

Grade 3

| Unit 1: My Community and Me | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: We Care and It Shows | Participating in making Shared Agreements helps children work together to develop a kind, caring, and respectful classroom community. | <ul style="list-style-type: none"> Participate in making Shared Agreements. | CASEL 5: Relationship Skills Skills: Practicing teamwork, Developing positive relationships |
| Lesson 2: Together We Can Do It | When children cooperate and fulfill their roles and responsibilities, all group members can accomplish their goals successfully. | <ul style="list-style-type: none"> Learn about group guidelines and cooperating in groups. Cooperate and use group roles. | CASEL 5: Relationship Skills Skills: Working cooperatively, Building relationships |
| Lesson 3: We Are Valuable | Developing an understanding of what values are and identifying their personal values helps children begin to appreciate and respect personal and community values. | <ul style="list-style-type: none"> Explore the meaning of personal values and identify some of their own values. Associate symbols with positive values. | CASEL 5: Self-Awareness Skills: Identifying personal values |
| Lesson 4: We All Have Talents and Interests | Exploring their own talents and interests and discussing them with classmates helps children develop appreciation for the things they have in common with classmates, how they are different, and how those differences benefit the classroom community. | <ul style="list-style-type: none"> Identify talents and interests of themselves and classmates. Recognize how similarities and differences among classmates make the classroom community stronger. | CASEL 5: Self-Awareness, Relationship Skills Skills: Recognizing strengths, Appreciating differences, Building relationships |
| Lesson 5: The Path to Self-Confidence | Connecting their existing talents and strengths to self-confidence supports children in using positive thoughts and actions to build new talents and strengths when they face hurdles. | <ul style="list-style-type: none"> Identify their talents and strengths. Identify positive thoughts and actions to build self-confidence to support gaining new strengths. | CASEL 5: Self-Awareness Skills: Recognizing strengths of self and others, Building self-efficacy |

Grade 3 (continued)

| Unit 2: My Emotions | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: Families of Feelings | Learning that there are families of emotion words helps children build their awareness of the nuances of emotion vocabulary and helps them more clearly describe the emotions they feel. | <ul style="list-style-type: none"> • Identify and label their emotions. • Explore emotion families to build their emotion vocabulary. | CASEL 5: Self-Awareness, Relationship Skills Skill: Identifying emotions, Communicating effectively |
| Lesson 2: Figuring Out How Others Feel | Recognizing the emotions of others is an important aspect of building friendships. Learning a strategy to avoid misreading emotions can help children avoid confusion and hurt feelings. | <ul style="list-style-type: none"> • Identify and label the emotions of others. | CASEL 5: Social-Awareness, Relationship Skills Skill: Showing concern for the feelings of others, Developing positive relationships |
| Lesson 3: We Can Be Positive | Understanding that people can influence their thoughts to work toward positive actions and emotions helps children build their understanding of the interplay among thoughts, emotions, and actions. | <ul style="list-style-type: none"> • Discover that their thoughts can take the lead and affect their emotions and actions. • Identify positive thoughts to work toward positive emotions and actions. | CASEL 5: Self-Awareness Skill: Linking thoughts, emotions, and actions |

Grade 3 (continued)

| Unit 3: Just-Right Emotions | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: We Can Manage Frustration | Feelings of frustration can build and cause people to feel stuck. Learning a strategy to calm their brains and bodies will prepare children to regulate their emotions when they are frustrated. | <ul style="list-style-type: none"> Describe frustration. Experience a breathing strategy to calm themselves when frustration gets in the way. | CASEL 5: Self-Awareness, Self-Management Skills: Identifying one’s emotions, Managing one’s emotions |
| Lesson 2: We Can Read the Signs of Anger | Recognizing the signs that they are angry helps children understand when a calming strategy can help them focus. | <ul style="list-style-type: none"> Describe how anger feels in the body. Demonstrate knowledge of when and how to use Slow Bubble Blowing to calm down. | CASEL 5: Self-Awareness, Self-Management Skills: Identifying one’s emotions, Managing one’s emotions |
| Lesson 3: Everyone Makes Mistakes | Recognizing that everyone makes mistakes and learning a positive self-talk strategy can encourage children to have self-compassion. | <ul style="list-style-type: none"> Define compassion. Demonstrate knowledge of a positive self-talk strategy to use when they make a mistake. | CASEL 5: Self-Awareness, Self-Management Skill: Identifying one’s emotions, Managing one’s emotions |
| Lesson 4: Calming Down Worry | When worrying takes over, it can be hard for children to think of anything else. Learning a strategy to calm their thoughts helps empower children to manage their feelings of worry. | <ul style="list-style-type: none"> Describe situations that can lead to worry. Demonstrate knowledge of a strategy to help them manage feelings of worry. | CASEL 5: Self-Awareness, Self-Management Skill: Identifying one’s emotions, Managing one’s emotions |

