family</li> <li>• Knowing When to Process Emotions with a Trusted Adult</li> <li>• Asking a Trusted Adult to Help with Schoolwork</li> <li>• Choosing Safe Practices</li> <li>• When Is Feedback Helpful?</li> <li>• Asking a Trusted Adult for Support in Social Situations</li> <li>• How to Use Helpful Feedback</li> <li>• Seeking and Accepting Feedback</li> <li>• How to Develop a Plan to Improve Your School</li> <li>• Describe How Current Events Trigger Emotions</li> <li>• Using Problem-Solving Strategies at School</li> <li>• How to Handle Your Emotions at School</li> <li>• Learn How to Receive Feedback at School</li> <li>• Finding Help at Home</li> <li>• Finding More Ways You Can Succeed at School</li> <li>• How Listening Helps You Be a Good Friend</li> </ul>

	<ul style="list-style-type: none"> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How to Get Help with a Problem</li> <li>• Asking Others for Help with a Goal</li> <li>• Thinking Through Emotions Safely at School</li> <li>• Positive Reactions</li> <li>• How to Help Your Home Get Better</li> <li>• Learn How You Can Talk to People with Apps</li> <li>• Using Technology to Talk Online</li> <li>• Calming Down in a Fight</li> <li>• Getting Help Away from Home</li> <li>• How to Find an Adult to Help with Decisions in Your Community</li> <li>• Keep Trying at School!</li> <li>• Do Safe Things</li> <li>• How Other People Keep Safe</li> <li>• Easy Changes, Hard Changes</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• Keep Trying at Home!</li> <li>• Actions That Hurt Feelings</li> <li>• What Skills Do You Need Help With?</li> <li>• What Situations Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• Improving Skills through Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Making a Plan to Do Well in School</li> <li>• Find Activities to Help Your Community</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Different Ways to Look at Problems</li> <li>• Finding Help at School</li> <li>• Figuring Out How You Feel at School</li> <li>• Finding a Resource in Your Family to Help with a Goal</li> <li>• Reach That Goal!</li> <li>• Understanding How Problems Make You Feel</li> <li>• Ways to Get Through Hard Times at Home</li> <li>• Deciding Which Strategy to Choose to Reach a School Goal</li> <li>• Steps for Reaching a Goal</li> <li>• Find Different Strategies to Reach Your Goals</li> <li>• How to Stop Conflict at School</li> <li>• When Schoolwork is Hard</li> <li>• Finding Community Resources to Help You Reach a Goal</li> <li>• Online Situations</li> <li>• Safe Actions and Words</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work Through Challenges at School</li> <li>• Making a Plan When Things are Hard</li> </ul>
--	---	---

<p>Self-advocacy</p>	<ul style="list-style-type: none"> <li>• Expressing Your Emotions with Friends</li> <li>• Helping People Hurt by Unkind Words</li> <li>• Knowing How to Solve Problems at School</li> <li>• Who Can You Trust in Your Community?</li> <li>• Making Good Choices at School</li> <li>• Saying and Doing Different Things When There's a Problem</li> <li>• Not Getting Along with Friends</li> <li>• Knowing How to Fix Problems</li> <li>• Speaking Up for What You Need with Friends</li> <li>• Creating Goals at School</li> <li>• How Do You Feel at School?</li> <li>• What Tasks Do You Need Help With?</li> <li>• Not Getting Along with Others at School</li> <li>• How to Find Things at School to Make Better</li> <li>• Getting to Know You</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Keep Away, Stranger!</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How to Get Help with a Problem</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• How You Can Talk to Friends with Kindness</li> <li>• Emotions At Home</li> <li>• Positive Reactions</li> <li>• Calming Down in a Fight</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Speaking Up for Yourself at School</li> <li>• Choosing Goals that Help Us Grow</li> <li>• Building Stronger Skills at School</li> <li>• A Trusted Adult Can Give Emotional Support</li> <li>• Choosing Safe Practices</li> <li>• Expressing Emotions to Friends</li> <li>• Your Emotions Are Valid</li> <li>• Why Aren't Positive Stereotypes Good?</li> <li>• Speaking Up for Yourself with Friends</li> <li>• Those Opinions May Not Be True!</li> <li>• Communicating Clearly to Friends</li> <li>• How to Handle your Emotions with Friends</li> <li>• Make a Calm Decision</li> <li>• All Friends Have Rights</li> <li>• Everyone Has Rights at School</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Finding Help at School</li> <li>• Part of the Team!</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Talking About Your Emotions with Friends</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• How to Handle Your Emotions at Home</li> <li>• Using Problem-Solving Strategies with Friends</li> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• Respecting Political Views</li> <li>• Find Different Strategies to Reach Your Goals</li> </ul>
----------------------	---	--

	<ul style="list-style-type: none"> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Getting Help Away from Home</li> <li>• How to Find an Adult to Help with Decisions in Your Community</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• Understanding Each Person’s Ideas</li> <li>• What Skills Do You Need Help With?</li> <li>• What Situations Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• Doing New Things with Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying Different Viewpoints</li> <li>• How to Stop Conflict at School</li> <li>• When Schoolwork is Hard</li> <li>• Facing Changes at School</li> <li>• Setting Social Goals</li> <li>• Facing Challenging Group Work at School</li> <li>• Thinking about Interests and Personal Strengths</li> <li>• Managing Setbacks at School</li> <li>• Understanding Boundaries</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• Celebrating Your Family’s Culture</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work Through Challenges at School</li> <li>• How to Work through Challenges with Friends</li> <li>• Making a Plan When Things are Hard</li> <li>• How Others Can Pull You Down as a Student</li> </ul>
Self-regulation	<ul style="list-style-type: none"> <li>• Knowing How to Solve Problems at School</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Negative Behaviors</li> <li>• Goals for Classroom Behavior</li> <li>• Using Positive Self-Talk</li> <li>• Feelings at School</li> <li>• Managing Your Emotions at School</li> <li>• Times and Places to Share Emotions</li> <li>• Staying Calm When Something Goes Wrong at School</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Choosing Safe Practices</li> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Your Choices and Behaviors Affect Others at Home</li> <li>• How Rules Can Help You Have Positive Emotions at Home</li> <li>• How You Can Control Your Emotions at Home</li> <li>• Using a Positive Attitude at School</li> <li>• Figuring Out How You Feel at Home</li> </ul>

	<ul style="list-style-type: none"> <li>• Making Good Choices at School</li> <li>• Saying and Doing Different Things When There’s a Problem</li> <li>• Feeling Many Emotions</li> <li>• Not Getting Along with Friends</li> <li>• Knowing How to Fix Problems</li> <li>• Speaking Up for What You Need with Friends</li> <li>• Expressing Your Emotions with Friends</li> <li>• How to Be in Charge of Your Emotions at Home</li> <li>• How Do You Feel at School?</li> <li>• The Rules Are for Everybody at School</li> <li>• Not Getting Along with Others at School</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Knowing How to Solve Problems at School</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Managing Your Emotions with Friends</li> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• How to Be Helpful in Your School</li> <li>• How to Talk to Others with Kindness at Home</li> <li>• How to Talk to Others in a Kind Way at School</li> </ul>	<ul style="list-style-type: none"> <li>• Ways to Express Your Emotions to Friends Without Words</li> <li>• Learn How to Give Feedback to Family</li> <li>• How Feelings Can Get in Your Way at School</li> <li>• How to Talk Through Emotions at Home</li> <li>• Your Choices and Behaviors Affect You at School</li> <li>• Expressing Positive Emotions at School</li> <li>• Learn How to Receive Feedback from Friends</li> <li>• Communicating Clearly to Friends</li> <li>• How to Handle Your Emotions at School</li> <li>• How to Express Your Emotions Without Words at Home</li> <li>• Make a Calm Decision</li> <li>• Making Changes at Home</li> <li>• Everyone Has Rights at School</li> <li>• Dealing with Emotional Triggers</li> <li>• How to Express Your Emotions with Words at School</li> <li>• Different Ways to Look at Problems</li> <li>• Things that Get in the Way of Being Your Best Self</li> <li>• Knowing When to Process Emotions Alone</li> <li>• How to Handle Your Emotions at Home</li> <li>• Understanding How Problems Make You Feel</li> <li>• Knowing Positive Feelings by Nonverbal Cues</li> <li>• How to Be a Helpful Student in Your Classroom</li> <li>• Sharing Your Emotions at School Without Using Words</li> </ul>
--	--	---

	<ul style="list-style-type: none"> <li>• How You Can Talk to Friends with Kindness</li> <li>• Making Choices</li> <li>• Following Rules at School</li> <li>• Emotions at Home</li> <li>• Thinking Through Emotions Safely at School</li> <li>• How To See People’s Upset Feelings by Their Bodies</li> <li>• Positive Reactions</li> <li>• Following Rules at School Affects Others</li> <li>• Choosing a Positive Attitude</li> <li>• Calming Down in a Fight</li> <li>• Making Good Choices at School</li> <li>• How Your Actions Impact Others at Home</li> <li>• Keep Trying at School!</li> <li>• Do Safe Things</li> <li>• Changes at School</li> <li>• Easy Changes, Hard Changes</li> <li>• Following Rules at Home</li> <li>• You Can Do This!</li> <li>• Keep Trying at Home!</li> <li>• Actions That Hurt Feelings</li> <li>• Change is Good!</li> <li>• Know the Words That Hurt People’s Feelings</li> <li>• Following Rules at Home Affects Others</li> <li>• Practicing Safety</li> <li>• Understanding Each Person’s Ideas</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Change Will Happen</li> <li>• Acting Differently in Different Places</li> </ul>	<ul style="list-style-type: none"> <li>• Respecting Different Cultural Viewpoints</li> <li>• Respecting Political Views</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Identifying Different Viewpoints</li> <li>• How to Stop Conflict at School</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Dealing with Transitions at School</li> <li>• Managing Transitions in Life</li> <li>• Showing Respect to Everyone Around You</li> <li>• Listening to Perspectives</li> <li>• Safe Actions and Words</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Understanding Boundaries</li> <li>• Making Decisions in a Group</li> <li>• Responding to Your Friends When They’re Happy</li> <li>• Preventing Conflict with Your Friends</li> <li>• Being Respectful Online</li> <li>• How to Compromise at Home</li> <li>• Different Groups, Different Norms</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• Understanding How Your Friends Feel</li> <li>• Something is Different at Home</li> <li>• How to Work through Challenges with Friends</li> <li>• Understanding the Need for Privacy</li> <li>• Getting Opinions and Information from a Group</li> </ul>
--	--	---



	<ul style="list-style-type: none"> <li>• How to Work through Hard Times with Friends</li> <li>• How to Act at Home with Visitors</li> <li>• How You Interact with Your Friends</li> <li>• Showing Respect to Others at School</li> <li>• Knowing Why to Show Respect at Home</li> <li>• Facing New Things at Home</li> </ul>	
Skills	<ul style="list-style-type: none"> <li>• What Makes You Who You Are?</li> <li>• Your Personal Qualities at School</li> <li>• Using Positive Self-Talk</li> <li>• What Are Your Talents?</li> <li>• Finding What Your Talents Are at School</li> <li>• How To Get Help with Skills</li> <li>• Things You Do Well at School</li> <li>• Get Better at Something You Like to Do</li> <li>• What Tasks Do You Need Help With?</li> <li>• Not Getting Along with Others at School</li> <li>• Asking Others for Help with a Goal</li> <li>• Make a Plan</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Actions That Support Others</li> <li>• Reaching a Goal</li> <li>• What Skills Do You Need Help With?</li> <li>• Improving Skills through Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Building Stronger Skills at School</li> <li>• Six Questions to Make a Decision</li> <li>• Having a Positive Attitude and Taking Responsibility at Home</li> <li>• Using Problem-Solving Strategies at School</li> <li>• Learn How to Receive Feedback at School</li> <li>• Having a Positive Attitude and Taking Responsibility at School</li> <li>• How Talking and Listening Helps You Connect with Others</li> <li>• Finding a Resource in Your Family to Help with a Goal</li> <li>• Reach That Goal!</li> <li>• Short-Term Goals</li> <li>• Working on the Grow-Up Machine</li> <li>• Using Your Talents to Help You with Friends</li> <li>• Setting Social Goals</li> <li>• Thinking about Interests and Personal Strengths</li> <li>• Stay YOU!</li> </ul>
Social cues	<ul style="list-style-type: none"> <li>• Knowing What Good Citizens Look Like and Do in School</li> <li>• People Are Alike and Different</li> </ul>	<ul style="list-style-type: none"> <li>• Jobs You Can Do to Help Out in Your Classroom</li> <li>• Everyone Has Rights at School</li> </ul>

	<ul style="list-style-type: none"> <li>• How You Can Talk to Friends with Kindness</li> <li>• Helping People Hurt by Unkind Words</li> <li>• Negative Behaviors</li> <li>• Goals for Classroom Behavior</li> <li>• Being An Active Listener</li> <li>• How Do You Feel with Your Friends?</li> <li>• Your Social Interests</li> <li>• Current Events and Your Emotions</li> <li>• Who Can You Trust in Your Community?</li> <li>• Speaking Up for What You Need at School</li> <li>• People Are Different</li> <li>• Not Getting Along with Friends</li> <li>• Get Better at Something You Like to Do</li> <li>• Roles at School</li> <li>• How Do You Feel at School?</li> <li>• Impacting Others at School</li> <li>• Be a Leader through Good Citizenship</li> <li>• Getting to Know You</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• Communicating with Others at School</li> <li>• Helping People Hurt by Unkind Words</li> <li>• Knowing How to Solve Problems at School</li> <li>• How to Be Helpful in Your School</li> <li>• How to Talk to Others with Kindness at Home</li> <li>• Show You Care at School</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Your Choices and Behaviors Affect Others at Home</li> <li>• How Rules Can Help You Have Positive Emotions at Home</li> <li>• How You Can Control Your Emotions at Home</li> <li>• How to Help Your Community Be Its Best</li> <li>• When Is Feedback Helpful?</li> <li>• Ways to Express Your Emotions to Friends Without Words</li> <li>• Expressing Emotions to Friends</li> <li>• Your Choices and Behaviors Affect Others at School</li> <li>• Your Emotions Are Valid</li> <li>• How to Respond to Others' Feelings</li> <li>• Why Aren't Positive Stereotypes Good?</li> <li>• Working With New People Wherever You Are</li> <li>• Those Opinions May Not Be True!</li> <li>• Expressing Positive Emotions at School</li> <li>• Learn How to Receive Feedback from Friends</li> <li>• How to Express Your Emotions Without Words at Home</li> <li>• All Friends Have Rights</li> <li>• How Listening Helps You Be a Good Friend</li> <li>• How Talking and Listening Helps You Connect with Others</li> <li>• Everyone Has Rights at School</li> <li>• Part of the Team!</li> <li>• Knowing When to Process Emotions Alone</li> <li>• How Talking and Listening Helps Teamwork</li> </ul>
--	--	--

