Monthly Social Emotional Learning Scope and Sequence

with

RethinkEd

September

Theme: Social Awareness/ Cooperation

Mindfulness Activity

Heartbeat Exercise

Ask your child to stand up and either jump up and down or do jumping jacks for one minute. At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their beathing feels.

September 6-10

Grade	LESSON- Cooperation	LITERATURE		ACTIVITIES
K	Let's Cooperate!	*Mighty, Mighty Construction Site!* *A Symphony of Whales* *The Invisible Boy*	Sherri Duskey Rinker Steve Schuch Trudy Ludwig	**K-2** **Stand Up and Spell** Tell students they are going to spell the word "School" as a class. One student stands up and says the first letter. Then a different student stands up and says the next letter, and so on until they spell the word. Any student can stand up at any time, but if two students stand up at the same time, then they are out. This game can be played in-person at a desk or virtually. You can also use any word.
1	Fair Is Fun			
2	Work Together			
3	Two Heads Are Better!	*Lifeboat* *Escape From Mr. Lemoncello's Library*	Susan Hood Chris Grabenstein	**3-5** **Vocabulary Circle** Begin by the first player saying a word, then the next player must say
4	Do Your Part!			
5	Together for the Goal!			

			a word using the last letter of the word the first player just said. For example, the first word is "apple" then the next word is "egg" and so on. The goal is to get through the entire class without messing up so it's important that students listen very carefully. If you want to make it more challenging, you can give students a topic to focus on, such as "types of food" or "animals".
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
6	THINK in Groups	*Number the Stars* Lois Lowry *Summer of the Gypsy Moths* Sara Pennypacker	**6-8** **Mental Telepathy** This game challenges students to work together, to figure out what answer you are thinking. To begin pose a question and tell students there are two possible answers and they must use telepathy to read the teacher's mind and guess the correct answer.
7	Let It SLIDE!		
8	Operation: Cooperation		
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
9	Giving and Receiving Feedback	The Hunger Games Series Suzanne Collins	**9-12** **Connect This** This is a great team-building activity for high school students. To begin, provide each team with four different images and ask students to come up with a short story that connects all the objects together. For example, the images can be a person, an object, a location, etc. Give students about 15-20 minutes to
10	Make the Dream Work		
11	Wired for Cooperation		
12	Group Decision-Making		

			discuss and come up with a story, then present their story to the class.

Mindfulness Activity

Pinwheel Breathing

Imagine you are holding a pinwheel. Sit with you back straight and your body relaxed. Blow on your pinwheels together using long, deep breaths, and notice how you feel. Do you feel calm and relaxed? Is it easy or hard to sit still? Now blow on the pinwheels using short, quick breaths. How does your body feel now? Do you feel the same way after breathing quickly as you did after breathing slowly? Now blow on the pinwheels normally. How does this feel? What did you notice about how different ways of breathing makes you feel?

September 12-16

Grade	LESSON: Self-Knowledge	LITERATURE		ACTIVITIES
K	I Like It!	What I like About Me	Allia Zobel Nolan	**K-2**
1	You Are Special!	I like Me!	Nancy Carlson	**No One Is You-er Than You**
2	No One is You-er Than You	Unstoppable Me!	Dr. Wayne Dyer	Students will share characteristics about themselves and then do a mini research project on their fingerprints and what makes them unique!
3	My Kind of Strong	*The Junkyard Wonders*	*Patricia Polacco*	**3-5**
4	What Your Superpower?	*Thank You, Mr. Falker*	*Patricia Polacco*	**What's Your Superpower?**
5	My Creative Strengths			Students will reflect on their strengths and then create comic strips showcasing their character strengths and how they use their strengths to better the world.
Grade	**LESSON:**	**LITERATURE**		**ACTIVITIES**
6	Social Strengths	*Counting By 7's*	*Holly Goldberg Sloan*	**6-8**
7	You Got Style	*The Call of the Wild*	*Jack London*	**Social Strengths**
8	Ignite Your Passion			Students will complete an inventory to discover their passions and create an advertisement about their passion.

Grade	LESSON	LITERATURE		ACTIVITIES
9	You Got Personality	*The Odyssey*	Homer	**9-12** **You Got Personality** Provide each student with the Personality Profiles Student Resource and the Promote Your Personality Activity. Have the students work together to create an advertisement for their personality type.
10	What's Your Purpose?			
11	Accepting Ourselves			
12	Know Thyself			

Mindfulness Activity

Muscle Relaxation

Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing. Next, squeeze the large muscles in the calves for five seconds, then gently release. Working your way up the body, squeeze the thigh muscles for five seconds then gently release. Continue moving up the body for more relaxation.