Grade 3 (continued)

| Unit 4: Building Connections | | | |
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| Lesson Title | Overview | Children Will ... | SEL Competencies |
| Lesson 1: Listening is a Superpower | Building their listening skills helps children strengthen their friendships and other relationships. | <ul style="list-style-type: none"> Describe how listening helps strengthen friendships. Demonstrate knowledge of the superpower listening strategy. | CASEL 5: Relationship Skills Skills: Communicating effectively, Developing positive relationships |
| Lesson 2: Compromise Helps Us Work Together | Compromise helps a group move forward even though each person might not get exactly what they want. Learning when and how to compromise helps children work and play together. | <ul style="list-style-type: none"> Describe compromise. Demonstrate the steps of making a compromise. | CASEL 5: Relationship Skills Skills: Practicing teamwork and collaborative problem solving, Resolving conflicts constructively |
| Lesson 3: We Each Have Our Own Perspective | Understanding that others might look at a situation differently than they do can help children avoid disagreements as they work and learn with others. | <ul style="list-style-type: none"> Define perspective. Identify different perspectives. | CASEL 5: Relationship Skills, Social Awareness Skills: Resolving conflicts constructively, Taking others' perspectives |
| Lesson 4: We Belong in Our Communities | Understanding that they can make a difference in the communities they belong to helps empower children to contribute to their communities. | <ul style="list-style-type: none"> Discuss the benefits of being part of a community. Explore opportunities to contribute to their communities. | CASEL 5: Self-Awareness, Social Awareness Skills: Developing a sense of purpose, Showing concern for others |

Grade 3 (continued)

| Unit 5: Making Good Decisions | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: Our Needs and Wants | Learning to recognize their needs and wants helps children prioritize choices that keep them healthy and safe. | <ul style="list-style-type: none"> Identify needs and wants. Consider needs and wants when making a decision. | CASEL 5: Responsible Decision-Making, Self-Management Skills: Making decisions, Exhibiting self-discipline |
| Lesson 2: Consider the Consequences | Taking the time to consider the consequences of their choices before they make a decision helps children make better decisions. | <ul style="list-style-type: none"> Identify positive and negative consequences. Predict consequences of possible choices before making a decision. | CASEL 5: Responsible Decision-Making Skills: Anticipating the consequences of one's actions |
| Lesson 3: We Value Responsibility | Considering their decisions through the lens of their responsibilities can help children make decisions they are proud of and that have good consequences. | <ul style="list-style-type: none"> Describe responsibility. Demonstrate making responsible decisions. | CASEL 5: Responsible Decision-Making, Self-Awareness Skills: Making decisions, Linking their values and actions |

Grade 3 (continued)

| Bullying Prevention | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: Is It Bullying? | Sometimes playful teasing crosses a line into bullying. Learning to notice how their teasing affects someone can help children be more careful with their words and actions. | <ul style="list-style-type: none"> • Look for clues that playful teasing has crossed a line. • Practice asking others to stop teasing them. | CASEL 5: Social Awareness Skills: Showing concern for the feelings of others, Resolving conflicts constructively |
| Lesson 2: Responding to Bullying | Bullying behaviors can make children feel powerless. Learning about and practicing effective responses to bullying behaviors can help them take action if they experience bullying. | <ul style="list-style-type: none"> • Learn effective responses to bullying. • Apply responses to different bullying situations. | CASEL 5: Responsible Decision-Making Skills: Identifying solutions for personal and social problems |
| Lesson 3: STOP Bullying Behaviors | Children can feel powerless when they see others being bullied. Providing them with positive ways to respond to bullying situations helps empower them to take action. | <ul style="list-style-type: none"> • Understand what it means to feel empathy in bullying situations. • Respond in positive and helpful ways when another student is being bullied. | CASEL 5: Relationship Skills Skills: Building communication skills, Resolving conflicts constructively, Seeking help |