	<ul style="list-style-type: none"> <li>• Understanding People’s Ideas Online</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• What is Empathy?</li> <li>• Actions That Support Others</li> <li>• How To See People’s Good Feelings by Their Bodies</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Actions That Hurt Feelings</li> <li>• Join In!</li> <li>• Know the Words That Hurt People’s Feelings</li> <li>• Using Technology to Communicate without Words</li> <li>• Words That Support Others</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Acting Differently in Different Places</li> <li>• How to Work through Hard Times with Friends</li> <li>• How to Act at Home with Visitors</li> <li>• How to Tell When Someone at School Feels Good</li> <li>• How You Interact with Your Friends</li> <li>• Doing New Things with Friends</li> <li>• Showing Respect to Others at School</li> <li>• Knowing Why to Show Respect at Home</li> <li>• Activities from Other Cultures!</li> </ul>	<ul style="list-style-type: none"> <li>• Knowing Positive Feelings by Nonverbal Cues</li> <li>• Sharing Your Emotions at School Without Using Words</li> <li>• Respecting Different Cultural Viewpoints</li> <li>• Respecting Political Views</li> <li>• Knowing Negative Feelings by How Someone Talks</li> <li>• Helping a New Kid</li> <li>• Including People You Don’t Know Well</li> <li>• Knowing Negative Feelings by Nonverbal Cues</li> <li>• What to Do When Friends Feel Upset</li> <li>• Listening to Perspectives</li> <li>• Facing Challenging Group Work at School</li> <li>• Understanding Boundaries</li> <li>• Making Decisions in a Group</li> <li>• Knowing Positive Feelings by How Someone Talks</li> <li>• Responding to Your Friends When They’re Happy</li> <li>• Preventing Conflict with Your Friends</li> <li>• Different Groups, Different Norms</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• Understanding How Your Friends Feel</li> <li>• Looking For Reactions at School</li> <li>• Stay YOU!</li> <li>• How to Work through Challenges with Friends</li> <li>• Understanding the Need for Privacy</li> <li>• How Others Can Pull You Down as a Student</li> </ul>
--	--	--

<p>Social Media</p>	<ul style="list-style-type: none"> <li>• Learn How You Can Talk to People with Apps</li> <li>• Learn How People Talk without Words on Apps</li> <li>• Understanding People’s Ideas Online</li> <li>• Using Technology to Communicate without Words</li> </ul>	<ul style="list-style-type: none"> <li>• Good and Bad Things about Talking with Others Online</li> <li>• Online Situations</li> <li>• Being Respectful Online</li> </ul>
<p>Social Pressures</p>	<ul style="list-style-type: none"> <li>• Knowing How to Solve Problems at School</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Your Social Interests</li> <li>• How People Can Help or Hurt Each Other</li> <li>• Not Getting Along with Friends</li> <li>• Get Better at Something You Like to Do</li> <li>• Expressing Your Emotions with Friends</li> <li>• Keep Calm</li> <li>• Not Getting Along with Others at School</li> <li>• Helping People Hurt by Unkind Words</li> <li>• How to Get Help with a Problem</li> <li>• People Are Alike and Different</li> <li>• Calming Down in a Fight</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Join In!</li> <li>• Choosing the Best Team</li> <li>• Doing New Things with Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Valuing the Point of View of Others</li> <li>• Everyone Has Rights at School</li> <li>• Choosing Safe Practices</li> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Six Questions to Make a Decision</li> <li>• Asking a Trusted Adult for Support in Social Situations</li> <li>• Expressing Emotions to Friends</li> <li>• Seeking and Accepting Feedback</li> <li>• Why Aren’t Positive Stereotypes Good?</li> <li>• Speaking Up for Yourself with Friends</li> <li>• Those Opinions May Not Be True!</li> <li>• Communicating Clearly to Friends</li> <li>• Figuring Out How You Feel with Your Friends</li> <li>• Make a Calm Decision</li> <li>• Everyone Has Rights at School</li> <li>• Part of the Team!</li> <li>• Knowing When to Process Emotions Alone</li> <li>• How to Stop Conflict at School</li> <li>• Different Groups, Different Norms</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• Celebrating Your Family’s Culture</li> <li>• How Others Can Pull You Down as a Student</li> </ul>

<p>Teamwork</p>	<ul style="list-style-type: none"> <li>• How to Be Helpful at Home</li> <li>• Being An Active Listener</li> <li>• What Are Your Talents?</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• How to Help Your School Be Better</li> <li>• Speaking Up for What You Need with Friends</li> <li>• Roles at School</li> <li>• Learning to Spot Classroom Rules</li> <li>• Asking Others for Help with a Goal</li> <li>• How to Help Your Home Get Better</li> <li>• Roles at Home</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Join In!</li> <li>• Choosing the Best Team</li> <li>• Words That Support Others</li> <li>• Understanding Each Person’s Ideas</li> <li>• How You Interact with Your Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Jobs You Can Do to Help Out in Your Classroom</li> <li>• Valuing the Point of View of Others</li> <li>• Your Choices and Behaviors Affect Others at Home</li> <li>• Your Emotions Are Valid</li> <li>• How to Develop a Plan to Improve Your School</li> <li>• Why Aren’t Positive Stereotypes Good?</li> <li>• Working With New People Wherever You Are</li> <li>• How to Be a Helpful Member of Your School</li> <li>• Learn How to Receive Feedback from Friends</li> <li>• Ways to Help Out at Home</li> <li>• Feeling Part of the Work Group Team</li> <li>• How to Find What Your Home Needs to Improve</li> <li>• How to Work Together and Use Good Listening Skills</li> <li>• Making Changes at Home</li> <li>• How Talking and Listening Helps You Connect with Others</li> <li>• Learn How to Give Feedback at School</li> <li>• Part of the Team!</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• Valuing the Point of View of Others</li> <li>• Listening to Perspectives</li> <li>• Facing Challenging Group Work at School</li> <li>• Making Decisions in a Group</li> <li>• Knowing Positive Feelings by How Someone Talks</li> </ul>
-----------------	---	---

		<ul style="list-style-type: none"> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• Getting Opinions and Information from a Group</li> </ul>
Triggered by current events	<ul style="list-style-type: none"> <li>• How Do You Feel About Current Events?</li> <li>• Feelings at School</li> <li>• Managing Your Emotions at School</li> <li>• Lots of Ways to React</li> <li>• Thinking Through Emotions Safely at School</li> <li>• Positive Reactions</li> <li>• Easy Changes, Hard Changes</li> <li>• Join In!</li> <li>• Personal Emotions Are Important</li> </ul>	<ul style="list-style-type: none"> <li>• Identify How Current Events Trigger Emotions</li> <li>• Describe How Current Events Trigger Emotions</li> <li>• Those Opinions May Not Be True!</li> <li>• Make a Calm Decision</li> <li>• Everyone Has Rights at School</li> <li>• Dealing with Emotional Triggers</li> <li>• Finding Help at School</li> <li>• Knowing When to Process Emotions Alone</li> <li>• Respect Other’s Rights</li> <li>• Respecting Different Cultural Viewpoints</li> <li>• Respecting Political Views</li> <li>• Different Can Be Great!</li> <li>• Identifying Different Viewpoints</li> <li>• Listening to Perspectives</li> <li>• It’s Just Different!</li> <li>• Accepting Different Families</li> </ul>
Unkind remarks (received)	<ul style="list-style-type: none"> <li>• Helping People Hurt by Unkind Words</li> <li>• How People Can Help or Hurt Each Other</li> <li>• Not Getting Along with Others at School</li> <li>• Communicating with Others at School</li> <li>• How to Talk to and Listen to Friends</li> <li>• Helping People Hurt by Unkind Words</li> </ul>	<ul style="list-style-type: none"> <li>• Identify How Current Events Trigger Emotions</li> <li>• Ways to Express Your Emotions to Friends Without Words</li> <li>• Expressing Emotions to Friends</li> <li>• How to Talk Through Emotions at Home</li> <li>• Those Opinions May Not Be True!</li> <li>• How to Handle your Emotions with Friends</li> <li>• Make a Calm Decision</li> <li>• All Friends Have Rights</li> <li>• Everyone Has Rights at School</li> </ul>

	<ul style="list-style-type: none"> <li>• Knowing How to Solve Problems at School</li> <li>• How to Talk to Others in a Kind Way at School</li> <li>• Calming Down in a Fight</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• What Situations Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• How to Work through Hard Times with Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Finding Help at School</li> <li>• How to Stop Conflict at School</li> <li>• Online Situations</li> <li>• Understanding Boundaries</li> <li>• Preventing Conflict with Your Friends</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• Celebrating Your Family’s Culture</li> <li>• How to Work through Challenges with Friends</li> </ul>
<p>Unsafe behaviors</p>	<ul style="list-style-type: none"> <li>• How Your Choices Can Make Things Worse</li> <li>• Negative Behaviors</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• How to Get Help with Tasks</li> <li>• The Rules Are for Everybody at School</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• How to Talk to and Listen to Friends</li> <li>• Keep Away, Stranger!</li> <li>• How Your Choices Can Make Things Worse</li> <li>• Managing Your Emotions with Friends</li> <li>• Following Rules at School</li> <li>• Thinking Through Emotions Safely at School</li> <li>• Positive Reactions</li> <li>• Following Rules at School Affects Others</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Choosing Safe Practices</li> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Make a Calm Decision</li> <li>• Finding Help at School</li> <li>• How to Handle Your Emotions at Home</li> <li>• How to Stop Conflict at School</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Showing Respect to Everyone Around You</li> <li>• Safe Actions and Words</li> <li>• Managing Setbacks at Home</li> <li>• Understanding Boundaries</li> <li>• Preventing Conflict with Your Friends</li> <li>• Being Respectful Online</li> <li>• Different Groups, Different Norms</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> </ul>

	<ul style="list-style-type: none"> <li>• Negative Reactions</li> <li>• Calming Down in a Fight</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• How Your Actions Impact Others at Home</li> <li>• Do Safe Things</li> <li>• How Other People Keep Safe</li> <li>• Following Rules at Home</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• Actions That Hurt Feelings</li> <li>• Following Rules at Home Affects Others</li> <li>• Practicing Safety</li> <li>• Treat People How You Want to be Treated at School</li> <li>• Treating Others How You Want to Be Treated at Home</li> <li>• Change Will Happen</li> <li>• What Situations Do You Need Help With?</li> <li>• How to Work through Hard Times with Friends</li> <li>• How You Interact with Your Friends</li> <li>• Doing New Things with Friends</li> <li>• Showing Respect to Others at School</li> <li>• Knowing Why to Show Respect at Home</li> </ul>	<ul style="list-style-type: none"> <li>• How to Compromise with Friends</li> <li>• Something is Different at Home</li> <li>• How to Work through Challenges with Friends</li> <li>• How Others Can Pull You Down as a Student</li> </ul>
<p>Unsafe situations</p>	<ul style="list-style-type: none"> <li>• Who Can You Trust in Your Community?</li> <li>• The Rules Are for Everybody at School</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> <li>• Keep Away, Stranger!</li> </ul>	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• A Trusted Adult Can Give Emotional Support</li> <li>• Choosing Safe Practices</li> <li>• Speaking Up for Yourself with Friends</li> <li>• How to Be a Helpful Member of Your School</li> </ul>



	<ul style="list-style-type: none"> <li>• Calming Down in a Fight</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Getting Help Away from Home</li> <li>• Do Safe Things</li> <li>• How Other People Keep Safe</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• Actions That Hurt Feelings</li> <li>• Following Rules at Home Affects Others</li> <li>• Practicing Safety</li> <li>• What Situations Do You Need Help With?</li> <li>• Doing New Things with Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Finding Help at Home</li> <li>• Make a Calm Decision</li> <li>• Finding Help at School</li> <li>• How to Stop Conflict at School</li> <li>• Safe Actions and Words</li> <li>• Managing Setbacks at Home</li> <li>• Understanding Boundaries</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• Something is Different at Home</li> <li>• How to Work through Challenges with Friends</li> <li>• How Others Can Pull You Down as a Student</li> </ul>
Withdrawn	<ul style="list-style-type: none"> <li>• Using Positive Self-Talk</li> <li>• Get Better at Something You Like to Do</li> <li>• Keep Calm</li> <li>• Getting to Know You</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• Learn How You Can Talk to People with Apps</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Who Can We Trust at School?</li> <li>• Getting Help from Grown-Ups at School</li> <li>• Change Will Happen</li> <li>• What Situations Do You Need Help With?</li> <li>• Personal Emotions Are Important</li> <li>• How to Work through Hard Times with Friends</li> <li>• How to Tell When Someone at School Feels Good</li> <li>• How You Interact with Your Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Using a Positive Attitude at School</li> <li>• Dealing with Emotional Triggers</li> <li>• Finding Help at School</li> <li>• Part of the Team!</li> <li>• How to Handle Your Emotions at Home</li> <li>• Using Technology to Communicate with Words</li> <li>• Setting Social Goals</li> <li>• Managing Setbacks at Home</li> <li>• Managing Setbacks at School</li> <li>• Learning and Growing with Friends</li> <li>• Different Groups, Different Norms</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to See Challenges as a Chance to Grow</li> <li>• Something is Different at Home</li> <li>• Stay YOU!</li> <li>• How to Work through Challenges with Friends</li> <li>• Learning and Growing with Family</li> </ul>

	<ul style="list-style-type: none"> <li>• Doing New Things with Friends</li> <li>• Trying New Things with Friends Can Be Good</li> </ul>	
Working in a Group	<ul style="list-style-type: none"> <li>• Negative Behaviors</li> <li>• What Are Your Talents?</li> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• How to Help Your School Be Better</li> <li>• Speaking Up for What You Need with Friends</li> <li>• What Tasks Do You Need Help With?</li> <li>• Be a Leader through Good Citizenship</li> <li>• Getting to Know You</li> <li>• Learning to Spot Classroom Rules</li> <li>• How to Talk to and Listen to Friends</li> <li>• Asking Others for Help with a Goal</li> <li>• How to Help Your Home Get Better</li> <li>• Following Rules at School Affects Others</li> <li>• How To Find and Practice Ways to Fix Fights</li> <li>• Helping Others and Yourself Feel Included</li> <li>• Actions That Hurt Feelings</li> <li>• Join In!</li> <li>• Know the Words That Hurt People’s Feelings</li> <li>• Choosing the Best Team</li> <li>• Understanding Each Person’s Ideas</li> <li>• Treat People How You Want to be Treated at School</li> <li>• How to Work through Hard Times with Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Using Qualities to Identify Personal Strengths</li> <li>• Your Choices and Behaviors Affect Others at Home</li> <li>• Six Questions to Make a Decision</li> <li>• When Is Feedback Helpful?</li> <li>• Your Emotions Are Valid</li> <li>• Why Aren’t Positive Stereotypes Good?</li> <li>• Working with New People Wherever You Are</li> <li>• Ways to Help Out at Home</li> <li>• Learn How to Receive Feedback at School Learn How to Receive Feedback at School</li> <li>• Feeling Part of the Work Group Team</li> <li>• How to Work Together and Use Good Listening Skills</li> <li>• How Talking and Listening Helps You Connect with Others</li> <li>• Learn How to Give Feedback at School</li> <li>• Part of the Team!</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• Feeling Conflict in Our Own Emotions</li> <li>• Knowing Negative Feelings by How Someone Talks</li> <li>• Including People You Don’t Know Well</li> <li>• Valuing the Point of View of Others</li> <li>• Using Your Talents to Help You with Friends</li> <li>• Showing Respect to Everyone Around You</li> </ul>

	<ul style="list-style-type: none"> <li>• How to Tell When Someone at School Feels Good</li> <li>• How You Interact with Your Friends</li> <li>• Showing Respect to Others at School</li> </ul>	<ul style="list-style-type: none"> <li>• Listening to Perspectives</li> <li>• Facing Challenging Group Work at School</li> <li>• Understanding Boundaries</li> <li>• Making Decisions in a Group</li> <li>• Knowing Positive Feelings by How Someone Talks</li> <li>• How to Compromise at Home</li> <li>• Different Groups, Different Norms</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> <li>• How to Reach a Compromise at School</li> <li>• How to Compromise with Friends</li> <li>• Understanding How Your Friends Feel</li> <li>• Getting Opinions and Information from a Group</li> <li>• How Others Can Pull You Down as a Student</li> </ul>
--	--	--

## Lesson Recommendations by Subject Grades K-2

### Language Arts – K-2

Topic	SEL Lesson to Assign
Reading with Family	Being An Active Listener
Auto-Biographies	People Are Different
Book Reports	Creating Goals at School
Library	How Do You Feel at School? Communicating with Others at School
Storytime	Knowing How to Solve Problems at School
Library	Following Rules at School Affects Others
Library	How To Find and Practice Ways to Fix Fights
Library	Getting Help Away from Home
Book-making project	Get Rid of Obstacles to Meet Your School Goals
Book-reading competition	Short-Term Goals

### Mathematics – K-2

Topic	SEL Lesson to Assign
Addition	Things You Do Well at School
Math worksheet	How Thinking Helps You Be Your Best at School
Math homework	Negative Reactions
Math problems	Making Good Choices at School
Counting with tally marks	Keep Trying at School!
Math problems	Know the Words That Hurt People’s Feelings
Asking for help with math	Personal Emotions Are Important

### Science – K-2

Topic	SEL Lesson to Assign
Ocean Animals	Your Interests at School
Robots	Staying Calm When Something Goes Wrong at School
Dinosaurs	How Do You Feel at School?
Popsicle stick bridge-building project	Learning to Spot Classroom Rules
Flower anatomy diagram/lesson	How Your Choices Can Help in a Good Way
Wild animals project	Choosing the Best Team

## Social Studies – K-2

Topic	SEL Lesson to Assign
Current Events	Current Events and Your Emotions
Diversity	People Are Different
Learning dances from different cultures	Activities from Other Cultures!

