



# SEL Lesson Scope & Sequence

## Grades 9 - 12

### 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