



SEL Curriculum & CASEL Framework

Grades 3 - 5

Anchor Standard	Learning Standards	3 - 5 Lessons
Self-Awareness	Identifying Emotions	C:3 Temperature Check E:1 Name that Feeling E:2 Collage of Feelings ER:6 Emoji Emotions ER:8 Anger Iceberg
	Accurate Self-Perception	S:2 Real Me Reflection S:3 I AM S:5 Gas in the Tank
	Recognizing Strengths	R:4 What is Your Superpower? R:6 Three Brags and a Wish
	Self-Confidence	S:1 I Give Myself Permission S:8 Personal Pyramid
	Self-Efficacy	ER:5 Personal Strategy Cards C:4 Navigating Obstacles
Self-Management	Impulse Control	M:5 Let's Get Grounded ER:7 Box Breathing
	Stress Management	R:5 Guided Meditation M:1 Breath Awareness
	Self-Discipline	R:8 Stepping Toward a Goal G:4 Gratitude Journal
	Self-Motivation	G:6 Growth Journaling R:7 Good Goals



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		TR:3 Vision Boards
	Goal Setting	ER:2 Make a Plan R:3 Smart Goal Setting
Social Awareness	Perspective Taking	E:4 Visual Storytelling E:5 Walking in their Shoes HR:3 Looking for a Match
	Empathy	E:7 Empathy: What It Isn't E:8 Empathy: What It Is HR:7 Drumming Circle
	Appreciating Diversity	E:3 Walk the Line HR:6 Let Me Introduce Myself
	Respect for Others	TR:6 Talking About Injustice T:8 Boundary Building C:2 Words Heal
Relationship Skills	Communication	C:1 L.I.S.T.E.N. C:7 Open or Closed TR:8 Don't Say That
	Social Engagement	HR:3 Looking for a Match HR:6 Let me Introduce Myself G:5 The Art of Letter Writing
	Relationship Building	G:1 Catching Kindness T:3 Trust Triangle



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		HR:5 Values Map
	Teamwork	HR:1 Better Together C:5 Back to Back Drawing
Responsible Decision Making	Identifying Problems	E:6 Problem Solving Map TR:7 What I Need
	Analyzing Situations	C:8 What Can I Say and Do? C:6 Let's Get Curious R:1 A Full Plate
	Solving Problems	HR:4 Problems and Plans ER:2 Make a Plan
	Evaluating	HR:4 Problems and Plans HR:8 Red Flags
	Reflecting	TR:2 Controlling What we Can
	Ethical Responsibility	TR:6 Talking About Injustice
Culture and Climate	Inclusion and Belonging	T:1 Creating a Class Contract T:2 Classroom Values T:4 Compassion Circle HR:2 Voices in Silence R:2 Musical Chairs
	Kindness and Gratitude	G:2 Random Acts of Kindness



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		G:3 A Week of Kindness G:7 Roll the Dice G:8 Fill in the Blank
	Self-Trust	T:5 Alarm Bells S:4 Gremlins: The Story In My Head
	Bullying	C:8 What Can I Say and Do? HR:2 Voices in Silence ER:8 Anger Iceberg T:2 Classroom Values TR:5 Affirming Messages
Moving Through Trauma	Creating Stability	T:6 Armoring Up During Uncertainty T:7 Removing Armor M:5 Let's Get Grounded
	Resilience	TR:1 Grief in a 6 Foot Bubble TR:4 Perseverance Playlist ER:1 What is Joy?
Mindfulness	Integrating the Arts	M:2 Shape Doodles M:8 Mindfulness and Music
	Breath	ER:3 Rhythmic Breathing ER:4 Visual Breathing M:3 Back to Back Breathing
	Multi Sensory	M:4 Laughing Yoga M:6 Senses 5, 4, 3, 2, 1



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		M:7 Walking Meditation S:6 Mini - Move S:7 Moving Through the Week