## Electives – K-2

Course	Topic	SEL Lesson to Assign
Art	Sharing Supplies	Personal Emotions Are Natural
P.E.	Ninja Course	Using Positive Self-Talk
Art		Finding What Your Talents Are at School
Art	Coloring	How To Get Help with Skills
Art	Crafts (popsicle sticks, buttons, glue, etc.)	Be a Leader through Good Citizenship
Art	Group project (drawing animals)	How to Talk to and Listen to Friends
Art	Painting/spills	Lots of Ways to React
Art	Drawing a star	Show You Care at School
Art / Library	Going to the library instead of going to art class	Thinking Through Emotions Safely at School
Music	Practicing guitar	Choosing a Positive Attitude
Art	Transitioning from art class to math class	Changes at School
Music	Practicing clarinet for a solo	Facing Changes at School
P.E.	Changing from soccer to bowling	Change is Good!
Music	Making class rules	Treat People How You Want to be Treated at School
Art	Paper snowflakes	What Skills Do You Need Help With?

## Lesson Recommendations by Subject Grades 3-5

### Language Arts – 3-5

Topic	SEL Lesson to Assign
Alternate book assignment	Building Stronger Skills at School
Writing about current events	Identify How Current Events Trigger Emotions
Writing a paper	Understanding Why You Need Feedback How to Use Helpful Feedback
Spelling Test	How to Handle Your Emotions at School
Peer Editing	Learn How to Receive Feedback at School
Giving a Speech	Learn How to Give Feedback at School
Reading Group	Having a Positive Attitude and Taking Responsibility at School
Spelling bee	Feeling Conflict in Our Own Emotions
Memorizing a Speech	What to Do When Friends Feel Upset
Writing about career goals	Short-Term Goals
Modified class schedule/Extended Language Arts class	Dealing with Transitions at School
Project on bird species/Working alone vs. In a group	Using Your Talents to Help You with Friends
Spelling practice	Managing Setbacks at School
Study strategy for spelling	How to Work Through Challenges at School

### Mathematics – 3-5

Topic	SEL Lesson to Assign
Test Preparation	Using a Positive Attitude at School
Group Work	Why Aren't Positive Stereotypes Good?
Fractions	Finding a Resource in Your Family to Help with a Goal
Probability	Understanding How Problems Make You Feel
Struggling with word problems	When Schoolwork is Hard

### Science – 3-5

Topic	SEL Lesson to Assign
Types of Trees	Asking a Trusted Adult to Help with Schoolwork
Animal Reports	Using Problem-Solving Strategies at School
Planets	Deciding Which Strategy to Choose to Reach a School Goal
Science project/fair	Steps for Reaching a Goal
Milky Way project	Valuing the Point of View of Others
Group science project	Using Technology to Communicate with Words
Science Fair	Making a Plan to Do Well in School

### Social Studies – 3-5

Topic	SEL Lesson to Assign
Group Project	Using Qualities to Identify Personal Strengths  Your Emotions Are Valid
Advocacy	Speaking Up for Yourself at School
Communities	How to Help Your Community Be Its Best  How to Be a Helpful Member of Your School
Making Decisions	Six Questions to Make a Decision
Current Events	Identify How Current Events Trigger Emotions  Describe How Current Events Trigger Emotions
Community Involvement	Be a Part of Your Community
Maps	Using Self-Talk to Overcome Problems at School
Discussion about culture	It's Just Different!
Improving quiz scores	Making a Plan When Things are Hard

### Electives – 3-5

<b>Course</b>	<b>Topic</b>	<b>SEL Lesson to Assign</b>
Art	Creating art about a book	Building Stronger Skills at School
Music	Practicing for a band concert	Reach That Goal!
P.E.	Martial Arts	A Trusted Adult Can Give Emotional Support
P.E.	Good Sportsmanship	Ways to Express Your Emotions to Friends Without Words  How to Handle your Emotions with Friends
Music	Band practice	How to Express Your Emotions with Words at School
Art	Arts Crew club (painting, music, gardening, cake decorating)	Part of the Team!
Art	Practicing for a show	Knowing Negative Feelings by Nonverbal Cues
Music	Band practice	Identifying Different Viewpoints
Music	Band practice	Working on the Grow-Up Machine
Music	Band practice	Thinking about Interests and Personal Strengths
Music	Band competition	Safe Actions and Words
P.E.	Basketball	Knowing Positive Feelings by How Someone Talks
Music	Band concert	Looking For Reactions at School



## Curriculum Map – Grades K-2

Self-Awareness – K-2				
Lesson Title	Topic	Description	Search key words	Conversation Starter
How Do You Feel at Home?	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Think about how you feel at home.	curious. emotions, happy, mad, sad	How do you feel when it's your birthday?
How Do You Feel at School?	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Think about how you feel at school.	curious. emotions, happy, mad, sad	What are some feelings you have while at home and at school?
How Do You Feel with Your Friends?	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Think about how you feel when you are around your friends.	curious. emotions, happy, mad, sad, uncomfortable	How do you feel when you are with your friends?
Personal Emotions Are Natural	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Do you know that emotions are natural?	emotion, experience, natural, personal, happy, unhappy	What do you get to do that makes you feel happy?
Personal Emotions Are Important	CASEL Self-Awareness: Identifying Emotions	Think about how personal emotions are important.	emotion, grateful, important, personal	When was the last time you and someone else had different

	CARES Assertiveness			feelings about the same thing?
Feeling Many Emotions	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Do you know that feeling many emotions is natural?	self-awareness, emotions, natural, important, range of emotions	What emotions did you feel at different times today?
Times and Places to Share Emotions	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Find adults you trust at school.	stress, problem, counselor, trust, upset, school, happy	When was a time you had to wait before sharing your emotions?
Thinking Through Emotions Safely at School	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Do you know how to process your emotions at school?	upset, feelings, alone, communicate, communication, emotional expression, problem solving, peace table, calm-down table, feelings, processing emotions	What could make someone upset at school?
Current Events and Your Emotions	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Do you know that current events can affect your emotions?	current event, emotions, happy, sad	Do you listen to or watch the news? Why or why not?
How Do You Feel About Current Events?	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Think about current events and your emotions.	confused, current event, emotions, excited, feelings, scared	What is a news story that made you feel happy?

Your Interests at School	CASEL Self-Awareness: Accurate Self-Perception  CARES Assertiveness	Do you know what you like to do at school?	interest, personal, learn, happy, school	What is your favorite thing to do at school?
Your Social Interests	CASEL Self-Awareness: Accurate Self-Perception  CARES Assertiveness	Think about what you like to do with friends.	interest, personal, setting, social, friends, enjoyment	What do you like to do with your friends?
Your Personal Qualities at School	CASEL Self-Awareness: Accurate Self-Perception  CARES Assertiveness	Do you know your personal qualities at school?	ability, challenge, classmate, friend, quality, respectful, strength	What is a personal strength that one of your friends has?
What Makes You Who You Are?	CASEL Self-Awareness: Accurate Self-Perception  CARES Assertiveness	Name your personal qualities.	personal, qualities, friends, different, special, listener	What are three things you like about yourself?
Things You Do Well at School	CASEL Self-Awareness: Accurate Self-Perception  CARES Assertiveness	Think about how you can get better at things you like at school.	interests, school, friends, classroom, practice	What do you do when you have free time at school?

Get Better at Something You Like to Do	CASEL Self-Awareness: Accurate Self-Perception  CARES Assertiveness	How can you learn new skills with friends?	practice, skill, get better, active listening, talk	What is a skill you want to learn this year?
Finding What Your Talents Are at School	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	How can you share your talents at school?	practice, talent, share, draw, show	How often do you practice things you think you do well?
What Are Your Talents?	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	How can you share your talents with friends?	talents, friends, teach, build, game, toy	How do you use your talents to help your friends?
Who Can We Trust at School?	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness	Find adults you trust at school.	stress, problem, counselor, trust, upset, school, happy	Who is an adult you trust?
Who Can You Trust in Your Community?	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Find adults you trust in your community.	trust, adult, help, fall	Who can you trust when you need help?

What Tasks Do You Need Help With?	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness	Think about tasks you need help with.	task, help	When is the last time you asked someone to help you with a small job?
What Skills Do You Need Help With?	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness	Think about skills you need help with.	practice, skill, get better, help	What is something you do well now that you had to practice?
What Situations Do You Need Help With?	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Think about challenges you need help with.	problem, worried, danger, safe	What was the last thing you asked for help with?
How to Get Help with Tasks	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Do you know how to ask for help with hard tasks?	task, trusted, help, please, thank you	Who do you ask for help when you need it?
How To Get Help with Skills	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Do you know how to ask for help with hard skills?	stuck, school, friend, teacher, learning, help, skill, practice	How do your friends ask you for help?
How to Get Help with a Problem	CASEL Self-Awareness: Identifying Emotions  CARES	Know how to ask for help when there is a problem.	problem, counselor, trusted, practice, need, feel	Do you think it is easy or hard to ask for help?

	Assertiveness			
Following Rules at Home	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness  CHARACTER COUNTS Fairness	Do you know why it is important to have rules at home?	safe, rule, break rules, follow rules, affect, individual, oneself, home	What is a rule that can help you stay safe at home?
Following Rules at Home Affects Others	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness  CHARACTER COUNTS Fairness	Think about the rules at home and how they make you feel.	rules, safe, treat, care, respect, clean	How does following rules help keep us safe at home?
Following Rules at School	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness  CHARACTER COUNTS Fairness	Think about the rules at school and how they make you feel.	rules, breaks a rule, hurt, follow, school rules	If you could make one rule for school, what would it be?

<p>Following Rules at School Affects Others</p>	<p>CASEL Self-Awareness: Self-Efficacy</p> <p>CARES Assertiveness</p> <p>CHARACTER COUNTS Fairness</p>	<p>Think about the rules at school and how they help others.</p>	<p>follow, rules, class, organized, together, listen, school, students, kind</p>	<p>What are some school rules?</p>
<p>Using Positive Self-Talk</p>	<p>CASEL Self-Awareness: Self-Confidence, Self-Efficacy</p> <p>CARES Assertiveness</p>	<p>Do you know how to use positive self-talk?</p>	<p>positive self-talk, negative self-talk, confidence, feelings, talk, problem, kind</p>	<p>What do you say to yourself when you have done a good job?</p>
<p>Choosing a Positive Attitude</p>	<p>CASEL Self-Awareness: Self-Confidence, Self-Efficacy</p> <p>CARES Assertiveness</p>	<p>Do you know how to have a positive attitude?</p>	<p>attitude, confident, goal, help, read</p>	<p>Is there something that you want to do that you have not done yet?</p>
<p>Speaking Up for What You Need at School</p>	<p>CASEL Self-Awareness: Self-Confidence, Self-Efficacy</p> <p>CARES Assertiveness</p> <p>CHARACTER COUNTS PILLAR Respect</p>	<p>Can you ask for what you need at school?</p>	<p>calm, patient, polite, wait, respect</p>	<p>What do you do before asking a teacher for something you need?</p>

Speaking Up for What You Need with Friends	<p>CASEL Self-Awareness: Self-Confidence, Self-Efficacy</p> <p>CARES Assertiveness</p> <p>CHARACTER COUNTS PILLAR Respect</p>	Can you ask for what you need with friends?	respectful, patient, polite	What happened when you wanted to ask a friend to let you have a turn?
--	---	---	-----------------------------	---

Self-Management – K-2				
Lesson Title	Topic	Description	Key words	Conversation Starter
Positive Behaviors	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	Show how you feel with positive behaviors.	behavior, positive, emotions, negative, smile, happy, excited, friends, cry, hug, mad, sad	What are two emotions you felt at school this week?
Negative Behaviors	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p>	Do you use negative behaviors to show how you feel?	behavior, emotions, negative, friend, cheer, hurt	What is a story you have read where a character is unkind to another character?



	<p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>			
Positive Reactions	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	React to your feelings in a positive way.	confused, emotions, reactions, mad, calm	How do you help your friends when they are sad?
Negative Reactions	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	Do you use negative actions to show how you feel?	reaction, negative, positive, feelings, change, hurtful, happy, emotions, confused	When was the last time you took a deep breath before reacting?
Emotions At Home	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR</p>	Show emotions at home with and without words.	emotions, express, verbal, nonverbal, sad, hug	What emotions do you feel most when you are at home?

	Responsibility, Respect			
Feelings at School	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	How do you express your feelings at school?	verbal, nonverbal, express, emotions, fun, smile	What does it mean when someone raises their hand in class?
Expressing Your Emotions with Friends	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	How do you express your feelings with friends?	self-management, verbal, nonverbal, expressing emotions	How do you show people your feelings?
How to be in Charge of Your Emotions at Home	<p>CASEL Self-Management: Impulse Control, Stress Management, Self-Discipline</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	Be in charge of your emotions at home.	calm, emotions	What do you do if you are upset when you are at home?

Managing Your Emotions at School	<p>CASEL Self-Management: Impulse Control, Stress Management, Self-Discipline</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	Be in charge of your emotions at school.	calm, emotions, rules	When have you ever had a hard time staying calm at school?
Managing Your Emotions with Friends	<p>CASEL Self-Management: Impulse Control, Stress Management, Self-Discipline</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	Can you stay calm when you are upset with a friend?	agree, calm, emotions	When have you felt mad at a friend?
Goals for Classroom Behavior	<p>CASEL Self-Management: Goal Setting</p> <p>CARES Self-Control</p>	Set a goal for school behavior.	goal, patient, behavior, choose	What is a rule in your classroom?
Creating Goals at School	<p>CASEL Self-Management: Goal Setting</p> <p>CARES</p>	Set a goal to do well in school.	identify goals, goal setting, classroom behavior, academic success	What is something new you want to learn in school?

	Self-Control			
Asking an Adult for Help with a Goal	CASEL Self-Management: Goal Setting  CARES Self-Control	Do you know how to ask for help with a goal from an adult?	safety, hazards, goal setting, asking for help, adult, trusted adult, caregiver, families, difficult tasks, dangerous tasks	Have you ever worked with a partner to get something done?
Asking Others for Help with a Goal	CASEL Self-Management: Goal Setting  CARES Self-Control	Do you know how to ask for help with a goal from your friends?	goal setting, persistence, teamwork, help, peers, friendship, difficult tasks, dangerous tasks, safety hazards	Talk about a time you asked a friend for help with something.
Reaching a Goal	CASEL Self-Management: Short-Term Goals  CARES Self-Control	Take small steps to reach your goal.	success, action steps, small steps, setting goals, planning, self-management, organization	What do you do when you want to reach a goal?
Short-Term Goals	CASEL Self-Management: Goal Setting  CARES Self-Control	Can you set short-term goals?	self-management, goals, long-term goals, short-term goals, planning skills	What is something you want to learn how to do this year?
How to Take Steps Toward a Goal	CASEL Self-Management: Goal Setting  CARES Self-Control	Take action steps toward a goal.	goal, action step, short-term	Why do you think goals are important?

