



SHORT SCOPE AND SEQUENCE

Social-Emotional Learning for Early Learning-Grade 8

Early Learning

Unit 1

Skills for Learning

1. Welcoming
2. Listening
3. Focusing Attention
4. Self-Talk
5. Following Directions
6. Asking for What You Need or Want

Unit 2

Empathy

7. Identifying Feelings (happy, sad)
8. More Feelings (surprised, scared)
9. Identifying Anger
10. Same or Different Feelings
11. Accidents
12. Caring and Helping

Unit 3

Emotion Management

13. We Feel Feelings in Our Bodies (worried)
14. Strong Feelings (frustrated)
15. Naming Feelings
16. Managing Disappointment
17. Managing Anger
18. Managing Waiting

Unit 4

Friendship Skills and Problem-Solving

19. Fair Ways to Play (play together, trade, take turns)
20. Having Fun with Friends
21. Inviting to Play
22. Joining In with Play
23. Saying the Problem
24. Thinking of Solutions
25. Speaking Assertively

Unit 5

Transitioning to Kindergarten

26. Learning in Kindergarten
27. Riding the Kindergarten Bus
28. Making New Friends in Kindergarten

Kindergarten

Unit 1

Skills for Learning

1. Learning to Listen
2. Focusing Attention
3. Following Directions
4. Self-Talk for Staying on Task
5. Being Assertive

Unit 2

Empathy

6. Feelings
7. More Feelings
8. Identifying Anger
9. Same or Different?
10. Accidents
11. Caring and Helping

Unit 3

Emotion Management

12. We Feel Feelings in Our Bodies
13. Managing Frustration
14. Calming Down Strong Feelings
15. Handling Waiting
16. Managing Anger
17. Managing Disappointment
18. Handling Being Knocked Down

Unit 4

Problem-Solving

19. Solving Problems
20. Inviting to Play
21. Fair Ways to Play
22. Having Fun with Our Friends
23. Handling Having Things Taken Away
24. Handling Name-Calling
25. Reviewing Second Step® Skills

Grade 1

Unit 1

Skills for Learning

1. Listening to Learn
2. Focusing Attention
3. Following Directions
4. Self-Talk for Learning
5. Being Assertive

Unit 2

Empathy

6. Identifying Feelings
7. Looking for More Clues
8. Similarities and Differences
9. Feelings Change
10. Accidents
11. Showing Care and Concern

Unit 3

Emotion Management

12. Identifying Our Own Feelings
13. Strong Feelings
14. Calming Down Anger
15. Self-Talk for Calming Down
16. Managing Worry

Unit 4

Problem-Solving

17. Solving Problems, Part 1
18. Solving Problems, Part 2
19. Fair Ways to Play
20. Inviting to Join In
21. Handling Name-Calling
22. Reviewing Second Step® Skills

Grade 2

Unit 1

Skills for Learning

1. Being Respectful
2. Focusing Attention and Listening
3. Using Self-Talk
4. Being Assertive

Unit 2

Empathy

5. Identifying Feelings
6. Learning More About Feelings
7. Feeling Confident
8. Respecting Different Preferences
9. Showing Compassion
10. Predicting Feelings

Unit 3

Emotion Management

11. Introducing Emotion Management
12. Managing Embarrassment
13. Handling Making Mistakes
14. Managing Anxious Feelings
15. Managing Anger
16. Finishing Tasks

Unit 4

Problem-Solving

17. Solving Problems, Part 1
18. Solving Problems, Part 2
19. Taking Responsibility
20. Responding to Playground Exclusion
21. Playing Fairly on the Playground
22. Reviewing Second Step Skills

Grade 3

Unit 1

Skills for Learning

1. Being Respectful Learners
2. Using Self-Talk
3. Being Assertive
4. Planning to Learn

Unit 2

Empathy

5. Identifying Others' Feelings
6. Understanding Perspectives
7. Conflicting Feelings
8. Accepting Differences
9. Showing Compassion
10. Making Friends

Unit 3

Emotion Management

11. Introducing Emotion Management
12. Managing Test Anxiety
13. Handling Accusations
14. Managing Disappointment
15. Managing Anger
16. Managing Hurt Feelings

Unit 4

Problem-Solving

17. Solving Problems, Part 1
18. Solving Problems, Part 2
19. Solving Classroom Problems
20. Solving Peer-Exclusion Problems
21. Dealing with Negative Peer Pressure
22. Reviewing Second Step® Skills

Grade 4

Unit 1

Empathy and Skills for Learning

1. Empathy and Respect
2. Listening with Attention
3. Being Assertive
4. Respecting Similarities and Differences
5. Understanding Complex Feelings
6. Understanding Different Perspectives
7. Conversation and Compliments
8. Joining In
9. Showing Compassion

