

Scope and Sequence

9 pages

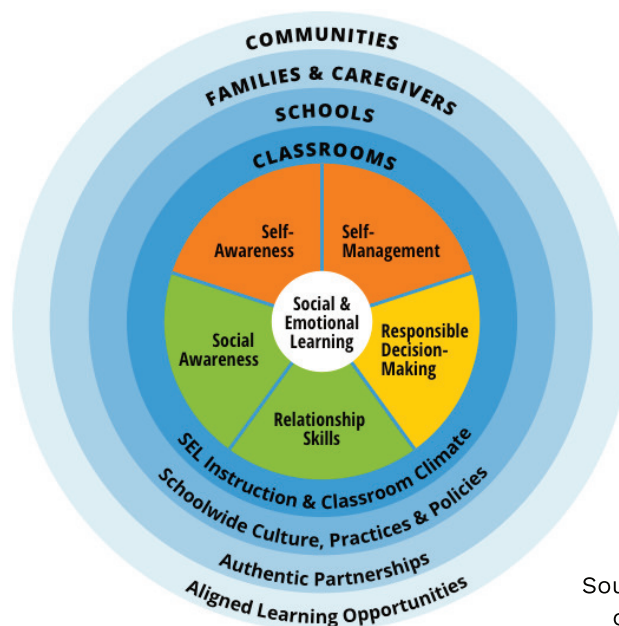
Grade 5

What is Social-Emotional Learning (SEL)?

Social-Emotional Learning helps us grow as individuals by developing an understanding of ourselves and others based on our unique and shared experiences. It is the foundation for how we shape our character, emotional health, behavioral responses, motivations, and critical thinking skills. It is also the catalyst or blocker for forming our capacity for empathy, the ability to weigh ethical and moral dilemmas, understand the perspectives of others, and create healthy meaningful relationships that add richness to our lives. SEL promotes equity by teaching us how to stand up when we witness injustices. Ultimately, it is the roadmap that guides our growth potential as human beings and as a society as a whole.

Our Approach

Our ready-to-teach e-curricula provides educators with the roadmap to maximize their students' potential. From day one, educators are empowered with the tools needed to nurture foundational SEL skills in an engaging way with full lesson plans including videos, digital worksheets, and role-playing activities. All teaching tools are provided digitally to maximize the outreach of information to influential adults such as parents, teacher aides, and recess supervisors in order to connect students to their community. Our curriculum follows the CASEL integrated framework and five core competencies seen in the visual wheel below. With support throughout every stage of learning, from introduction to real-life application, Everyday Speech instills confidence in SEL development that will help students shape healthier, happier, and more fulfilling futures.



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Source: <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/>

CASEL Competencies	Lesson Title	Lesson Description
<p>Unit 1: Self-Awareness</p>	<p>Lesson 1: How We Grow From Our Challenges</p>	<p>In this lesson, learners are taught how to use their growth mindset in order to grow their skills and overcome challenges.</p>
	<p>Lesson 2: Reframe a Fixed Mindset</p>	<p>Your mindset can influence whether or not you will succeed at something. Learners will practice reframing their negative, fixed mindset to a positive, growth mindset.</p>
	<p>Lesson 3: What Do I Value?</p>	<p>Our core values guide our actions and determine our priorities. This lesson teaches learners how to identify their values and use them to guide their decisions.</p>
	<p>Lesson 4: My Traits & Values</p>	<p>Our core values are what matter most to us. In this lesson, learners will identify their values.</p>
	<p>Lesson 5: Learning Accountability</p>	<p>Learning accountability is crucial to success, growth, and independence. This lesson teaches learners the importance of being accountable learners and ways they can increase their accountability.</p>
	<p>Lesson 6: Taking Pride in Ourselves</p>	<p>When we take pride in ourselves, we have a strong sense of self-worth. In this lesson, learners will recognize and acknowledge the things they like, admire, and feel proud of within themselves.</p>
	<p>Lesson 7: Increasing Self-Esteem</p>	<p>Self-esteem is the group of beliefs we hold about ourselves. In this lesson, learners will be taught how to increase their self-esteem with a variety of strategies.</p>

CASEL Competencies	Lesson Title	Lesson Description
Unit 1: Self-Awareness (Continued)	Lesson 8: Confidence Boost	Learners will be given a confidence boost with this lesson that provides them with the opportunity to recognize and acknowledge positive self traits within themselves and their peers.
Unit 2: Self-Management	Lesson 9: Cultivating Coping Skills	Anxiety is powerful feeling of worry and fear that can stop us from thinking and doing positive things. This teaches learners about anxiety and provides them with a variety of coping mechanisms to cultivate.
	Lesson 10: Recognize Negative Self-Talk	It is important to learn about the common types of negative self-talk so that we can learn to recognize and prevent those types of inner thoughts. In this lesson, learners will practice identifying the different kinds of negative self-talk.
	Lesson 11: Box Breathing	Deep breathing is an excellent way to calm our mind and body. In this lesson, learners will be taught a breathing technique called box breathing.
	Lesson 12: Taking a Brain Break	Brain breaks are essential. They help us stay focused and pay attention. In this lesson, learners will be taught the value of participating in brain breaks and will be equipped with a variety of different brain breaks they can use when needed.
	Lesson 13: Motivational Strategies	This lesson teaches learners the importance of being self-motivated. Learners will be given strategies that can be used to help them become more self-motivated when they are having a hard time getting started.