How to See an Obstacle	CASEL Self-Management: Goal Setting, Self-Motivation  CARES Self-Control	Can you see if something is getting in the way of your goal?	self-management, goals, obstacles, planning skills	Have you ever been late to school? What made you late?
Get Rid of Obstacles to Meet Your School Goals	CASEL Self-Management: Goal Setting, Motivation  CARES Self-Control	Get rid of problems in the way of your school goals.	goal setting, obstacles, schoolwork goals, school goals, academic goals, classroom goals	Have you ever set a goal for school?
Keep Trying at Home!	CASEL Self-Management: Self-Discipline, Self-Motivation  CARES Self-Control  CHARACTER COUNTS Responsibility	Do you keep trying even when something is hard at home?	self-management, persevere, challenge, home	What chores do you have at home?
You Can Do This!	CASEL Self-Management: Self-Discipline, Self-Motivation  CARES Self-Control  CHARACTER COUNTS Responsibility	Do you keep trying even when something goes wrong at home?	setback, strategies, persevering, self-management, home	What is something you have trouble with?

<p>Keep Trying at School!</p>	<p>CASEL Self-Management: Self-Discipline, Self-Motivation</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS Responsibility</p>	<p>Do you keep trying even when something is hard at school?</p>	<p>challenge, school, persevering, self-management, strategy</p>	<p>Have you ever learned something hard at school?</p>
<p>How to Work through Hard Times with Friends</p>	<p>CASEL Self-Management: Self-Discipline, Self-Motivation</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS Responsibility</p>	<p>Do you keep trying even when something goes wrong with friends?</p>	<p>persevere, strategies, friends, friendships, setbacks, self-management</p>	<p>What are things that might make friends fight?</p>
<p>Improving Skills through Practice</p>	<p>CASEL Self-Management: Self-Discipline, Self-Motivation</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS Responsibility</p>	<p>Practice solving problems.</p>	<p>practice, skill, grow, better, fun</p>	<p>What is something you practice?</p>

Social Awareness – K-2				
Lesson Title	Topic	Description	Key words	Conversation Starter
How To See People’s Upset Feelings by Their Bodies	CASEL Social Awareness: Empathy  CHARACTER COUNTS Caring  CARES Empathy	Can you tell if someone is upset by how they move their body?	feelings, mad, sad, body, cue	Imagine you feel sad. What does your body look like?
How To See People’s Good Feelings by Their Bodies	CASEL Social Awareness: Empathy  CHARACTER COUNTS Caring  CARES Empathy	Can you tell if someone is happy by how they move their body?	feelings, body, cues, excited, happy	Can you see feelings? What do they look like?
Know the Words That Hurt People’s Feelings	CASEL Social Awareness: Empathy, Perspective-Taking  CHARACTER COUNTS Caring, Fairness  CARES Empathy	Think about how words can hurt.	feelings, kind	Have you ever heard someone say a mean thing that hurt someone else’s feelings?
Words That Support Others	CASEL	Think about how words can help.	support, struggle, feelings	What words can bring a smile to someone’s face?

	<p>Social Awareness: Empathy, Perspective-Taking</p> <p>CHARACTER COUNTS Caring, Fairness</p> <p>CARES Empathy</p>			
<p>Actions That Hurt Feelings</p>	<p>CASEL Self-Management: Self-Discipline, Self-Motivation</p> <p>CHARACTER COUNTS Self-Control</p> <p>CARES Responsibility</p>	<p>Think about actions that hurt.</p>	<p>actions, feelings, respect, hurt, sad</p>	<p>Has a friend ever done something that made you feel bad? What was it?</p>
<p>Actions That Support Others</p>	<p>CASEL Social Awareness: Empathy</p> <p>CHARACTER COUNTS Caring</p> <p>CARES Empathy</p>	<p>Think about actions that help.</p>	<p>support, actions, bad, sad, cheer</p>	<p>What does it mean to show support for a friend?</p>
<p>What is Empathy?</p>	<p>CASEL Social Awareness: Perspective Taking</p> <p>CARES Empathy</p>	<p>Do you notice how other people feel?</p>	<p>care, sad, empathy, feelings, recognize, emotion, smile</p>	<p>How do you know what someone is feeling?</p>



	CHARACTER COUNTS PILLAR Caring, Fairness			
Show You Care at School	CASEL Social Awareness: Perspective Taking  CARES Empathy  CHARACTER COUNTS PILLAR Caring, Fairness	Do you show people you care at school?	empathy, reaction, care, friend, sad, lonely, scared	How do friends show they care at school?
What Does Empathy Look Like with Friends?	CASEL Social Awareness: Perspective Taking  CARES Empathy  CHARACTER COUNTS PILLAR Caring, Fairness	How do you show friends you care about them?	empathy, empathetic, reactions, care, feelings, notice	Show your friends that you care.
The Rules Are for Everybody at School	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS Responsibility, Fairness	Do you know why we have school rules?	expectation, rule, school-wide, fair, safe, school, student, teacher	Why do schools have rules?

Learning to Spot Classroom Rules	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Responsibility, Fairness</p>	Do you know why you have classroom rules?	rules, following rules, community, classroom, working together, understanding rules, breaking rules	What is one classroom rule you know?
Following Rules to Help Others Stay Safe and Have Fun	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Responsibility, Fairness</p>	Think about how rules help you stay safe and have fun.	safe, rules, behavior, classroom, fun, safety, helping others, behavior and expectations, being responsible, school	What does it mean to feel safe at school?
Be a Leader through Good Citizenship	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS Citizenship</p>	Can you be a leader in your class?	leader, leadership, citizenship, good citizen, important, helping others, doing good, individual rights, privileges, duties, responsibilities, responsibility, personal responsibility	What is something important to you that you could tell others about?
Knowing What Good Citizens Look Like and Do in School	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p>	Do you know how to be a good citizen at school?	challenge, good citizen, respect, leader, leadership, showing respect, helping others, making good	How can you help others get what they need?

	CHARACTER COUNTS Citizenship		things happen, volunteering	
How to Be Helpful in Your Classroom	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Citizenship	Can you be helpful in your classroom?	classroom, community, citizenship, classroom jobs	What are some ways students can help in your classroom?
How to Be Helpful in Your School	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Citizenship	Do you know how to help at school?	school, community, citizenship	Whose job is it to take care of a school?
How to Be Helpful at Home	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Citizenship	Help out at home.	home, chores, family, help, clean, safe	How do you help at home?

<p>How to Find Things at School to Make Better</p>	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Citizenship</p>	<p>A lesson that helps you find things in school that need to be better.</p>	<p>school improvement, make school better, school improvement plan</p>	<p>What are some things you would like to make better at your school?</p>
<p>How You Can Find Ways to Make Your Home Better</p>	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Citizenship</p>	<p>Find out how to make things better at home.</p>	<p>home improvement, make home better, home improvement plan</p>	<p>What is something that could be better at your house?</p>
<p>How to Help Your School Be Better</p>	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Citizenship</p>	<p>Can you help your school get better?</p>	<p>school improvement, make school better, school improvement plan</p>	<p>Have you seen kids help make your school better? What did they do?</p>
<p>How to Help Your Home Get Better</p>	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES</p>	<p>Can you help your home get better?</p>	<p>home improvement, make home better, home improvement plan</p>	<p>What would make your home a better place?</p>

	Empathy  CHARACTER COUNTS PILLAR Citizenship			
People Are Alike	CASEL Social Awareness: Appreciating Diversity, Perspective-Taking  CARES Empathy  CHARACTER COUNTS PILLAR Respect	Think about how people are the same.	social awareness, alike, traditions, how people are the same	What are some ways everyone in your class is alike?
People Are Different	CASEL Social Awareness: Appreciating Diversity, Perspective-Taking  CARES Empathy  CHARACTER COUNTS PILLAR Respect	Think about how people are different.	social awareness, unique, traditions, how people are different, diversity	What are some ways you and a friend are different?
People Are Alike and Different	CASEL Social Awareness: Appreciating Diversity, Perspective-Taking  CARES Empathy	Think about how people are the same and different.	social awareness, alike, different, traditions, diversity	How are you and a friend alike and different?

	CHARACTER COUNTS PILLAR Respect			
Activities from Other Cultures!	CASEL Social Awareness: Appreciating Diversity, Perspective Taking  CARES Empathy  CHARACTER COUNTS PILLAR Respect	Try activities from other cultures!	cultures, activities, salsa, hula, polka, horah, fun	What is something new you have tried recently?
Treat People How You Want to be Treated at School	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Respect	Treat others the way you want to be treated.	treat, classmates, kind, gentle, actions, smile, play, help	How do you treat your classmates with kindness?
Showing Respect to Others at School	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Respect	Show respect to others at school.	treat, respect, share, school behavior, rules, relationships, friendships	What does it mean to show respect for others?

<p>Knowing Why to Show Respect at Home</p>	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Respect</p>	<p>Show respect to others at home.</p>	<p>gentle, respect, affect, treat, respect, share, home, relationships, family</p>	<p>What does it mean to treat others how you want to be treated?</p>
<p>Treating Others How You Want to Be Treated at Home</p>	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Respect</p>	<p>Treat people the way you want to be treated at home.</p>	<p>angry, care, treat, respect, share, relationships, family, anger management, stress management</p>	<p>What are ways to treat people with respect at home?</p>
<p>How to Tell When Someone at School Feels Good</p>	<p>CASEL Social Awareness: Perspective Taking</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Respect</p>	<p>Can you tell when someone at school feels good?</p>	<p>social cues, nonverbal communication, social, body language</p>	<p>What are some ways to show you are happy without using words?</p>
<p>How to Act at Home with Visitors</p>	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES</p>	<p>Do you know how to treat visitors?</p>	<p>social norms, social norms at home, proper behavior at home, proper social behavior</p>	<p>At your home, what is something you always do first when friends or family come over for a visit?</p>

	Empathy  CHARACTER COUNTS PILLAR Respect			
How You Interact with Your Friends	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Respect	Speak and play with your friends.	behave, respect	What is one fun thing you like to do with your friends?
How to Act at Home with Visitors	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Respect	Do you know how to treat visitors?	social norms, social norms at home, proper behavior at home, proper social behavior	What is something you always do first when friends or family come over for a visit?

<b>Relationship Skills – K-2</b>				
Lesson Title	Topic	Description	Key words	Conversation Starter
Being an Active Listener	CASEL Relationship Skills: Communication	Listen and talk to your family members.	positive communication, making connections,	What is one thing you can ask your family about their day?



	<p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Responsibility, Fairness</p>		<p>active listening, understanding multiple perspectives, busy, “counting on you,” conversation, nod</p>	
<p>Communicating with Others at School</p>	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Responsibility, Fairness</p>	<p>Listen and talk to people at school.</p>	<p>understand, listen, increase cooperation, relationship, active listening, listening, understanding multiple perspectives, making connections with peers, friendships, support, positive, communication, school, classroom</p>	<p>How do you show you understand someone at school?</p>
<p>How to Talk to and Listen to Friends</p>	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Responsibility, Fairness</p>	<p>Listen and talk to your friends.</p>	<p>communication, social skills, listening skills</p>	<p>How do you know when someone is really listening to you?</p>
<p>How to Talk to Others with Kindness at Home</p>	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p>	<p>Be kind with your words at home.</p>	<p>communication, social skills, listening skills, active listening, respect</p>	<p>How does it make you feel when someone talks to you in a polite way?</p>

	<p>CHARACTER COUNTS PILLAR Responsibility, Fairness</p>			
<p>How to Talk to Others in a Kind Way at School</p>	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Responsibility, Fairness</p>	<p>Be kind with your words at school.</p>	<p>communication, social skills, listening skills, active listening, respect, school, kindness</p>	<p>What does it look like to be polite at school?</p>
<p>How You Can Talk to Friends with Kindness</p>	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Responsibility, Fairness</p>	<p>Be kind with your words to friends.</p>	<p>communication, social skills, listening skills, active listening, respect, friends, peers, kindness</p>	<p>What makes a good friend?</p>
<p>Learn How You Can Talk to People with Apps</p>	<p>CASEL Relationship Skills: Communication, Social Engagement</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR</p>	<p>Do you know how to talk to others on apps?</p>	<p>apps, digital verbal communication, verbal communication on social media, social media communication, digital communication, video, record</p>	<p>What are some ways you have seen people talk to each other with their computers?</p>

	Responsibility			
Learn How People Talk without Words on Apps	<p>CASEL Relationship Skills: Communication, Social Engagement</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Do you know how to talk on apps without using words?	apps, digital nonverbal communication, nonverbal communication on social media, social media communication, digital communication, emojis	What are some emojis that you know or like?
Using Technology to Talk Online	<p>CASEL Relationship Skills: Communication, Social Engagement</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Can you use technology to talk to others?	app, technology, polite, social media, digital media, interactions, relationships, friendships, social skills, bullying, online	What apps help you talk to people?
Understanding People’s Ideas Online	<p>CASEL Relationship Skills: Communication, Social Engagement</p> <p>CARES Cooperation</p>	Can you talk to people online without using words?	online, chat, message, social media, digital media, interactions, relationships, friendships, social skills, bullying	Show what it looks like to be upset or confused. Show what it looks like to be happy.

	CHARACTER COUNTS PILLAR Responsibility			
Roles at School	CASEL Relationship Skills: Relationship Building  CARES Cooperation  CHARACTER COUNTS PILLAR Respect	Build relationships with people at school.	relationship, adult, teachers, students, role, peer	What is your job at school?
Roles at Home	CASEL Relationship Skills: Relationship Building  CARES Cooperation  CHARACTER COUNTS PILLAR Respect	Know what your role is at home.	relationship, adult, family, role, task	How do you help at home?
Getting to Know You	CASEL Relationship Skills: Relationship Building  CARES Cooperation  CHARACTER COUNTS PILLAR Respect	Take small steps to learn about kids your age.	relationship, role, peer	How do you make friends?

Keep Away, Stranger!	<p>CASEL Relationship Skills: Relationship Building</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS Respect</p>	Do you know what to do around strangers?	relationship, stranger, uniform, safety	What do you do when you are around strangers?
Join In!	<p>CASEL Relationship Skills: Teamwork</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS Respect</p>	Think about how you can include others.	inclusive, join, teamwork	How do you include others when you are playing?
Choosing the Best Team	<p>CASEL Relationship Skills: Teamwork</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS Respect</p>	Think about who can make the best team at school.	team, different, including, equality, fairness, fair, equal, bullying, relationships, working together, inclusivity, inclusive, affinity bias	What is it like when you work with friends on a class assignment? What is it like when you work with classmates who are not your friends on an assignment?
Helping Others and Yourself Feel Included	<p>CASEL Relationship Skills: Teamwork</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS</p>	Do you know how to include others?	different, question, include, equality, fairness, fair, equal, bullying, relationships, working together, inclusivity, inclusive, affinity bias	What is your favorite thing to do at a park?

	Respect			
Helping People Hurt by Unkind Words	CASEL Relationship Skills: Teamwork Relationship Building  CARES Cooperation  CHARACTER COUNTS Respect	Can you help someone who was hurt by unkind words?	unkind, spread, words, relationships, harmful, peer pressure, social pressure, empowering, words, bullying prevention	Why do words sometimes hurt people?
How People Can Help or Hurt Each Other	CASEL Relationship Skills: Communication  CARES Cooperation  CHARACTER COUNTS PILLAR Responsibility	Think about how your actions can help or hurt.	influence, impact	What is something you can do to make someone else happy?
Not Getting Along with Others at School	CASEL Relationship Skills: Teamwork, Social Engagement  CARES Cooperation  CHARACTER COUNTS PILLAR Responsibility	Think about what happens when people don't get along.	disagreement, conflict, conflict resolution, school	What would the world be like if everyone thought the same way?

