



SEL Lesson Scope & Sequence

Grades 3 - 5

TRUST

T:1 Creating a Class Contract

#ResponsibleDecisionMaking
#CreatingPsychologicallySafeSpaces
#CultureandClimate

T:2 Classroom Values

#CultureandClimate #Bullying

T:3 Trust Triangle

#RelationshipSkills #SocialAwareness

T:4 Compassion Circle

#SocialAwareness
#CultureandClimate

T:5 Alarm Bells

#SelfAwareness #CultureandClimate

T:6 Armoring Up During Uncertainty

#CreatingPsychologicallySafeSpaces
#MovingThroughTrauma

T:7 Removing Armor

#CreatingPsychologicallySafeSpaces
#MovingThroughTrauma

T:8 Boundary Building

#SocialAwareness

HEALTHY RELATIONSHIPS

HR:1 Better Together

#RelationshipSkills #BelongingandIdentity

HR:2 Voices in Silence

#MovingThroughTrauma #Bullying
#CreatingPsychologicallySafeSpaces
#CultureandClimate

HR:3 Looking for a Match

#SocialAwareness #RelationshipSkills

HR:4 Problems and Plans

#ResponsibleDecisionMaking #Bullying

HR:5 Values Map

#RelationshipSkills

HR:6 Let Me Introduce Myself

#SocialAwareness #RelationshipSkills
#BelongingandIdentity

HR:7 Drumming Circle

#SocialAwareness

HR:8 Red Flags

#ResponsibleDecisionMaking
#RelationshipSkills

PRACTICING GRATITUDE

G:1 Catching Kindness

#RelationshipSkills

G:2 Random Acts of Kindness

#CultureandClimate

G:3 A Week of Kindness

#CultureandClimate

G:4 Gratitude Journal

#SelfManagement



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G:5 The Art of Letter Writing

#RelationshipSkills

G:6 Growth Journaling

#SelfAwareness #SelfManagement

G:7 Roll the Dice

#CultureandClimate

G:8 Fill in the Blank

#CultureandClimate

COMMUNICATION

C:1 L.I.S.T.E.N.

#RelationshipSkills #BelongingandIdentity
#LeadershipSkills
#CreatingPsychologicallySafeSpaces

C:2 Words Heal

#SocialAwareness
#CreatingPsychologicallySafeSpaces

C:3 Temperature Check

#SelfAwareness #MovingThroughTrauma

C:4 Navigating Obstacles

#SelfAwareness #RelationshipSkills

C:5 Back to Back Drawing

#RelationshipSkills #LeadershipSkills

C:6 Let's Get Curious

#ResponsibleDecisionMaking
#EquityandDiversity

C:7 Open or Closed

#RelationshipSkills

C:8 What Can I Say and Do?

#RelationshipSkills #CultureandClimate
#ResponsibleDecisionMaking #Bullying

EMOTION IDENTIFICATION & REGULATION

ER:1 What is Joy?

#MovingThroughTrauma

ER:2 Make a Plan

#SelfManagement #HealthyLifestyleChoices
#ResponsibleDecisionMaking

ER:3 Rhythmic Breathing

#Mindfulness

ER:4 Visual Breathing

#Mindfulness

ER:5 Personal Strategy Cards

#SelfAwareness

ER:6 Emoji Emotions

#SelfAwareness

ER:7 Box Breathing

#SelfManagement

ER:8 Anger Iceberg

#SelfAwareness #Bullying
#CultureandClimate

EMPATHY

E:1 Name that Feeling

#SelfAwareness



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E:2 Collage of Feelings

#SocialAwareness #SelfAwareness

E:3 Walk the Line

#CreatingPsychologicallySafeSpaces
#MovingThroughTrauma #SocialAwareness

E:4 Visual Storytelling

#SocialAwareness #EquityandDiversity
#BelongingandIdentity

E:5 Walking in their Shoes

#EquityandDiversity #BelongingandIdentity
#SocialAwareness

E:6 Problem Solving Map

#ResponsibleDecisionMaking #Bullying

E:7 Empathy: What It Isn't

#SocialAwareness #LeadershipSkills

E:8 Empathy: What It Is

#SocialAwareness #LeadershipSkills

RESILIENCE

R:1 A Full Plate

#ResponsibleDecisionMaking

R:2 Musical Chairs

#CultureandClimate

R:3 Smart Goal Setting

#SelfManagement

R:4 What is Your Superpower?

#SelfAwareness

R:5 Guided Meditation

#SelfManagement

R:6 Three Brags and a Wish

#SelfAwareness

R:7 Good Goals

#SelfManagement

R:8 Stepping Toward a Goal

#SelfManagement

MOVING THROUGH TRAUMA

TR:1 Grief in a 6 Foot Bubble

#MovingThroughTrauma

TR:2 Controlling What we Can

#SelfManagement
#ResponsibleDecisionMaking

TR:3 Vision Boards

#SelfManagement

TR:4 Perseverance Playlist

#MovingThroughTrauma
#HealthyLifestyleChoices

TR:5 Affirming Messages

#CultureandClimate

TR:6 Talking About Injustice

#ResponsibleDecisionMaking
#SelfAwareness #EquityandDiversity
#SocialAwareness #MovingThroughTrauma

TR:7 What I Need

#SelfAwareness #MovingThroughTrauma
#ResponsibleDecisionMaking



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TR:8 Don't Say That

#RelationshipSkills

MINDFULNESS

M:1 Breath Awareness

#SelfManagement

M:2 Shape Doodles

#Mindfulness

M:3 Back to Back Breathing

#Mindfulness

M:4 Laughing Yoga

#SelfManagement #Mindfulness

M:5 Let's Get Grounded

#SelfManagement #MovingThroughTrauma

M:6 Senses 5, 4, 3, 2, 1

#Mindfulness

M:7 Walking Meditation

#Mindfulness

M:8 Mindfulness and Music

#Mindfulness

SELF-CARE

S:1 I Give Myself Permission

#SelfAwareness #EquityandDiversity
#CreatingPsychologicallySafeSpaces

S:2 Real Me Reflection

#SelfAwareness #HealthyLifestyleChoices

S:3 I Am

#SelfAwareness

S:4 Gremlins: The Story In My Head

#HealthyLifestyleChoices
#CultureandClimate

S:5 Gas in the Tank

#SelfAwareness

S:6 Mini - Move

#Mindfulness

S:7 Moving Through the Week

#Mindfulness

S:8 Personal Pyramid

#SelfAwareness #HealthyLifestyleChoices