Grade 4

| Unit 1: My Community and Me | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: Shared Agreements for Respecting You and Me | Participating in making Shared Agreements helps children work together to develop a kind, caring, and respectful classroom community. | <ul style="list-style-type: none"> Participate in making Shared Agreements. | CASEL 5: Relationship Skills Skills: Practicing teamwork, Developing positive relationships |
| Lesson 2: Cooperating for Success | When children cooperate and fulfill their roles and responsibilities, all group members can accomplish their goals successfully. | <ul style="list-style-type: none"> Learn about group guidelines and cooperating in groups. Cooperate and use group roles. | CASEL 5: Relationship Skills Skills: Working cooperatively, Building relationships |
| Lesson 3: We Are a Valuable Treasure | When groups of members agree on a set of values to use while working and playing together, it lays the foundation for success as a team. | <ul style="list-style-type: none"> Identify some personal values. Identify how personal and group values help groups work together successfully. | CASEL 5: Self-Awareness Skills: Identifying personal values and group values |
| Lesson 4: Keep an Open Mind to Connect | Judging others negatively can cause students to miss opportunities to connect. Practicing keeping an open mind can help them learn about the ideas, interests, and values of others in the classroom community and appreciate differences. | <ul style="list-style-type: none"> Learn what it means to judge. Keep an open mind to learn about the ideas, interests, and values of others in the classroom community. | CASEL 5: Relationship Skills, Social Awareness, Self-Awareness Skills: Developing positive relationships, Taking others' perspectives, Recognizing strengths in others |
| Lesson 5: I Like It When I Do Well | Learning about internal and external motivation can help children connect to the reasons why they do things and keep going when they are completing tasks or building strengths. | <ul style="list-style-type: none"> Learn how internal and external motivation supports them in completing tasks and building strengths. Identify motivation for something they are doing. | CASEL 5: Self-Awareness, Self-Management Skills: Recognizing strengths, Exhibiting self-motivation |

Grade 4 (continued)

| Unit 2: My Emotions | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: Talking About Feelings | Exploring the emotion families on an emotion wheel helps children build their emotion vocabulary and see the different ways they can describe the specific emotions each person feels. | <ul style="list-style-type: none"> • Identify and label their emotions. • Build their emotion vocabulary and understanding of emotion families. | CASEL 5: Self-Awareness, Relationship Skills Skill: Identifying emotions, Communicating effectively |
| Lesson 2: Showing Empathy | Recognizing the emotions of others helps individuals build their empathy skills. When children can imagine how they might feel in a situation, it helps them identify a possible response to show empathy. | <ul style="list-style-type: none"> • Identify and label the emotions of others. • Demonstrate empathy. | CASEL 5: Social-Awareness, Relationship Skills Skill: Showing concern for the feelings of others, Developing positive relationships |
| Lesson 3: Emotion Connections | Noticing connections among their thoughts, emotions, and actions helps children build a foundation for emotion self-regulation. | <ul style="list-style-type: none"> • Discuss how thoughts, emotions, and actions are connected. • Identify thoughts, emotions, and actions and the connections among them. | CASEL 5: Self-Awareness Skill: Linking thoughts, emotions, and actions |

Grade 4 (continued)

| Unit 3: Just-Right Emotions | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: We Can Manage Disappointment | When feelings of disappointment rise, it can be hard to move past them. Learning a strategy to calm their brains and bodies will prepare children to regulate their emotions when they are disappointed. | <ul style="list-style-type: none"> Describe disappointment. Experience a breathing strategy to calm themselves when feelings of disappointment start to get big. | CASEL 5: Self-Awareness, Self-Management Skills: Identifying one's emotions, Managing one's emotions |
| Lesson 2: Calming Down to Focus | Learning to manage anger at lower levels helps children make better choices. Exercise is a way to channel their anger energy so they can focus. | <ul style="list-style-type: none"> Recognize how anger can build and affect their decisions. Exercise as a strategy to calm their emotions. | CASEL 5: Self-Awareness, Self-Management Skills: Identifying one's emotions, Managing one's emotions |
| Lesson 3: We Can Shake Off Our Mistakes | Recognizing that they can learn from their mistakes if they don't get stuck in them empowers children to shake off mistakes to move forward. | <ul style="list-style-type: none"> Describe how they feel when they make mistakes. Demonstrate knowledge of a strategy to move forward when they make mistakes. | CASEL 5: Self-Awareness, Self-Management Skill: Identifying one's emotions, Managing one's emotions |
| Lesson 4: Talk It Out to Manage Stress | A support network (for example, friends and trusted adults) can help when worries and stressors start to feel overwhelming. Children will learn when to reach out and why talking it out can help. | <ul style="list-style-type: none"> Describe stress and how it feels in their body and brain. Recognize when to talk to a caring adult about worries and stressors that are building up. | CASEL 5: Self-Awareness, Self-Management Skill: Identifying one's emotions, Managing one's emotions |