<p>Not Getting Along with Friends</p>	<p>CASEL Relationship Skills: Teamwork, Social Engagement</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>Think about how friends don't get along sometimes.</p>	<p>disagreement, conflict, conflict resolution, peers, friends</p>	<p>Why is it OK for someone to think differently than you?</p>
<p>Calming Down in a Fight</p>	<p>CASEL Relationship Skills: Teamwork</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect</p>	<p>Can you solve a problem when you are in a fight?</p>	<p>fight, problem, solve, calm, conflict resolution skills, manage disagreements, maintain personal safety, conflict management, safe relationships, domestic violence, intimidation, disputes, debates, resolve, problem, solution, friendships, family</p>	<p>Use an angry voice. Now use a calm voice. How are they different?</p>
<p>How To Find and Practice Ways to Fix Fights</p>	<p>CASEL Relationship Skills: Teamwork</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect</p>	<p>Practice ways to fix fights.</p>	<p>conflict, disagreements, solve disagreements, conflict resolution, solutions to problems</p>	<p>Imagine you hurt your friend's feelings. What are some ways you would try to solve this problem?</p>

Responsible Decision-Making – K-2				
Lesson Title	Topic	Description	Key words	Conversation Starter
Lots of Ways to React	CASEL Responsible Decision-Making: Analyzing Situations, Reflection  CARES Responsibility  CHARACTER COUNTS PILLAR Responsibility	A lesson about ways you can feel and act about problems.	problem, response, solve, react	How do you usually react to a problem?
Keep Calm	CASEL Responsible Decision-Making: Analyzing Situations, Reflection  CARES Responsibility  CHARACTER COUNTS PILLAR Responsibility	Can you stay calm when there is a problem?	problem, calm, response	How do you keep calm?
Make a Plan	CASEL Responsible Decision-Making: Identifying Problems, Analyzing Situations	Do you know how to make a plan?	problem, decision, action plan, choices	What steps do you use to make a big decision?



	<p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>			
Knowing How to Fix Problems	<p>CASEL Responsible Decision-Making: Analyzing Situations, Reflection</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Think about ways to fix a problem at home.	problem, stress, break, alone, strategies, home, family, challenge, relationships	What could someone do if they have a problem at home?
Knowing How to Solve Problems at School	<p>CASEL Responsible Decision-Making: Solving Problems</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Think about ways to fix a problem at school.	solve, choices, change, bother, problem-solving strategies, relationships	Share about a problem someone could have at school.
Making Good Choices at School	<p>CASEL Responsible Decision-Making: Analyzing Situations, Reflection</p> <p>CARES Responsibility</p>	Think about what to do when you have problems with friends.	solve, different, bother, choice, problem-solving strategies, challenges, bullying	Talk about how it makes friends feel when they are upset with each other.

	CHARACTER COUNTS PILLAR Responsibility			
Staying Calm When Something Goes Wrong at School	CASEL Responsible Decision-Making: Analyzing Situations, Reflection  CARES Responsibility  CHARACTER COUNTS PILLAR Responsibility	Sometimes negative emotions get in the way of learning.	frustrating, angry, upset, emotions, working through emotions, confused, control, self-control, calm, calming strategies	What could make you feel frustrated or upset at school?
How Thinking Helps You Be Your Best at School	CASEL Responsible Decision-Making: Analyzing Situations, Reflecting  CARES Responsibility  CHARACTER COUNTS PILLAR Responsibility	Think about how you can be your best at school.	thoughts, choices, decisions	Have you ever helped a person who felt stuck or frustrated? What made them feel that way?
Making Good Choices at School	CASEL Responsible Decision-Making: Analyzing Situations, Reflecting  CARES Responsibility	Can you make good choices at school?	actions, behaviors, decision-making	Describe someone you know who makes good choices at school.

	CHARACTER COUNTS PILLAR Responsibility			
Getting Help from Grown-Ups at School	CASEL Responsible Decision-Making: Evaluating  CARES Responsibility  CHARACTER COUNTS PILLAR Responsibility	Trust an adult to help with a problem at school.	feelings, emotions, decision-making, trusted adult	Name some grown-ups who help kids in your school.
Getting Help Away from Home	CASEL Responsible Decision-Making: Evaluating  CARES Responsibility  CHARACTER COUNTS PILLAR Responsibility	Trust an adult to help with a problem in your community.	help, librarian, in charge, community, assistance, safety, adults, reliable, making decisions	Who is an adult you trust at school? Why?
How Your Choices Can Help in a Good Way	CASEL Responsible Decision-Making: Evaluating, Reflecting  CARES Responsibility  CHARACTER COUNTS PILLAR Responsibility	Can you make choices that help?	personal choices, positive feedback	What are you some personal choices that you have to make each day?

<p>How Your Choices Can Make Things Worse</p>	<p>CASEL Responsible Decision-Making: Evaluating, Reflecting</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>Do you sometimes make choices that hurt?</p>	<p>personal choices, negative feedback, consequences, cause and effect</p>	<p>When have you made a choice that made things worse? What was the outcome?</p>
<p>Making Choices</p>	<p>CASEL Responsible Decision-Making: Evaluating, Reflecting</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>Think about the choices you make.</p>	<p>personal choices, unintended ways, possible outcomes, results, cause, effect</p>	<p>What is one choice you have made in the past? What happened because of the choice you made?</p>
<p>How Your Actions Impact Others at Home</p>	<p>CASEL Responsible Decision-Making: Evaluating, Reflection</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>A lesson about ways your actions can help or hurt the people in your home</p>	<p>Actions, reactions, intentional, unintentional, mood</p>	<p>How do you act toward others when you feel upset at home?</p>

<p>Impacting Others at School</p>	<p>CASEL Responsible Decision-Making: Evaluating, Reflection</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>Think about your actions at school.</p>	<p>actions, reactions, intentional, unintentional, mood</p>	<p>When are you the happiest at school? How do you think your happiness makes your classmates feel?</p>
<p>How Your Actions Impact Your Friends</p>	<p>CASEL Responsible Decision-Making: Evaluating, Reflection</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>Think about your actions with your friends.</p>	<p>actions, reactions, intentional, unintentional, mood</p>	<p>How does it feel when both you and a friend are in good moods?</p>
<p>Practicing Safety</p>	<p>CASEL Responsible Decision-Making: Ethical Responsibility</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>Practice being safe every day.</p>	<p>safety, safe, crosswalk, practice</p>	<p>What rules do you follow to stay safe?</p>

Do Safe Things	<p>CASEL Responsible Decision-Making: Ethical Responsibility</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Recognize safe actions.	safe, obey, action, safety	What does it feel like when you are safe?
How Other People Keep Safe	<p>CASEL Responsible Decision-Making: Ethical Responsibility</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Think about how others stay safe.	safe, action, practice	Where do you see people practice safety?
Understanding Each Person's Ideas	<p>CASEL Responsible Decision-Making: Ethical Responsibility</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility, Fairness</p>	Think about how everyone's ideas can help.	deal, join, idea, leader	How do you decide what to play on the playground?

<p>Trying New Things with Friends Can Be Good</p>	<p>CASEL Responsible Decision-Making: Evaluating</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Fairness</p>	<p>Try new things with friends.</p>	<p>opportunity, bravery, courage, friends</p>	<p>When was the last time you made a new and good friend?</p>
<p>Facing New Things at Home</p>	<p>CASEL Responsible Decision-Making: Evaluating, Reflecting</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Fairness</p>	<p>How do you feel when something new happens at home?</p>	<p>courage, feelings, change, transitions, experiences</p>	<p>How does your body feel when you're nervous?</p>
<p>Doing New Things with Friends</p>	<p>CASEL Responsible Decision-Making: Evaluating, Reflecting</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Fairness</p>	<p>How do you feel when new things happen with friends?</p>	<p>time, different, breath, safe, struggle, productive struggle, open mind, curiosity, uncomfortable, new experiences</p>	<p>What is a new place you have gone with a friend or a group of friends?</p>
<p>Changes at School</p>	<p>CASEL</p>	<p>Think about when changes happen at school.</p>	<p>transition, change, changes, activities, warning</p>	<p>What changes do you make during the school day?</p>

	<p>Responsible Decision-Making: Evaluating, Reflecting</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>			
Change is Good!	<p>CASEL Responsible Decision-Making: Evaluating, Reflecting</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Think about why changes happen at school.	transitions, change, changes, activity	How does your teacher tell you a change is coming up?
Easy Changes, Hard Changes	<p>CASEL Responsible Decision-Making: Evaluating, Reflecting</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Think about how some changes are easy, and some are hard.	transition, change, changes, activities	What kinds of changes in your life have been easy?
Change Will Happen	<p>CASEL</p>	Remember that change is a part of life.	transition, change, changes, season, self-care, independence	How do you feel when you have to stop doing something fun?



---

	Responsible Decision-Making: Evaluating, Reflecting			
	CARES Responsibility			
	CHARACTER COUNTS PILLAR Responsibility			

## Curriculum Map – Grades 3-5

Self-Awareness – 3-5				
Lesson Title	Topic	Description	Key Words	Conversation Starter
Figuring Out How You Feel at Home	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Think about the many ways you feel at home.	anger, challenging, emotion, frustration, jealousy, learning, mistake, regret	Do you know how to name different feelings?
Figuring Out How You Feel at School	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Think about the many ways you feel at school.	anger, challenging, emotion, frustration, jealousy, learning, mistake, regret	What are some of the same feelings you have at school and at home?
Figuring Out How You Feel with Your Friends	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Think about the many ways you feel with friends.	overwhelmed, emotion, feelings, anger, frustration, jealousy, regret, friend, mad	Who do you talk to after you disagree with a friend?
Your Emotions Are Valid	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Recognize that your emotions are OK, even if others don't feel the same.	classmates, emotions, friends, preference, unhappy, valid	What is something your friends like that you don't like?

Other People's Emotions Are Valid	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Recognize that other's emotions are OK, even if you don't feel the same.	favorite, perspective, preference, valid	What is something that scares you that does not scare one of your friends?
Feeling Conflict In Our Own Emotions	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Think about two groups with different emotions and how they can still understand each other.	celebrate, proud, emotion, conflict, choose, honoring others, accomplishments, meeting goals, ambivalence, feeling conflicted, personal conflict, relationships, emotions, conflict resolution	What does it mean to feel proud for someone else?
Processing Emotions in a Safe Place	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness  CHARACTER COUNTS PILLAR Respect	Think about dealing with your emotions in a safe place.	anger, emotion, frustration, grief, negative, process	How did you feel the last time your plans had to change?
Knowing When to Process Emotions Alone	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness	Think about when you need to process your feelings by yourself.	angry, emotion, process, frustrated, sad, friends, recess	When was the last time you felt strong emotions at school?

	CHARACTER COUNTS PILLAR Respect			
Knowing When to Process Emotions with a Trusted Adult	CASEL Self-Awareness: Identifying Emotions Self-Efficacy  CARES Assertiveness  CHARACTER COUNTS PILLAR Respect	Do you talk about your feelings with a trusted adult?	anger, emotions, frustration, trusted adult, grief, scary, talking	When is the last time you talked to a trusted adult about your feelings?
Identify How Current Events Trigger Emotions	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness  CHARACTER COUNTS PILLAR Respect	Think about how current events can make you feel.	anger, trigger, emotion, frustration, sadness, news, understand, community, grief	Where do you find out about community news? From the TV or internet? Or from other people?
Describe How Current Events Trigger Emotions	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness  CHARACTER COUNTS PILLAR Respect	Understand feelings you could have about current events.	discouraged, emotions, excited, frustrated, grief, jealous, worried, angry, current events, triggered emotions, upset, unpleasant, destroy, injustice, afraid	How do you feel when you hear about upcoming changes at your school?

Dealing with Emotional Triggers	CASEL Self-Awareness: Identifying Emotions  CARES Assertiveness	Do you know how to handle an emotional trigger?	event, trigger, concern, stages of grief, current events, changes, real-world application, emotion, feelings, shock, grief	What are some emotions people sometimes feel?
Thinking About Interests and Personal Strengths	CASEL Self-Awareness: Accurate Self-Perception  CARES Assertiveness	Think about your interests and strengths.	interest, personal strength, hobby, team, happy, time, practice, improve	What activities are your friends good at?
Using Qualities to Identify Personal Strengths	CASEL Self-Awareness: Accurate Self-Perception  CARES Assertiveness	Think about what you do well.	personal strength, unique, quality, external, internal, share	What is something you do well that no one knows just by looking at you?
Working on the Grow-Up Machine	CASEL Self-Awareness: Recognizing Strengths, Accurate Self-Perception  CARES Assertiveness	Think about your strengths at school and with friends.	personal strength, unique, quality, talent, interest, strength, external, internal, interest, hobby, spend time, practice, teach	What is something you like? What is something you are good at?
Building Stronger Skills at School	CASEL Self-Awareness: Recognizing Strengths  CARES Assertiveness	Use your skills and talents at school.	learning, skill, read, writing, draw	How did you feel when you started to learn about your favorite hobby?

Using Your Talents to Help You with Friends	CASEL Self-Awareness: Recognizing Strengths  CARES Assertiveness	Use your talents to help with friends.	talented, speaker, listener, attitude, practice	What is something you are great at?
Asking a Trusted Adult to Help with Schoolwork	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness	Practice asking a trusted adult to help with schoolwork.	trust, tutor, trusted adult, unsure, help	What are you most likely to ask for help with?
Asking a Trusted Adult for Support in Social Situations	CASEL Self-Awareness: Identifying Emotions, Self-Efficacy  CARES Assertiveness	Practice asking a trusted adult for help with friends.	support, trusted adult, help, nervous, feelings, scared	What is a story you've seen or read that has an adult helping a child in a social situation?
A Trusted Adult Can Give Emotional Support	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness	Think about how a trusted adult can help by listening to how you feel.	emotions, trusted adult, encourage, support	Can you think of a story where a child was helped by a trusted adult?
When Is Feedback Helpful?	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness  CHARACTER COUNTS PILLAR Fairness	Think about how to suggest that something change.	feedback, ideas, correct, suggestions, issue, decide, behavior, skill, change, improve, helpful	How do you make a suggestion about something that could change?

<p>How to Use Helpful Feedback</p>	<p>CASEL Self-Awareness: Self-Efficacy</p> <p>CARES Assertiveness</p> <p>CHARACTER COUNTS PILLAR Fairness</p>	<p>Think about how to use helpful feedback.</p>	<p>feedback, suggestions, improve, information, behavior. decide, work, skills</p>	<p>What do you say to your friends when you think they have done a good job?</p>
<p>Seeking and Accepting Feedback</p>	<p>CASEL Self-Awareness: Self-Efficacy</p> <p>CARES Assertiveness</p> <p>CHARACTER COUNTS PILLAR Fairness</p>	<p>Can you accept feedback?</p>	<p>struggle, task, feedback, improve, behavior, issue</p>	<p>Think about a time you asked someone how you did. How did you feel about their feedback?</p>
<p>Understanding Why You Need Feedback</p>	<p>CASEL Self-Awareness: Identifying Emotions, Self-Efficacy</p> <p>CARES Assertiveness</p> <p>CHARACTER COUNTS PILLAR Fairness</p>	<p>Think about asking for and getting feedback.</p>	<p>feedback, improve, issue, decide, better, strengths</p>	<p>When has a friend or classmate asked you to help them improve something?</p>

Safe Actions and Words	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness	Do you use safe actions and words every day?	actions, behaviors, rules, speech, important, safety, stress you out, safe words, unsafe words	What is one rule you follow to stay safe?
Choosing Safe Practices	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness	Think about how to make safe choices.	behavior, choose, dangerous, safe, unsafe	What can you do if you see someone acting unsafely?
Your Choices and Behaviors Affect You at School	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness  CHARACTER COUNTS PILLAR Responsibility	Think about how your choices and behaviors affect you at school.	cause, affect, result, choices, behavior, hurt, outcome, help, mood	What is something you can do that will end up being helpful to someone else?
Your Choices and Behaviors Affect Others at School	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness  CHARACTER COUNTS PILLAR Responsibility	Think about how your choices and behaviors affect others at school.	decision, result, affect, leader, choice, behavior, outcome, share	What choice have you made lately that made you feel happy?



