



# SEL Curriculum & CASEL Framework

Grades 9 - 12

<b>Anchor Standard</b>	<b>Learning Standards</b>	<b>9 - 12 Lessons</b>
<b>Self-Awareness</b>	Identifying Emotions	<b>C:3</b> Temperature Check <b>E:1</b> Name that Feeling <b>E:2</b> Collage of Feelings <b>ER:6</b> Emoji Emotions <b>ER:8</b> Anger Iceberg
	Accurate Self-Perception	<b>S:2</b> Real Me Reflection <b>S:3</b> I AM <b>S:5</b> Gas in the Tank
	Recognizing Strengths	<b>R:4</b> What is Your Superpower? <b>R:6</b> Three Brags and a Wish
	Self-Confidence	<b>S:1</b> I Give Myself Permission <b>S:8</b> Personal Pyramid
	Self-Efficacy	<b>ER:5</b> Personal Strategy Cards <b>C:4</b> Navigating Obstacles
<b>Self-Management</b>	Impulse Control	<b>M:5</b> Let's Get Grounded <b>ER:7</b> Box Breathing
	Stress Management	<b>R:5</b> Guided Meditation <b>M:1</b> Breath Awareness
	Self-Discipline	<b>R:8</b> Stepping Toward a Goal <b>G:4</b> Gratitude Journal
	Self-Motivation	<b>G:6</b> Growth Journaling <b>R:7</b> Good Goals



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



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		<b>HR:5</b> Values Map
	Teamwork	<b>HR:1</b> Better Together <b>C:5</b> Back to Back Drawing
<b>Responsible Decision Making</b>	Identifying Problems	<b>E:6</b> Problem Solving Map <b>TR:7</b> What I Need
	Analyzing Situations	<b>C:8</b> What Can I Say and Do? <b>C:6</b> Let's Get Curious <b>R:1</b> A Full Plate
	Solving Problems	<b>HR:4</b> Problems and Plans <b>ER:2</b> Make a Plan
	Evaluating	<b>HR:4</b> Problems and Plans <b>HR:8</b> Red Flags
	Reflecting	<b>TR:2</b> Controlling What we Can
	Ethical Responsibility	<b>TR:6</b> Talking About Injustice
<b>Culture and Climate</b>	Inclusion and Belonging	<b>T:1</b> Creating a Class Contract <b>T:2</b> Classroom Values <b>T:4</b> Compassion Circle <b>HR:2</b> Voices in Silence <b>R:2</b> Musical Chairs
	Kindness and Gratitude	<b>G:2</b> Random Acts of Kindness <b>G:3</b> A Week of Kindness



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



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		<b>S:6</b> Mini - Move <b>S:7</b> Moving Through the Week