CASEL Competencies	Lesson Title	Lesson Description
Unit 2: Self-Management (Continued)	Lesson 14: What Motivates Me?	Motivators give us a reason for doing something. In this lesson, learners will identify their motivators so that they can feel excited and ready to take action towards their goals and tasks.
	Lesson 15: SMART Goals	Goals need timeframes and measurable action steps in order to be more achievable. This lesson teaches learners how to set SMART (Specific, Measurable, Attainable, Relevant, Time-Bound) goals.
	Lesson 16: Writing SMART Goals	In this lesson, learners are provided with the opportunity to practice turning goals into SMART goals.
Unit 3: Social Awareness	Lesson 17: Being Empathetic	Practicing empathy allows us to build stronger, more positive, and successful relationships. This lesson teaches learners what empathy is, why it is important to be empathetic, and how to show empathy towards others.
	Lesson 18: Our Impact	In this lesson, learners will grow aware of their impact on one another by practicing showing empathy to others.
	Lesson 19: The Role of Community	Being a part of a community plays a large role in the meaning of our lives. In this lesson, learners will explore what it means to be a part of a community and the positive impact being a part of a community can have.
	Lesson 20: Why Community Matters	In this lesson, learners will reflect on being members of their own communities and how it makes them feel.

CASEL Competencies	Lesson Title	Lesson Description
Unit 3: Social Awareness (Continued)	Lesson 21: Showing Respect	Respect is treating others in a way that makes them feel valued. This lesson teaches learners the value and importance of respecting everyone regardless of differences.
	Lesson 22: Respecting Everyone	In this lesson, learners will reflect on the meaning and application of respect and why it is so important to be respectful towards themselves and others.
	Lesson 23: Opposing Prejudice	Prejudice hurts people by making them feel unequal, unwelcome, and ashamed of who they are. In this lesson, learners will gain knowledge surrounding the meaning of prejudice and how they can contribute to the prevention and opposition of prejudice.
	Lesson 24: Standing Up For Others	Through our words, actions, and beliefs, we can help others feel welcomed, included, and equal. In this lesson, learners will have the opportunity to reflect on the importance of standing up for others.
Unit 4: Relationship Skills	Lesson 25: Listening Intentionally	Listening is an essential part of building healthy relationships. This lesson teaches learners how to use reflective listening to help them become intentional listeners.
	Lesson 26: Practicing Listening	In this lesson, learners will solidify their knowledge and understanding of active listening with an activity.

CASEL Competencies	Lesson Title	Lesson Description
<p>Unit 4: Relationship Skills (Continued)</p>	<p>Lesson 27: Compromising Over Time</p>	<p>The ability to compromise is an essential skill in building healthy relationships. In this lesson, learners are taught that sometimes we give up all of what we want in the moment in order to get what we want next time or another time in the future.</p>
	<p>Lesson 28: Conflicts with Friends</p>	<p>It is normal to experience conflict with friends from time to time, but it is important to resolve disagreements and forgive others. This lesson provides learners with the opportunity to practice their conflict resolution skills.</p>
	<p>Lesson 29: Self-Advocacy with Friends</p>	<p>When we speak up about our needs, we are practicing self-advocacy. In this lesson, learners are taught the importance of communicating our thoughts and feelings to our friends, as well as speaking up for what we need.</p>
	<p>Lesson 30: Making Supportive Friends</p>	<p>It's important to have positive and supportive friendships. Friends that support, care about, and uplift each other help one another feel valued and respected. In this lesson, learners reflect on what it means to make and maintain supportive friendships.</p>
	<p>Lesson 31: Setting Boundaries</p>	<p>Setting boundaries helps us to respect ourselves and honor our feelings and values. In this lesson, learners will be taught how to set personal boundaries and the importance of establishing their own boundaries.</p>

CASEL Competencies	Lesson Title	Lesson Description
Unit 4: Relationship Skills (Continued)	Lesson 32: Who Do I Trust?	It is important to recognize whom we can trust. In this lesson, learners will identify the qualities of those who are trustworthy and those who are untrustworthy.
Unit 5: Responsible Decision-Making	Lesson 33: Being Dependable	A dependable person is someone trustworthy and reliable. This lesson teaches the importance of dependability and ways to practice becoming dependable.
	Lesson 34: Our Responsibilities	In this lesson, learners reflect on their responsibilities. They are taught that being responsible means doing things you are expected to do without reminders, following through on tasks or promises, and making the right choice even when it's difficult.
	Lesson 35: Ethical Dilemmas	In this lesson, learners are taught how to best navigate ethical dilemmas in order to help them feel prepared to make the best choice for themselves and others when they occur.
	Lesson 36: Problem-Solving	In this lesson, learners will practice making responsible decisions by identifying problems, evaluating the size of problems, thinking of solutions, and evaluating solutions.
	Lesson 37: Positive Role Models	In this lesson, learners are taught how to identify positive role models in their lives based on the qualities and values they hold.

CASEL Competencies	Lesson Title	Lesson Description
Unit 5: Responsible Decision-Making (Continued)	Lesson 38: Who We Look Up To	In this lesson, learners are provided the opportunity to identify and thank a positive role model in their life.
	Lesson 39: Healthy Habits: Sleep Hygiene	Quality sleep is crucial to our health, wellness, and development. This lesson teaches learners the importance of good sleep and how to achieve healthy sleep hygiene.
	Lesson 40: Healthy Habits: Sleep Habits	This lesson provides learners with the opportunity to identify healthy and unhealthy sleep habits in order to gain awareness and insight into their own sleep hygiene.

This Scope & Sequence reflects our all-done-for-you 40-week curriculum for jumping right into Social-Emotional Learning. We include guides and tips to help your teachers facilitate engaging lessons and fun learning experiences for their students.

Our team of experts is ready to help you get students started on their SEL journey.

Get in touch today



You may also request more information by visiting <https://bit.ly/SEL4All> or by scanning the QR code.