Grade 4 (continued)

| Unit 4: Building Connections | | | |
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| Lesson Title | Overview | Children Will ... | SEL Competencies |
| Lesson 1: Showing We Are Interested | Practicing listening to support give and take in conversations helps children build positive relationships. | <ul style="list-style-type: none"> Describe listening skills. Demonstrate knowledge of the “Yes, and...” conversation tool. | CASEL 5: Relationship Skills Skills: Communicating effectively, Developing positive relationships |
| Lesson 2: We Can Compromise to Get Things Done | Learning strategies to reach agreements helps children develop their ability to compromise when they work and play with others. | <ul style="list-style-type: none"> Describe compromise. Apply strategies to compromise in different situations. | CASEL 5: Relationship Skills Skills: Practicing teamwork and collaborative problem solving, Resolving conflicts constructively |
| Lesson 3: Speaking Up to Avoid Disagreements | Learning a strategy to let others know something is bothering them before their emotions build helps children avoid and resolve disagreements. | <ul style="list-style-type: none"> Identify blaming language. Rephrase blaming messages as What, Why, and How messages. | CASEL 5: Social Awareness, Relationship Skills Skills: Practicing teamwork and collaborative problem-solving, Resolving conflicts constructively |
| Lesson 4: We Can Celebrate Good Deeds | Celebrating positive acts in their communities can inspire children to appreciate the efforts of others and to contribute their own efforts. | <ul style="list-style-type: none"> Demonstrate appreciation for contributions and good deeds in the classroom, school, and greater community. | CASEL 5: Self-Awareness, Social Awareness Skills: Developing a sense of purpose, Recognizing strengths in others |

Grade 4 (continued)

| Unit 5: Making Good Decisions | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: Taking Charge of Decisions | Learning to take charge of their decisions helps children get more of what they want. Children will learn a decision-making process to make decisions with good outcomes. | <ul style="list-style-type: none"> Recognize the consequences of not taking charge of a decision. Demonstrate how to make decisions using a decision-making process. | CASEL 5: Responsible Decision-Making, Self-Management Skills: Making a decision after considering the choices, Exhibiting self-discipline |
| Lesson 2: The Ups and Downs of Peer Influence | Recognizing that peers can influence them in positive and negative ways but that they are still responsible for their decisions and the consequences can help children make good decisions. | <ul style="list-style-type: none"> Differentiate between positive and negative peer influence. Identify positive and negative peer influence in situations. | CASEL 5: Responsible Decision-Making Skills: Anticipating the consequences of one's actions |
| Lesson 3: We Value Integrity | Learning that they can draw on their values to guide them in making good decisions can give children a compass to help them make decisions that are good for them and others. | <ul style="list-style-type: none"> Describe integrity. Examine how integrity can influence decision-making. | CASEL 5: Responsible Decision-Making, Self-Awareness Skills: Making decisions, Linking their values and actions |

Grade 4 (continued)

| Bullying Prevention | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: Is It Bullying? | Sometimes playful teasing crosses a line into bullying. Learning to notice how their teasing affects someone can help children be more careful with their words and actions. | <ul style="list-style-type: none"> • Look for clues that playful teasing has crossed a line. • Practice asking others to stop teasing them. | CASEL 5: Social Awareness Skills: Showing concern for the feelings of others, Resolving conflicts constructively |
| Lesson 2: Responding to Bullying | Bullying behaviors can make children feel powerless. Learning about and practicing effective responses to bullying behaviors can help them take action if they experience bullying. | <ul style="list-style-type: none"> • Learn effective responses to bullying. • Apply responses to different bullying situations. | CASEL 5: Responsible Decision-Making Skills: Identifying solutions for personal and social problems |
| Lesson 3: STOP Bullying Behaviors | Children can feel powerless when they see others being bullied. Providing them with positive ways to respond to bullying situations helps empower them to take action. | <ul style="list-style-type: none"> • Understand what it means to feel empathy in bullying situations. • Respond in positive and helpful ways when another student is being bullied. | CASEL 5: Relationship Skills Skills: Building communication skills, Resolving conflicts constructively, Seeking help |