Unit 2

Emotion Management

10. Introducing Emotion Management
11. Managing Strong Feelings
12. Calming Down Anger
13. Managing Anxiety
14. Avoiding Jumping to Conclusions
15. Handling Put-Downs

Unit 3

Problem-Solving

16. Solving Problems, Part 1
17. Solving Problems, Part 2
18. Making a Plan
19. Solving Playground Problems
20. Taking Responsibility for Your Actions
21. Dealing with Peer Pressure
22. Reviewing Second Step Skills

Grade 5

Unit 1

Empathy and Skills for Learning

1. Empathy and Respect
2. Listening with Attention
3. Being Assertive
4. Predicting Feelings
5. Taking Others' Perspectives
6. Accepting Differences
7. Disagreeing Respectfully
8. Responding with Compassion

Unit 2

Emotion Management

9. Introducing Emotion Management
10. Calming Down
11. Managing Anxiety
12. Managing Frustration
13. Resisting Revenge
14. Handling Put-Downs
15. Avoiding Assumptions

Unit 3

Problem-Solving

16. Solving Problems, Part 1
17. Solving Problems, Part 2
18. Making a Plan
19. Seeking Help
20. Dealing with Gossip
21. Dealing with Peer Pressure
22. Reviewing Second Step® Skills

Grade 6

Unit 1

Mindsets & Goals

- 1A. Starting Middle School
- 1B. Helping New Students
2. How to Grow Your Brain
3. Trying New Strategies
4. Making Goals Specific
5. Breaking Down Your Goals
6. Monitoring Your Progress
7. Bringing It All Together

Unit 2

Recognizing Bullying & Harassment

8. Common Types of Bullying
9. Recognizing Bullying
10. Responding to Cyberbullying
11. How to Be an Upstander
12. Standing Up and Staying Safe
13. Raising Awareness About Bullying

Unit 3

Thoughts, Emotions, & Decisions

14. What Emotions Tell You
15. Emotions and Your Brain
16. How Emotions Affect Your Decisions
17. Managing Your Emotions
18. What Works Best for You?
19. Raising Awareness About Managing Emotions

Unit 4

Managing Relationships & Social Conflict

20. We're Changing
21. Why Conflicts Escalate
22. Considering Multiple Perspectives
23. Respectful Communication
24. Resolving Challenging Conflicts
25. Making Amends
26. Conflict Solvers

Grade 7

Unit 1

Mindsets & Goals

- 1A. Starting Middle School
- 1B. Helping New Students
2. Creating New Pathways in Your Brain
3. Learning from Mistakes and Failure
4. Identifying Roadblocks
5. Overcoming Roadblocks 1
6. Overcoming Roadblocks 2
7. Advice on Roadblocks

Unit 2

Recognizing Bullying & Harassment

8. What Is Harassment?
9. What Is Sexual Harassment?
10. The Effects of Sexual Harassment
11. Gender-Based Harassment
12. Our Rights and Responsibilities
13. Preventing Harassment

Unit 3

Thoughts, Emotions, & Decisions

14. Emotions Matter
15. Feel, Think, Do
16. Unhelpful Thoughts
17. Reframing Unhelpful Thoughts
18. Practicing Positive Self-Talk
19. Making Better Decisions

Unit 4

Managing Relationships & Social Conflict

20. What Makes a Conflict Escalate?
21. Keeping Your Cool in a Conflict
22. Conflicts and Perspectives
23. Resolving Conflict Part 1
24. Resolving Conflict Part 2
25. Taking Responsibility for Your Actions
26. Tips for Resolving Conflicts

Grade 8

Unit 1

Mindsets & Goals

1. Welcome!
2. Who Am I?
My Identity
3. My Interests and Strengths
4. Harnessing My Strengths
5. Pursuing My Interests
6. My Future Self
7. My Path Forward

Unit 2

Recognizing Bullying & Harassment

8. Understanding Bullying
9. Social Factors that Contribute to Bullying
10. Environmental Factors that Contribute to Bullying
11. Speak Up and Start a Movement
12. Be Inclusive and Change Policies
13. Stand Up for Change!

Unit 3

Thoughts, Emotions, & Decisions

14. Understanding Stress and Anxiety
15. Where Does Stress Come From?
16. Can Stress Help You Grow?
17. Strategies for Managing Stress
18. Changing Strategies and Getting Help
19. My Stress-Management Plan

Unit 4

Managing Relationships & Social Conflict

20. My Values
21. Values and Relationships
22. Recognizing Others' Perspectives
23. Finding the Best Solution
24. Making Things Right
25. Unhealthy Relationships
26. Guide to Healthy Relationships
27. High School Challenges