<p>Your Choices and Behaviors Affect You and Your Friends</p>	<p>CASEL Self-Awareness: Self-Efficacy</p> <p>CARES Assertiveness</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>Think about how your choices and behaviors affect your friends.</p>	<p>choice, behavior, affect, friends, influence, risky, hurt</p>	<p>What is a choice one of your friends made that affected you?</p>
<p>Your Choices and Behaviors Affect Others at Home</p>	<p>CASEL Self-Awareness: Self-Efficacy</p> <p>CARES Assertiveness</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>Think about how your choices and behaviors affect the people at home.</p>	<p>choice, behavior, affect, consider, decide, result, friend, frustrated, upset</p>	<p>How can your choices affect other people at home?</p>
<p>Having a Positive Attitude and Taking Responsibility at Home</p>	<p>CASEL Self-Awareness: Self-Efficacy, Self-Confidence</p> <p>CARES Assertiveness</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>Do you have a positive attitude and take responsibility at home?</p>	<p>responsibility, chores, confidence, self-talk, positive attitude</p>	<p>What chores do you have to do at home?</p>

Having a Positive Attitude and Taking Responsibility at School	CASEL Self-Awareness: Self-Efficacy, Self-Confidence  CARES Assertiveness  CHARACTER COUNTS PILLAR Responsibility	Do you have a positive attitude and take responsibility at school?	responsibility, confidence, attitude, homework, self-talk, positive attitude	responsibility, confidence, attitude, homework, self-talk, positive attitude
Speaking Up for Yourself at School	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness	Think about how you can ask for help at school.	advocate, respectful, change, help, need	When happened the last time you heard someone talk about something they wanted to change?
Speaking Up for Yourself with Friends	CASEL Self-Awareness: Self-Efficacy  CARES Assertiveness	Practice telling your friends how you feel.	feel, ready, need, uncomfortable, polite, advocate, respectful	When has a friend asked you about changing something?

<b>Self-Management – 3-5</b>				
<b>Lesson Title</b>	<b>Topic</b>	<b>Description</b>	<b>Key Words</b>	<b>Conversation Starter</b>
How Rules Can Help You Have Positive Emotions at Home	CASEL Self-Management: Impulse Control  CARES	Talk about your emotions at home.	relationships, rules, respect, rely, connected to, take care of, safe	What is a rule you have at home?

	<p>Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>			
<p>How You Can Control Your Emotions at Home</p>	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	<p>Think about ways to express your emotions at home.</p>	<p>rules, react, disagree, control, guides, caring</p>	<p>What is a rule you have at home that you find hard to follow?</p>
<p>Expressing Positive Emotions at School</p>	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	<p>Talk about your emotions at school.</p>	<p>regulate emotions, regulate behaviors, thinking strategies, brain development, interest, brag, communicating effectively, expressing positive emotions, school, academic, compare, proud, feelings</p>	<p>Have you ever bragged about something and hurt someone's feelings by doing so? What happened?</p>
<p>Using Self-Talk to Overcome Problems at School</p>	<p>Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	<p>Use self-talk at school to help with problems.</p>	<p>distract, focus, directions, self-talk, positive</p>	<p>Have you ever been distracted at school and had to get yourself back on track? How did you do that?</p>

Expressing Emotions to Friends	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	Talk about your emotions respectfully to friends.	relationships, trust, respect, communicate, depend, feelings, express, calm	What did you this week to help a friend?
Communicating Clearly to Friends	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	Use "I" statements to tell your friends how you feel.	disagree, communicate, I Statement, angry, cry	How has a friend let you know they disagreed with you?
How to Talk Through Emotions at Home	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	Think about ways to express your emotions at home.	express, outcome, verbally	What is something that you enjoy doing at home?
How to Express Your Emotions Without Words at Home	<p>CASEL Self-Management: Impulse Control</p> <p>CARES</p>	Express your emotions without words at home.	aggressive, disrespect, express, gesture, nonverbally, outcome	How do your actions affect others around you at home?

	<p>Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>			
How to Express Your Emotions with Words at School	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	Think about ways to express your emotions at school.	express, outcome, verbally	How can your words make others feel?
Sharing Your Emotions at School Without Using Words	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	Express your emotions without words at school.	express, gesture, nonverbally, outcome	Have you ever been able to tell how someone is feeling, even though they did not tell you?
Talking About Your Emotions with Friends	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	Think about ways to express your emotions with friends.	express, jealous, outcome, verbally	What happened the last time you told a friend how you felt about something?

<p>Ways to Express Your Emotions to Friends Without Words</p>	<p>CASEL Self-Management: Impulse Control</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	<p>Express your emotions to your friends without words.</p>	<p>express, jealous, nonverbally, outcome</p>	<p>How have you told a friend how you feel about something, without using words?</p>
<p>How to Handle Your Emotions at School</p>	<p>CASEL Self-Management: Impulse Control, Stress Management, Self-Discipline</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	<p>Think about dealing with your emotions at school.</p>	<p>calm, emotions, negative, pressure, release, strategy, stressed</p>	<p>What do you think it means to be your best self?</p>
<p>How to Handle Your Emotions at Home</p>	<p>CASEL Self-Management: Impulse Control, Stress Management, Self-Discipline</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	<p>Think about dealing with your emotions at home.</p>	<p>emotions, home, behaviors, strategies, stress management, impulse control, panic</p>	<p>What do you do when you feel nervous at home?</p>

<p>How to Handle your Emotions with Friends</p>	<p>CASEL Self-Management: Impulse Control, Stress Management, Self-Discipline</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	<p>Think about dealing with your emotions with friends.</p>	<p>emotions, home, behaviors, strategies, stress management, impulse control, panic</p>	<p>What do you do when your friend hurts your feelings?</p>
<p>Making a Plan to Do Well in School</p>	<p>CASEL Self-Management: Impulse Control, Stress Management, Self-Discipline</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS PILLAR Responsibility, Respect</p>	<p>Think about something you want to get better at in school.</p>	<p>academic success, goal setting, identify goals, classroom goals, subject matter goals</p>	<p>What's something you really wanted, and how did you get it?</p>
<p>Choosing Goals that Help Us Grow</p>	<p>CASEL Self-Management: Goal Setting</p> <p>CARES Self-Control</p>	<p>Set a goal that helps you grow.</p>	<p>setting goals, practicing, self-management, brain development, brain connections, excelling at tasks, improvement, talents, interests</p>	<p>What is something you want to be better at?</p>

Setting Social Goals	CASEL Self-Management: Goal Setting  CARES Self-Control	Set a goal that helps with friends.	accomplish, goal, social, depend, confident, setting goals, practicing, self-management, brain development, brain connections, social goals, building confidence, relationships, friendships, dealing with loneliness and shyness	What does it mean to set a goal?
Finding More Ways You Can Succeed at School	CASEL Self-Management: Goal Setting, Self-Efficacy  CARES Self-Control	Find resources to help you at school.	goal setting, problem solving, succeeding at school, success, practice, grades, improvement, participation, school resources	If you were struggling to answer a question on a classwork assignment, who might you ask to help you, and why?
Finding a Resource in Your Family to Help with a Goal	CASEL Self-Management: Goal Setting, Self-Efficacy  CARES Self-Control	Find resources to help you at home.	family support, family resources, goal setting, identify goals	Have you ever asked a family member to help you with your homework? Explain your experience.
Finding Community Resources to Help You Reach a Goal	CASEL Self-Management: Goal Setting, Self-Efficacy  CARES Self-Control	Find resources to help you in the community.	community resources, goal setting, identify goals	Have you ever visited a local community center or library? Talk about your experience.



Steps for Reaching a Goal	CASEL Self-Management: Goal Setting, Organizational Skills  CARES Self-Control	Do you know the steps to take to reach a goal?	goal, accomplish, success, action steps, small steps, setting goals, planning, self-management, organization	What does it mean to meet a goal?
Short-Term Goals	CASEL Self-Management: Goal Setting, Organizational Skills  CARES Self-Control	Do you know why you should set goals?	self-management, goals, long-term goals, short-term goals, planning skills	What are some things you would like to get done in the next week?
Reach That Goal!	CASEL Self-Management: Goal Setting, Organizational Skills  CARES Self-Control	Learn the steps to reach a short-term goal.	short-term goal, goal, short-term	What is a goal you have worked hard on?
When You Need New Action Steps to Reach Your Goals	CASEL Self-Management: Goal Setting  CARES Self-Control	Think about new steps you can take to reach a goal.	alternative strategies, goal setting, obstacles, reach your goal, action steps	Have you ever known you wouldn't reach a goal unless you changed your plan? What happened?
Find Different Strategies to Reach Your Goals	CASEL Self-Management: Goal Setting,  CARES Self-Control	Think about new choices you make to reach a goal.	alternative strategies, goal setting, obstacles, reach your goal, action steps, expert help, resources	Is there more than one way for someone to reach a goal? How?

Deciding Which Strategy to Choose to Reach a School Goal	CASEL Self-Management: Goal Setting  CARES Self-Control	Choose a different way to reach a goal at school.	alternative strategies, goal setting, obstacles, reach your goal, action steps, expert help, resources	Have you ever had to try different steps to reach a goal? How did you know what to do?
Ways to Get Through Hard Times at Home	CASEL Self-Management: Self-Discipline, Self-Motivation  CARES Self-Control  CHARACTER COUNTS Responsibility	Can you work through hard times at home?	strategies, persevere, challenges	How do you handle a challenge at home?
Managing Setbacks at Home	CASEL Self-Management: Self-Discipline, Self-Motivation  CARES Self-Control  CHARACTER COUNTS Responsibility	Think about setbacks and what causes them at home.	setback, struggle, problem, control, routine, home, focus	What is a problem you have had at home?
How to Work through Challenges at School	CASEL Self-Management: Self-Discipline, Self-Motivation  CARES Self-Control  CHARACTER COUNTS	Can you work through hard times at school?	challenge, stress, strategy, lonely, stronger, fun	Think about a bad day at school. What happened?

	Responsibility			
Managing Setbacks at School	<p>CASEL Self-Management: Self-Discipline, Self-Motivation</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS Responsibility</p>	Think about setbacks and what causes them at school.	setback, struggle, problem, improve	What makes you feel happy at school?
How to Work through Challenges with Friends	<p>CASEL Self-Management: Self-Discipline, Self-Motivation</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS Responsibility</p>	Find ways to handle challenges with friends.	relationship, challenge, stress, strategy, problem, friendship, trust	What's it like to have an argument with a friend?
Making a Plan When Things are Hard	<p>CASEL Self-Management: Self-Discipline, Goal Setting</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS Responsibility</p>	Think about solving a problem and making a plan.	challenge, plan, focus, class	What do you think makes a good plan?

How to See Challenges as a Chance to Grow	<p>CASEL Self-Management: Self-Discipline, Goal Setting</p> <p>CARES Self-Control</p> <p>CHARACTER COUNTS Responsibility</p>	Can you see challenges as a chance to grow?	plan, challenge, problem, decide	Tell about a time you saw something good come out of a hard time.
---	--	---	----------------------------------	---

<b>Social Awareness – 3-5</b>				
<b>Lesson Title</b>	<b>Topic</b>	<b>Description</b>	<b>Key Words</b>	<b>Conversation Starter</b>
Knowing Negative Feelings by How Someone Talks	<p>CASEL Social Awareness: Empathy</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Caring</p>	Can you tell when someone is upset by their words?	verbal, cues, negative, feelings, angry, upset, friend, classmate	What could you say aloud when you are feeling sad?
Knowing Positive Feelings by How Someone Talks	<p>CASEL Social Awareness: Empathy</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR</p>	Can you tell when someone has positive feelings by their words?	verbal, cues, positive, feelings	What do you say aloud when you are feeling surprised?

	Caring			
Knowing Negative Feelings by Nonverbal Cues	<p>CASEL Social Awareness: Empathy</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Caring</p>	Can you tell when someone is upset by their words and actions?	nonverbal cues, negative feelings, frown, disappointed	What do you notice about someone's face when they're angry?
Knowing Positive Feelings by Nonverbal Cues	<p>CASEL Social Awareness: Empathy</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Caring</p>	Can you understand when someone has positive feelings just by looking at them?	nonverbal cues, positive feelings, happy, surprised, excited	What do you notice about someone's face when they're excited?
Identifying Different Viewpoints	<p>CASEL Social Awareness: Empathy, Perspective Taking</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR</p>	Think about how people have different ideas about the same thing.	different, viewpoint, friend, compromise	When was a time you and a family member had a different viewpoint?

	Caring, Respect, Fairness			
Respecting Different Cultural Viewpoints	<p>CASEL Social Awareness: Empathy, Perspective Taking</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Caring, Respect, Fairness</p>	Look for and respect different cultures.	culture, viewpoint, respect, family, holiday	What traditions does your family have?
Respecting Political Views	<p>CASEL Social Awareness: Empathy, Perspective Taking</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Caring, Respect, Fairness</p>	Respect different political ideas.	belief, politics, viewpoint, view, slogan, agree, vote	What might cause people to have different viewpoints about community issues?
How to Respond to Others' Feelings	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy Perspective Taking</p>	Do you show empathy to others?	empathy, respond, feelings, understand	When was the last time you thought a friend didn't understand your feelings?

	<p>CHARACTER COUNTS PILLAR Caring, Respect</p>			
<p>Responding to Your Friends When They're Happy</p>	<p>CASEL Social Awareness: Empathy, Perspective Taking</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Caring, Respect</p>	<p>Respond with empathy to friends when they are happy.</p>	<p>empathy, positive, feelings, happy, excitement, relief</p>	<p>When has a classmate responded to you with empathy?</p>
<p>What to Do When Friends Feel Upset</p>	<p>CASEL Social Awareness: Empathy, Perspective Taking</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Caring</p>	<p>Demonstrate empathetic reactions in response to others' negative feelings</p>	<p>empathy, negative, respond, jealousy, anger, sadness</p>	<p>What do you do when you notice someone feels bad?</p>
<p>Using a Positive Attitude at School</p>	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p>	<p>How having a positive attitude is part of your responsibility at school.</p>	<p>choice, positive attitude, responsibility, negative attitude, participate</p>	<p>What does it mean when someone says, "Every day is a new day?"</p>

	<p>CHARACTER COUNTS PILLAR Caring</p>			
Be a Part of Your Community	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Caring, Citizenship</p>	Think about how you can be a part of your community.	responsibility, participate, teamwork, civic responsibility, local awareness, volunteer, community, working, neighborhood, rural, urban, jobs, improvement, ownership, taking ownership	What communities are you a part of?
How to Be a Helpful Student in Your Classroom	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Citizenship</p>	Think about how you can make your classroom a better place.	citizenship, community	What things make a classroom a nice place to be?
How to Be a Helpful Member of Your School	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Citizenship</p>	Think about how you can make your school a better place.	citizenship, community	Why do you think schools have rules?