Grade 5

| Unit 1: My Community and Me | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: The Respect of Shared Agreements | Participating in making Shared Agreements helps children work together to develop a kind, caring, and respectful classroom community. | <ul style="list-style-type: none"> Participate in making Shared Agreements. | CASEL 5: Relationship Skills Skills: Practicing teamwork, Developing positive relationships |
| Lesson 2: Group Workout | When children cooperate and fulfill their roles and responsibilities, all group members can accomplish their goals successfully. | <ul style="list-style-type: none"> Learn about group guidelines and cooperating in groups. Cooperate and use group roles. | CASEL 5: Relationship Skills Skills: Working cooperatively, Building relationships |
| Lesson 3: There are Values in All of Us | Identifying their values and expressing them as values statements helps children understand the personal principles and beliefs that guide their attitudes, decisions, and actions. | <ul style="list-style-type: none"> Identify personal values. Express values as values statements. | CASEL 5: Self-Awareness Skills: Identifying personal values |
| Lesson 4: We Appreciate Our Differences | Students will explore how diversity is reflected in their classroom community and how stereotypes can keep them from appreciating the benefits of their differences. | <ul style="list-style-type: none"> Review the meaning of diversity and stereotypes. Explore examples of stereotypes and how they can be harmful. | CASEL 5: Self-Awareness, Social Awareness Skills: Taking others' perspectives, Recognizing strengths in others, Showing concern for the feelings of others |
| Lesson 5: Feeling Confident | Helping children understand how to build and draw on self-confidence supports them as they expand strengths and develop new skills, even when they hit hurdles. | <ul style="list-style-type: none"> Identify the ways they feel self-confident. Write and say affirmations to build self-confidence. | CASEL 5: Self-Awareness Skills: Building self-confidence, Building self-efficacy, Having a growth mindset |

Grade 5 (continued)

| Unit 2: My Emotions | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: We All Feel Mixed Emotions Sometimes | Feeling multiple emotions at once can be confusing for children. Naming their mixed emotions can help them process what they are feeling. | <ul style="list-style-type: none"> Recognize that it is normal to feel multiple emotions at the same time. Identify and label their emotions. | CASEL 5: Self-Awareness Skill: Identifying emotions |
| Lesson 2: Emotions Can Be Hard to Read | Sometimes people hide their emotions. Learning to use clues from a situation to figure out what someone might be thinking or feeling can help children communicate effectively. | <ul style="list-style-type: none"> Recognize that people show their emotions in different ways. Identify clues in a situation when it is hard to tell what someone is feeling. | CASEL 5: Social-Awareness, Relationship Skills Skill: Showing concern for the feelings of others, Developing positive relationships |
| Lesson 3: Positive Thoughts Are Powerful | Understanding that they can influence their thoughts to work toward positive actions and emotions helps children build a foundation for emotion self-regulation. | <ul style="list-style-type: none"> Observe that their thoughts, feelings, and actions from one situation can carry over to other situations. Identify positive thoughts to work toward positive emotions and actions. | CASEL 5: Self-Awareness Skill: Linking thoughts, emotions, and actions |

Grade 5 (continued)

| Unit 3: Just-Right Emotions | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: We Can Feel Under Control | An emotion meter can help children develop an awareness of the level of emotion they are feeling. This supports them in using calming strategies to manage their emotions before they cause problems. | <ul style="list-style-type: none"> Explore an emotion identification tool and experience a calming strategy designed to help regulate emotions such as disappointment, frustration, and confusion. | CASEL 5: Self-Awareness, Self-Management Skills: Identifying emotions, Managing one's emotions |
| Lesson 2: Feelings Below the Surface | Understanding that they can have emotions under the surface that contribute to their anger helps children build their ability to recognize what they are feeling. | <ul style="list-style-type: none"> Identify emotions under the surface to better understand what they are feeling. Discover ways to cool their anger. | CASEL 5: Self-Awareness, Self-Management Skills: Identifying one's emotions, Managing one's emotions |
| Lesson 3: We Can Move Through Mistakes | Learning how positive self-talk can help them move forward after they make a mistake gives children a way to get unstuck if they feel frustrated, overwhelmed, or embarrassed. | <ul style="list-style-type: none"> Describe the Brain Critic and Brain Coach. Demonstrate knowledge of a Brain Coach strategy. | CASEL 5: Self-Awareness, Self-Management Skill: Identifying one's emotions, Managing one's emotions |
| Lesson 4: Change Can Be Stressful | Change can be stressful. Learning ways to focus their thoughts when they are stressed can help children manage their stress during times of change. | <ul style="list-style-type: none"> Describe stress they can feel when change happens. Demonstrate knowledge of a strategy to focus their thoughts. | CASEL 5: Self-Awareness, Self-Management Skill: Identifying one's emotions, Managing one's emotions |

Grade 5 (continued)

| Unit 4: Building Connections | | | |
|---|---|---|---|
| Lesson Title | Overview | Children Will ... | SEL Competencies |
| Lesson 1: Building Our Conversation Skills | Building their conversation skills (listening, asking questions, responding, and reflecting) helps children learn about others and share about themselves. | <ul style="list-style-type: none"> • Discuss examples of conversation skills. • Demonstrate conversation skills. | CASEL 5: Relationship Skills Skills: Communicating effectively, Developing positive relationships |
| Lesson 2: We Can Be Flexible | When students can remain flexible when they are in situations that require a compromise, they are more likely to reach a positive outcome that everyone feels good about. | <ul style="list-style-type: none"> • Describe why flexibility is important for compromise. • Show how to use compromise strategies and remain flexible. | CASEL 5: Relationship Skills Skills: Practicing teamwork and collaborative problem solving, Resolving conflicts constructively |
| Lesson 3: We Can Agree to Disagree | Learning when and how to agree to disagree with others helps children have respectful conversations with others who have different perspectives. | <ul style="list-style-type: none"> • Identify another person's perspective. • Explore when and how to agree to disagree. | CASEL 5: Relationship Skills, Social Awareness Skills: Resolving conflicts constructively, Taking others' perspectives |
| Lesson 4: We Can Be Active Community Members | Children will learn how being an active participant in the community can make the community better and more welcoming. | <ul style="list-style-type: none"> • Identify the importance of being an active community member. • Create a banner to welcome others to the community. | CASEL 5: Self-Awareness, Social Awareness Skills: Developing a sense of purpose, Recognizing strengths in others |

Grade 5 (continued)

| Unit 5: Making Good Decisions | | | |
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| Lesson Title | Overview | Children Will ... | SEL Competencies |
| Lesson 1: Making Responsible Decisions | Some decisions can be made quickly, and others take more thought. Children will learn how predicting the consequences of their choices can help them make responsible decisions. | <ul style="list-style-type: none"> Classify decisions as snap decisions or responsible decisions. Demonstrate knowledge of the responsible decision-making process. | CASEL 5: Responsible Decision-Making, Self-Management Skills: Making decisions, Exhibiting self-discipline |
| Lesson 2: We Can Reflect and Do Better | Reflecting on the consequences of their decisions and actions can help children make better decisions in the future. | <ul style="list-style-type: none"> Describe how self-reflection can help them make better decisions in the future. Reflect on their actions to determine what went well and what to improve in the future. | CASEL 5: Responsible Decision-Making Skills: Reflecting on the consequences of one's actions |
| Lesson 3: We Value Dependability | Exploring how dependability can affect relationships can show children how being dependable can help them make good decisions and follow through on them. | <ul style="list-style-type: none"> Describe dependability. Identify ways to improve their dependability. | CASEL 5: Responsible Decision-Making, Self-Awareness Skills: Making good decisions, Showing dependability, Using planning and organizational skills |

Grade 5 (continued)

| Bullying Prevention | | | |
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| Lesson Title | Overview | Children Will . . . | SEL Competencies |
| Lesson 1: Is It Bullying? | Sometimes playful teasing crosses a line into bullying. Learning to notice how their teasing affects someone can help children be more careful with their words and actions. | <ul style="list-style-type: none"> • Look for clues that playful teasing has crossed a line. • Practice asking others to stop teasing them. | CASEL 5: Social Awareness Skills: Showing concern for the feelings of others, Resolving conflicts constructively |
| Lesson 2: Responding to Bullying | Bullying behaviors can make children feel powerless. Learning about and practicing effective responses to bullying behaviors can help them take action if they experience bullying. | <ul style="list-style-type: none"> • Learn effective responses to bullying. • Apply responses to different bullying situations. | CASEL 5: Responsible Decision-Making Skills: Identifying solutions for personal and social problems |
| Lesson 3: STOP Bullying Behaviors | Children can feel powerless when they see others being bullied. Providing them with positive ways to respond to bullying situations helps empower them to take action. | <ul style="list-style-type: none"> • Understand what it means to feel empathy in bullying situations. • Respond in positive and helpful ways when another student is being bullied. | CASEL 5: Relationship Skills Skills: Building communication skills, Resolving conflicts constructively, Seeking help |