<p>How to Help Your Community Be Its Best</p>	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Citizenship</p>	<p>Think about how you can make your community a better place.</p>	<p>community, citizenship, neighborhood, volunteer</p>	<p>What is one thing you like about the neighborhood where you live.</p>
<p>Jobs You Can Do to Help Out in Your Classroom</p>	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Citizenship</p>	<p>A lesson about what you can do to keep your classroom running well</p>	<p>shared space, contributions, responsibility, community, classroom</p>	<p>What would your classroom be like if no one cleaned up after themselves?</p>
<p>Jobs You Can Do to Help out at School</p>	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Citizenship</p>	<p>Can you do things that help your whole school?</p>	<p>shared space, contributions, responsibility, community, school</p>	<p>What would make your school community great?</p>

Ways to Help Out at Home	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Citizenship</p>	Can you do things to help out at home?	home life, family, home contribution	How do you help your family at home?
Find Activities to Help Your Community	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Citizenship</p>	Can you do things to help in your community?	community, help in the community, community help, local community, local, volunteer, service	Who helps to make your community a safe and nice place to live?
How to Find What Your School Needs to Improve	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Citizenship</p>	A lesson that helps you find things in your school that need to be better.	School improvement, make school better, school improvement plan	What do you think would make your school a better place?
How to Develop a Plan to Improve Your School	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES</p>	Make an action plan to make something better at school.	school improvement, make school better, school improvement plan, school improvement	What plans have you made to do something good or exciting for someone else?

	Empathy  CHARACTER COUNTS PILLAR Citizenship		projects, action, leadership	
How to Find What Your Home Needs to Improve	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Citizenship	Find things at home that can be better.	social awareness, respect, compromise, home, family relationships	What are some ways you can respect others in shared spaces?
Making Changes at Home	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Citizenship	Make an action plan to make something better at home.	social awareness, action plan, home, family relationships	What changes do you have the power to make at home?
Why Aren't Positive Stereotypes Good?	CASEL Social Awareness: Appreciating Diversity, Perspective Taking  CARES Empathy  CHARACTER COUNTS PILLAR	Think about positive opinions that may not be true.	social awareness, action plan, home, family relationships	What is something adults think about kids that is nice but not always true?

	Respect			
Those Opinions May Not Be True!	<p>CASEL Social Awareness: Appreciating Diversity, Perspective Taking</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Respect</p>	Think about negative opinions that may not be true.	negative, opinions, true, resist	What can you do when you hear someone say something that isn't true?
How to Tell if What Someone Says is True	<p>CASEL Social Awareness: Appreciating Diversity, Perspective Taking</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Respect</p>	Think about if others are saying the truth.	opinion, true, group, often	How do you know when opinions are true or not?
Learning about Other Cultures	<p>CASEL Social Awareness: Appreciating Diversity, Perspective Taking</p> <p>CARES Empathy</p>	Do you learn about other cultures?	benefit, cultural, activity, participate, music, games, interesting	When have you learned about another culture?

	CHARACTER COUNTS PILLAR Respect			
Different Can Be Great!	CASEL Social Awareness: Appreciating Diversity, Perspective Taking  CARES Empathy  CHARACTER COUNTS PILLAR Respect	Think about how being different can be great.	individual, group, differences, different, complement, interesting	Do you have a friend who has a different culture than you? What is your relationship like?
Being Respectful Online	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Respect	Practice being respectful to people online.	respect, kindness, online, internet	Why do people sometimes act differently online than they do in person?
Showing Respect to Everyone Around You	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Respect	Think about how to show respect to others.	respect, kindness, manners	How does it feel when you are treated with respect?

<p>Understanding How Your Friends Feel</p>	<p>CASEL Social Awareness: Perspective Taking</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Caring, Respect</p>	<p>Notice how your friends feel.</p>	<p>tone of voice, facial expressions, reactions of friends, friendship</p>	<p>What do the different expressions that you have seen on your friends' faces mean?</p>
<p>Looking For Reactions at School</p>	<p>CASEL Social Awareness: Perspective Taking</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Caring</p>	<p>Watch for body language at school.</p>	<p>body language, classmates' interaction, reading body language at school</p>	<p>How does your body show what you are feeling?</p>
<p>Accepting Different Families</p>	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES Empathy</p> <p>CHARACTER COUNTS PILLAR Respect</p>	<p>Learn about the differences in families.</p>	<p>culture, practice, norms, respect</p>	<p>What is something your friend's family does that you and your family don't do?</p>
<p>Celebrating Your Family's Culture</p>	<p>CASEL Social Awareness: Respect for Others</p> <p>CARES</p>	<p>Think about the ways that your family is different from others.</p>	<p>culture, practice, norms, respect</p>	<p>What is something your family does that your friends' families don't do?</p>

	Empathy  CHARACTER COUNTS PILLAR Respect			
It's Just Different!	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Respect	Accept other cultures' ways of doing everyday things.	culture, custom, accept, vary	How are you different from people in your life? How are you similar to people in your life?
Different Groups, Different Norms	CASEL Social Awareness: Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Respect	Accept how different groups say and do things.	norms, observe, adjust, social	Have you noticed people acting differently with different groups?
Understanding the Need for Privacy	CASEL Social Awareness: Respect for Others, Perspective-Taking  CARES Empathy  CHARACTER COUNTS PILLAR	Think about how everyone needs privacy.	conversation, privacy, respect, safety, relationships	What's it like when someone wants to talk, but you don't want to?

	Respect			
Understanding Boundaries	CASEL Social Awareness: Perspective-Taking, Respect for Others  CARES Empathy  CHARACTER COUNTS PILLAR Respect	Think about boundaries that people have.	boundary, privacy, respect, safety, relationships	What should you do when someone tells you "no" or "stop"? Why?

<b>Relationship Skills – 3-5</b>				
Lesson Title	Topic	Description	Key words	Conversation Starter
How to Work Together and Use Good Listening Skills	CASEL Relationship Skills: Communication  CARES Cooperation  CHARACTER COUNTS PILLAR Fairness	Use good listening skills to help you work with others.	communication, social skills, listening skills, active listening	Which do you like better – working by yourself or working with a team?



<p>How Listening Helps You Be a Good Friend</p>	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Fairness</p>	<p>Use listening skills to be a good friend.</p>	<p>communication, social skills, listening skills, active listening</p>	<p>How do you show friends that you care?</p>
<p>How Talking and Listening Helps Teamwork</p>	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Fairness</p>	<p>Use active listening skills to help with teamwork.</p>	<p>communication, social skills, listening skills, active listening</p>	<p>What happens when teams don't work together?</p>
<p>How Talking and Listening Helps You Connect with Others</p>	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Fairness</p>	<p>Use your listening skills to show others you care.</p>	<p>communication, social skills, listening skills, active listening</p>	<p>Do you like to talk more or listen more?</p>

Learn How to Give Feedback to Family	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Caring</p>	Give feedback respectfully at home.	feedback, give feedback, give feedback at home, give respectful feedback, respectful	Have you ever had to tell someone at home about a thing they do that bothers you? What happened?
Learn How to Receive Feedback from Family	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Caring</p>	Listen to feedback you get at home.	feedback, receive feedback, receive feedback at home, receive respectful feedback, respectful	When someone at home gives you feedback, how does this make you feel?
Learn How to Give Feedback at School	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Caring</p>	Give feedback respectfully at school.	feedback, give feedback, give feedback at school, give respectful feedback, respectful	What are some situations that we give each other feedback in school?

<p>Learn How to Receive Feedback at School</p>	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Caring</p>	<p>Listen to feedback you get at school.</p>	<p>feedback, receive feedback, receive feedback at school, receive respectful feedback, respectful</p>	<p>When someone at school has to give you feedback, what do you like the person to do?</p>
<p>Learn How to Receive Feedback from Friends</p>	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Caring</p>	<p>Listen to feedback you get from friends.</p>	<p>feedback, receive feedback, receive feedback from friends, receive respectful feedback, respectful</p>	<p>Tell about a time that a friend gave you feedback and you reacted in a nice way?</p>
<p>Using Technology to Communicate with Words</p>	<p>CASEL Relationship Skills: Communication, Social Engagement</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect</p>	<p>Think about how technology can help or hurt communication with words.</p>	<p>conversation, technology, video, company, social media, digital media, interactions, relationships, friendships, social skills, bullying, online</p>	<p>What is it like to use a computer or phone to talk to someone?</p>

<p>Using Technology to Communicate Without Words</p>	<p>CASEL Relationship Skills: Communication, Social Engagement</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect</p>	<p>Think about how technology can help or hurt communication without words.</p>	<p>conversation, technology, video, company, social media, digital media, interactions, relationships, friendships, social skills, bullying, online</p>	<p>What's it like to use a computer or phone to communicate with someone when you can't see them?</p>
<p>Good and Bad Things about Talking with Others Online</p>	<p>CASEL Relationship Skills: Communication, Social Engagement</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect</p>	<p>Think about what can happen when you communicate online.</p>	<p>online, chat, message, social media, digital media, interactions, relationships, friendships, social skills, bullying, online, technology, video</p>	<p>How have you kept in touch with a friend or family member online?</p>
<p>Feeling Part of the Work Group Team</p>	<p>CASEL Relationship Skills: Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Fairness</p>	<p>Think about helping others feel like they belong.</p>	<p>belonging, belong, task</p>	<p>What do you like about working in groups?</p>

Part of the Team!	<p>CASEL Relationship Skills: Relationship Building</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Fairness</p>	Do you know how to make everyone feel a part of the group?	belonging, attitude, valued	What is the best part of being on a team or in a club?
Helping a New Kid	<p>CASEL Relationship Skills: Relationship Building</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect</p>	Can you help new people feel welcome?	belonging, situation, comfortable	What makes you feel comfortable in new situations?
Including People You Don't Know Well	<p>CASEL Relationship Skills: Relationship Building, Social Engagement</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect</p>	Include others in your groups.	ignore, include, eye contact, conversation, right, inclusivity, bullying, relationships, equality, fairness, fair	What does it mean to make eye contact with someone?

<p>Working With New People Wherever You Are</p>	<p>CASEL Relationship Skills: Relationship Building, Social Engagement</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Citizenship</p>	<p>Think about being polite in the community.</p>	<p>awkward, polite, apologize, conversation, inclusivity, bullying, relationships, equality, fairness, fair, teamwork, working together</p>	<p>What’s it like to talk with someone you don’t know?</p>
<p>How Others Can Pull You Down as a Student</p>	<p>CASEL Relationship Skills: Relationship Building, Social Engagement</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Citizenship</p>	<p>Think about negative peer pressure at school.</p>	<p>influence, impact, peer pressure, school</p>	<p>How did your friends become your friends? Did you choose them?</p>
<p>Getting Along with Others at Home</p>	<p>CASEL Relationship Skills: Relationship Building, Social Engagement, Teamwork</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Responsibility, Fairness</p>	<p>Think about how to get along with people at home.</p>	<p>disagreement, conflict, conflict resolution, family</p>	<p>Have you ever heard someone say, “They were fighting like cats and dogs?” What do you think that means?</p>

<p>How to Stop Conflict at School</p>	<p>CASEL Relationship Skills: Relationship Building, Social Engagement, Teamwork</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Responsibility, Fairness</p>	<p>Think about how to stop disagreements at school.</p>	<p>calm, strategy, conflict resolution skills, manage disagreements, maintain personal safety, conflict management, safe relationships, domestic violence, intimidation, disputes, debates, resolve, problem, solution, friendships, family</p>	<p>What might cause a disagreement at school?</p>
<p>Preventing Conflict with Your Friends</p>	<p>CASEL Relationship Skills: Relationship Building, Social Engagement, Teamwork</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Responsibility, Fairness</p>	<p>Think about how to stop disagreements with friends.</p>	<p>conflict, misunderstood, frustrated, respect</p>	<p>What's it like to try to explain something important, but no one understands?</p>

<p>Which Conflict Resolution Skills Help in a Disagreement</p>	<p>CASEL Relationship Skills: Relationship Building, Social Engagement, Teamwork</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Responsibility, Fairness</p>	<p>Think about steps that help during a disagreement.</p>	<p>conflict resolution, disagreements, steps of conflict resolution, conflict management, personal safety</p>	<p>What is one way to solve a disagreement you have with someone?</p>
<p>How to Compromise at Home</p>	<p>CASEL Relationship Skills: Teamwork, Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Responsibility, Fairness</p>	<p>Can you make compromises at home?</p>	<p>compromise, disagreements, steps of conflict resolution, conflict management, compromise</p>	<p>When have you had to make a compromise at home in order to end an argument with a family member?</p>
<p>How to Reach a Compromise at School</p>	<p>CASEL Relationship Skills: Teamwork, Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR</p>	<p>Can you make compromises at school?</p>	<p>compromise, disagreements, steps of conflict resolution, conflict management, compromise</p>	<p>Have you ever had a disagreement with a friend at school? Did you solve the disagreement? How did you do it?</p>



	Respect, Responsibility, Fairness			
How to Compromise with Friends	<p>CASEL Relationship Skills: Teamwork, Communication</p> <p>CARES Cooperation</p> <p>CHARACTER COUNTS PILLAR Respect, Responsibility, Fairness</p>	Can you make compromises with friends?	compromise, disagreements, steps of conflict resolution, conflict management, compromise	Have you ever had a disagreement or conflict with a friend? What did you do?

Responsible Decision-Making – 3-5				
Lesson Title	Topic	Description	Key Words	Conversation Starter
Different Ways to Look at Problems	<p>CASEL Responsible Decision-Making: Analyzing Situations, Solving Problems</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Think about the many ideas about how to solve one problem.	perspective, problem, decision, option	What do you do when you have a lot of choices?

<p>Make a Calm Decision</p>	<p>CASEL Responsible Decision-Making: Analyzing Situations, Solving Problems</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>Think about the many ways to solve one problem.</p>	<p>decision, respond, problem, challenge</p>	<p>How does the word “problem” make you feel?</p>
<p>Valuing the Point of View of Others</p>	<p>CASEL Responsible Decision-Making: Analyzing Situations, Solving Problems</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility, Fairness</p>	<p>Understand that everyone's opinion is important.</p>	<p>perspective, point of view, decision, art form</p>	<p>How do you make decisions when you are in a group?</p>
<p>Six Questions to Make a Decision</p>	<p>CASEL Responsible Decision-Making: Solving Problems, Analyzing Situations</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR</p>	<p>Do you know the steps to make a good decision?</p>	<p>decision, affect, involve</p>	<p>How do you make a decision?</p>

	Responsibility			
Understanding How Problems Make You Feel	<p>CASEL Responsible Decision-Making: Solving Problems</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Think about how your body feels when you have a problem.	solution, strategy, nervous, trust	What are problems someone could have at home?
Using Problem-Solving Strategies at School	<p>CASEL Responsible Decision-Making: Solving Problems,</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Think about ways to solve a problem at school.	problem-solving strategies, actions, decisions, bother, solution, problem, interpersonal, relationships, school, bullying	What is a problem someone could have at school?
Using Problem-Solving Strategies with Friends	<p>CASEL Responsible Decision-Making: Solving Problems,</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Think about ways to solve a problem with friends.	problem-solving strategy, actions, decision	How do you feel when you have a problem with a friend?

<p>How Feelings Can Get in Your Way at School</p>	<p>CASEL Responsible Decision-Making: Analyzing Situations, Reflection</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>Do you have big feelings that make it hard to make good choices at school?</p>	<p>feelings, emotions, decision-making</p>	<p>What things do you do to help you calm down when you're upset?</p>
<p>How Feelings Can Get in the Way at Home</p>	<p>CASEL Responsible Decision-Making: Analyzing Situations, Reflecting</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>Do you have big feelings that make it hard to make good choices at home?</p>	<p>feelings, emotions, decision-making</p>	<p>What do you do when you feel sad?</p>
<p>Things that Get in the Way of Being Your Best Self</p>	<p>CASEL Responsible Decision-Making: Analyzing Situations, Reflecting</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	<p>Think about things that get in the way of making good choices.</p>	<p>feelings, emotions, decision-making</p>	<p>When is it easy to make good choices? When is it hard to make good choices?</p>

Finding Help at Home	CASEL Responsible Decision-Making: Analyzing Situations, Reflection  CARES Responsibility	Do you know how to find help at home?	situation, adult, trust, neighbor, problem-solving, support, family, help, assistance, danger	What is a problem someone could have at home?
Finding Help at School	CASEL Responsible Decision-Making: Evaluating  CARES Responsibility	Do you know how to find help at school?	emergency, trust, nurse, librarian, counselor, adult, help, assistance, reliable, danger, safety	What did you do when you faced a problem at school?
How to Find an Adult to Help with Decisions in Your Community	CASEL Responsible Decision-Making: Evaluating  CARES Responsibility	Do you know how to find help in your community?	reliable, source, community, adults in the community, community resources	Who are some adults in your community who can help kids make decisions?
Everyone Has Rights at School	CASEL Responsible Decision-Making: Ethical Responsibility  CARES Responsibility  CHARACTER COUNTS PILLAR Citizenship, Respect	Respect your rights and the rights of others at school.	respect, right, permission	What are your rights at school?
All Friends Have Rights	CASEL Responsible Decision-Making: Ethical Responsibility	Respect your rights and your friends' rights.	respect, right, permission	What is a right?

	<p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Citizenship, Respect</p>			
Respect Other's Rights	<p>CASEL Responsible Decision-Making: Ethical Responsibility</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Citizenship</p>	Respect the rights of people in the community.	respect, right, identity, property	What does it mean to respect someone's rights?
Making Decisions in a Group	<p>CASEL Responsible Decision-Making: Evaluating, Ethical Responsibility</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Fairness</p>	Think about how to compromise with a group to make a decision.	decision, perspectives, compromise, working with others, community	Share a time when you had to make a decision for a group.
Listening to Perspectives	<p>CASEL Responsible Decision-Making: Evaluating, Ethical Responsibility</p> <p>CARES Responsibility</p>	Recognize that people in a group have their own perspectives and viewpoints.	perspective, point of view, standpoint, viewpoint, opinions, speaking up	If you are sitting by the door of your classroom, what do you see? How would your view change if you were sitting by the window?

	CHARACTER COUNTS PILLAR Fairness			
Getting Opinions and Information from a Group	CASEL Responsible Decision-Making: Evaluating, Ethical Responsibility  CARES Responsibility  CHARACTER COUNTS PILLAR Fairness	Learn to hear different perspectives and information from group members and decide what to do.	choices, perspectives, information, listen	What do you do when you think something different than your friend?
Learning and Growing with Family	CASEL Responsible Decision-Making: Ethical Responsibility  CARES Responsibility  CHARACTER COUNTS PILLAR Fairness	Be open to new things at home.	opportunity, bravery, courage, experience, family, home	What's your favorite way to spend time with your family?
Learning and Growing with Friends	CASEL Responsible Decision-Making: Ethical Responsibility  CARES Responsibility	Be open to new things with friends.	opportunity, bravery, courage, experience	Name some ways you and a friend are different from each other.

	CHARACTER COUNTS PILLAR Fairness			
Something is Different at Home	CASEL Responsible Decision-Making: Evaluating, Ethical Responsibility  CARES Responsibility  CHARACTER COUNTS PILLAR Responsibility	Do you know what to do when something really different happens at home?	unfamiliar, situation, uncomfortable, familiar	How do you react to new things in your life?
Dealing with Transitions at School	CASEL Responsible Decision-Making: Ethical Responsibility  CARES Responsibility  CHARACTER COUNTS PILLAR Responsibility	Think about how to handle change at school.	transition, change, interrupt, strategies, calm	What kinds of changes do you make at school?
Managing Transitions in Life	CASEL Responsible Decision-Making: Ethical Responsibility  CARES Responsibility  CHARACTER COUNTS PILLAR	Think about how to handle change in your life.	transition, interrupt, change, ease, comfort, stress management	What kinds of changes have you made in your life?



	Responsibility			
When Schoolwork is Hard	<p>CASEL Responsible Decision-Making: Ethical Responsibility</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Think about steps you can take when school is hard.	challenging, schoolwork, study groups	What do you do when you don't understand something in school?
Facing Challenging Group Work at School	<p>CASEL Responsible Decision-Making: Ethical Responsibility</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Do you know what to do when you work with a difficult group at school?	situations, group work, strategies, positive self-talk, overcoming challenges	What makes it sometimes hard to work in a group?
Facing Changes at School	<p>CASEL Responsible Decision-Making: Ethical Responsibility</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Do you know what to do when your responsibilities change at school?	changes, strategies, positive self-talk, overcoming challenges, responsibilities, adapt	How can your responsibilities change at school?

Facing Changes in Life	<p>CASEL Responsible Decision-Making: Ethical Responsibility</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Think about what to do when your responsibilities change.	changes, strategies, positive self-talk, overcoming challenges, responsibilities, adapt	What does it mean to be responsible for something at home, like washing the dishes?
Stay YOU!	<p>CASEL Responsible Decision-Making</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Think about what to do in a difficult situation.	challenging, situations, comfortable, social	What do you do when you go to a new place and you don't know anyone?
Online Situations	<p>CASEL Responsible Decision-Making: Ethical Responsibility</p> <p>CARES Responsibility</p> <p>CHARACTER COUNTS PILLAR Responsibility</p>	Think about what to do in a difficult situation online.	challenging, situation, comfortable, social media, post, block	What do you know about being respectful online?

## Diagonostic Result Recommendations – Grades K-2

K-2	
Self-Awareness	
Diagnostic Result	Activity
<b>Very Challenging</b>	<ul style="list-style-type: none"> <li>• How Do You Feel at Home</li> <li>• How Do You Feel at School</li> <li>• How Do You Feel with Friends</li> </ul>
<b>Challenging</b>	<ul style="list-style-type: none"> <li>• Your Interests at School</li> <li>• Your Social Interests</li> <li>• Your Personal Qualities at School</li> <li>• What Makes You Who You Are?</li> </ul>
<b>Easy</b>	<ul style="list-style-type: none"> <li>• What Tasks Do You Need Help With?</li> <li>• What Situations Do You Need Help With?</li> <li>• How To Get Help with Skills</li> </ul>
<b>Very Easy</b>	<ul style="list-style-type: none"> <li>• Using Positive Self-Talk</li> <li>• Choosing a Positive Attitude</li> <li>• Speaking Up for What You Need at School</li> <li>• Speaking Up for What You Need with Friends</li> </ul>

K-2	
Self-Management	

Diagnostic Result	Activity
<b>Very Challenging</b>	<ul style="list-style-type: none"> <li>• Positive Behaviors</li> <li>• Negative Behaviors</li> <li>• Positive Reactions</li> <li>• Negative Reactions</li> </ul>
<b>Challenging</b>	<ul style="list-style-type: none"> <li>• How to Be in Charge of Your Emotions at Home</li> <li>• Managing Your Emotions at School</li> <li>• Managing Your Emotions with Friends</li> </ul>
<b>Easy</b>	<ul style="list-style-type: none"> <li>• Reaching a Goal</li> <li>• Short-Term Goals</li> <li>• How to Take Steps Toward a Goal</li> </ul>
<b>Very Easy</b>	<ul style="list-style-type: none"> <li>• Improving Skills Through Practice</li> <li>• How Practice Can Help Solve Problems</li> <li>• How to See Problems as a Chance to Grow</li> <li>• How to See Situations as a Change to Grow</li> </ul>

**K-2**

**Social Awareness**

Diagnostic Result	Activity
<b>Very Challenging</b>	<ul style="list-style-type: none"> <li>• How Your Face Shows Feelings</li> <li>• How to Know Good Feelings on a Person’s Face</li> <li>• How to See People’s Upset Feelings by Their Bodies</li> <li>• How to See People’s Good Feelings by Their Bodies</li> </ul>
<b>Challenging</b>	<ul style="list-style-type: none"> <li>• The Rules Are for Everybody at School</li> <li>• Learning to Spot Classroom Rules</li> <li>• Following Rules to Help Others Stay Safe and Have Fun</li> </ul>
<b>Easy</b>	<ul style="list-style-type: none"> <li>• People Are Alike</li> <li>• People Are Different</li> </ul>

	<ul style="list-style-type: none"> <li>• People Are Alike and Different</li> </ul>
<b>Very Easy</b>	<ul style="list-style-type: none"> <li>• How To Tell When Someone at School Feels Good</li> <li>• How to Tell When Someone at Home Feels Good</li> <li>• How to Tell When a Friend Feels Good</li> </ul>

K-2	
Relationship Skills	
Diagnostic Result	Activity
<b>Very Challenging</b>	<ul style="list-style-type: none"> <li>• Being an Active Listener</li> <li>• Communicating with Others at School</li> <li>• How to Talk and Listen to Friends</li> </ul>
<b>Challenging</b>	<ul style="list-style-type: none"> <li>• Getting to Know You</li> <li>• Join In!</li> <li>• Helping People Hurt by Unkind Words</li> </ul>
<b>Easy</b>	<ul style="list-style-type: none"> <li>• How People Can Help or Hurt Each Other</li> <li>• Not Getting Along with Others at School</li> <li>• Calming Down in a Fight</li> </ul>
<b>Very Easy</b>	<ul style="list-style-type: none"> <li>• Knowing What Other People at Home Think</li> <li>• Knowing What Other People Think About Things at School</li> <li>• Knowing What Your Friends Think About Something</li> </ul>

K-2	
Responsible Decision-Making	
Diagnostic Result	Activity
<b>Very Challenging</b>	<ul style="list-style-type: none"> <li>• Lots of Ways to React</li> <li>• Keep Calm</li> </ul>

	<ul style="list-style-type: none"> <li>• Make a Plan</li> </ul>
<b>Challenging</b>	<ul style="list-style-type: none"> <li>• Staying Calm When Something Goes Wrong at School</li> <li>• How Thinking Helps You Be Your Best at School</li> <li>• Making Good Choices at School</li> </ul>
<b>Easy</b>	<ul style="list-style-type: none"> <li>• How Your Actions Impact Others at Home</li> <li>• Impacting Others at School</li> <li>• How Your Actions Impact Your Friends</li> </ul>
<b>Very Easy</b>	<ul style="list-style-type: none"> <li>• Changes at School</li> <li>• Change is Good!</li> <li>• Easy Changes, Hard Changes</li> <li>• Change Will Happen</li> </ul>

## Diagonostic Result Recommendations – Grades 3-5

<b>3-5</b>	
<b>Self-Awareness</b>	
Diagnostic Result	Activity
<b>Very Challenging</b>	<ul style="list-style-type: none"> <li>• Figuring Out How You Feel at Home</li> <li>• Figuring Out How You Feel at School</li> <li>• Figuring Out How You Feel with Friends</li> </ul>
<b>Challenging</b>	<ul style="list-style-type: none"> <li>• Thinking About Interests and Personal Strengths</li> <li>• Using Qualities to Identify Personal Strengths</li> <li>• Working on the Grow-Up Machine</li> </ul>
<b>Easy</b>	<ul style="list-style-type: none"> <li>• Asking a Trusted Adult to Help with Schoolwork</li> <li>• Asking a Trusted Adult for Support in Social Situations</li> </ul>

	<ul style="list-style-type: none"> <li>• A Trusted Adult Can Give Emotional Support</li> </ul>
Very Easy	<ul style="list-style-type: none"> <li>• Your Choices and Behaviors Affect You at School</li> <li>• Your Choices and Behaviors Affect Others at School</li> <li>• Your Choices and Behaviors Affect You and Your Friends</li> <li>• Your Choices and Behaviors Affect Others at Home</li> </ul>

3-5	
Self-Management	
Diagnostic Result	Activity
Very Challenging	<ul style="list-style-type: none"> <li>• How You Can Control Your Emotions at Home</li> <li>• Using Self-Talk to Overcome Problems at School</li> <li>• Communicating Clearly to Friends</li> </ul>
Challenging	<ul style="list-style-type: none"> <li>• Making a Plan to Do Well in School</li> <li>• Choosing Goals That Help Us Grow</li> <li>• Setting Social Goals</li> </ul>
Easy	<ul style="list-style-type: none"> <li>• Ways to Get Through Hard Times at Home</li> <li>• How To Work Through Challenges at School</li> <li>• How to Work Through Challenges with Friends</li> </ul>
Very Easy	<ul style="list-style-type: none"> <li>• Making a Plan When Things are Hard</li> <li>• Making a Plan When Something Slows You Down</li> <li>• How to See Challenges as a Chance to Grow</li> </ul>

3-5	
Social Awareness	
Diagnostic Result	Activity

<b>Very Challenging</b>	<ul style="list-style-type: none"> <li>• Knowing Negative Feelings by How Someone Talks</li> <li>• Knowing Positive Feelings by How Someone Talks</li> <li>• Knowing Negative Feelings by Nonverbal Cues</li> <li>• Knowing Positive Feelings by Nonverbal Cues</li> </ul>
<b>Challenging</b>	<ul style="list-style-type: none"> <li>• Using a Positive Attitude at School</li> <li>• Be a Part of Your Community</li> <li>• How to Be a Helpful Student in Your Classroom</li> </ul>
<b>Easy</b>	<ul style="list-style-type: none"> <li>• The Problem with Positive Stereotypes</li> <li>• Those Opinions May Not Be True!</li> <li>• How to Tell if What Someone Says is True</li> </ul>
<b>Very Easy</b>	<ul style="list-style-type: none"> <li>• Understanding How People Feel at Home</li> <li>• Understanding How People Feel at School</li> <li>• Understanding How Your Friends Feel</li> </ul>

3-5	
Relationship Skills	
Diagnostic Result	Activity
<b>Very Challenging</b>	<ul style="list-style-type: none"> <li>• How to Work Together and Use Good Listening Skills</li> <li>• How Listening Helps You Be a Good Friend</li> <li>• How Talking and Listening Helps Teamwork</li> <li>• How Talking and Listening Helps You Connect with Others</li> </ul>
<b>Challenging</b>	<ul style="list-style-type: none"> <li>• Using Technology to Communicate with Words</li> <li>• Using Technology to Communicate Without Words</li> <li>• Good and Bad Things about Talking with Others Online</li> </ul>
<b>Easy</b>	<ul style="list-style-type: none"> <li>• Including Everyone at School</li> <li>• Including People You Don't Know Well</li> </ul>



	<ul style="list-style-type: none"> <li>• Working With New People Wherever You Are</li> </ul>
Very Easy	<ul style="list-style-type: none"> <li>• Use Conflict Resolution to Help You with Disagreements</li> <li>• Use Conflict Resolution to Stay Safe in a Disagreement</li> <li>• Which Conflict Resolution Skills Help in a Disagreement</li> </ul>

3-5	
Responsible Decision-Making	
Diagnostic Result	Activity
Very Challenging	<ul style="list-style-type: none"> <li>• Different Ways to Look at Problems</li> <li>• Make a Calm Decision</li> <li>• Valuing the Point of View of Others</li> <li>• Six Questions to Make a Decision</li> </ul>
Challenging	<ul style="list-style-type: none"> <li>• How Feelings Can Get in Your Way at School</li> <li>• How Feelings Can Get in the Way at Home</li> <li>• Things that Get in the Way of Being Your Best Self</li> </ul>
Easy	<ul style="list-style-type: none"> <li>• Safety Practices</li> <li>• Guides to Safe Actions</li> <li>• Making Risky Choices</li> </ul>
Very Easy	<ul style="list-style-type: none"> <li>• Something is Different at Home</li> <li>• When School Feels Different</li> <li>• Experiencing New Situations with Friends</li> </ul>