September 19-23: Choose PEACE/ Stop Violence

Grade	LESSON: Self-Advocacy	LITERATURE		ACTIVITIES
K	Ask for Help	*I Speak Up* *Martin on the Moon* *Giraffe Asks For Help*	Cheri J. Meiners Martine Audet Nyasha M. Chikowore	**K-2** **Ask For Help** Each day during the week challenge the students to identify a need they have, think of someone who can help, ask the person for help, and thank the person. Schedule time at the end of each day for students to write and draw about how they got the help they needed.
1	Speak Up and Ask!			
2	Get Your Needs Met			
3	Speaking Up to Meet My Needs	*Stick Up for Yourself* *Out of My Mind*	Gershen Kaufman Sharon Draper	**3-5** **Ask For Help** Each day during the week challenge the students to identify a need they have, think of someone who can help, ask the person for help, and thank the person.
4	Getting the Help I Need			
5	Speak Up with Confidence			

			Schedule time at the end of each day for students to write and draw about how they got the help they needed.
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
6	Speak Up for Fairness	*Fish in a Tree* — *Lynda Mullaly Hunt* *Smile* — *Raina Telgemeier*	**6-8** Have students research a person or community organization that's advocated for the needs of a particular group.
7	Be Your Own Advocate		
8	Get What You Need		
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
9	Advocate for Yourself	*One Bird* — *Kyoko Mori*	**9-12** Have students create a list of needs they have and a chart of who can help and how they can get their needs met.
10	It's Up to You		
11	Advocate for Your Rights		
12	Adulting		

Mindfulness Activity

The Five Senses

Relax and ask yourself what are five things I can see? Breathe in, breathe out. What are four things I can touch? Breathe in, breathe out. What are three things I can hear? Breathe in, breathe out. What are two things I can smell? Breathe in, breathe out. And what is one thing I can taste? Breathe in, breathe out.

September 26-30

Grade	LESSON: Learning Skills	LITERATURE	ACTIVITIES
K	Learning with Our Senses	Liam Labradoodle Learns Whole Body Listening — Susanne Marie Poulette Howard B. Wigglebottom Learns to Listen — Howard Binkow No David! — David Shannon	Display an array of objects, food, etc.. and have students come up to the front of the room and try to identify that object with their eyes closed. Let's
1	Whole Body Listening		
2	How We Learn		
3	My Best Brain	What Goes on In My Head? — Robert Winston Pay Attention Please! — Sherill B. Flora	Provide students with miscellaneous items to create a musical instrument.
4	Remember This!		
5	Let's CREATE		
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**

6	ASK Quality Questions	The Garden in My Mind Stephanie Mccumbee This is Middle School Keith Kyker	Provide students with the question prompts from "Ask Quality Questions" lesson. Students interview one another and then present to the class.
7	Attention to Learning		
8	My Study Skills		
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
9	Getting Organized	**Cross The Line: It All Starts With a Choice;** Sam Parker	Students will have 30 minutes to work together with a partner to research information about a topic they are interested in. Allow time at the end of the period for pairs to join with another pair to share their research.
10	Study Smarter		
11	Cure a Negative Mindset		
12	Lifelong Learning		

October

Theme: Self-Management/ Responsibility

Mindfulness Activity

Positive Affirmations

Positive affirmations are statements that you repeat to yourself, either slightly or out loud. They are intended to help you reach a goal, change a mindset, improve your self-esteem, or boost your confidence. Provide students with two sticky notes and ask them to write one positive affirmation on each. They then will repeat the words on each sticky note three times. Have them exchange one positive affirmation with a classmate.

October 3-7

Grade	LESSON: Problem-Solving	LITERATURE		ACTIVITIES
K	Say the Problem	*Can I Play Too?*	*Mo Williams*	**K-2** Create a list of problems that may have arisen in the classroom over the past few weeks. Then, have students go through the strategy together to create a solution: **S**ay the problem.
1	Whose Problem Is It?	*Stuck*	*Oliver Jeffers*	
2	What's the Problem?	*The Pout-Pout Fish Far From Home*	*Deborah Diesen*	

			Think of solutions. **E**xplore the solutions. **P**ick a solution. **S**tep up and try the solution.
3 **4** **5**	Let's Brainstorm! Ways to Solve a Problem Think of Solutions	*The Pepin's and Their Problems* — *Marylin Hafner* *Apple Blossom the Possum* — *Holly Goldberg Sloan*	**3-5** Create several lists of problems students have faced in the last few weeks. Group students and then have them rotate through stations that have one of the problems and have them brainstorm lists of solutions.
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
6 **7** **8**	Think Solution! From Problem to Solution Evaluate the Solutions	*The Templeton Twins Have an Idea* — Elliz Weiner *Letters From Rifka* — Karen Hesse	**6-8** Generate a list of different problems that have happened throughout history. Have students break out into groups to create solutions.
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
9 **10** **11** **12**	Pick the Best Solutions Facts, Not Feelings Stretch Yourself Higher-Order Solutions	*Everything, Everything* — Nicola Yoon	**9-12** Generate a list of school community concerns. Have students break out into groups to create solutions.

School Counseling

Mindfulness Activity

Draw Your Breath

Place your pencil or chosen drawing medium on the paper. Take a moment to notice and observe your breathing. Visualize your breath as a line and represent this on the paper. Spend a few minutes playing with different types of lines as you notice your breath. Try altering your breathing a bit faster or a bit slower and notice how this changes your lines on the page. Continue for a few minutes to let yourself relax into the calming sensations of breath, motion, and lines.

October 10-14

Grade	LESSON: Resilience	LITERATURE		ACTIVITIES
K	Get it Done!	*The Most Magnificent Thing*	*Ashley Spires*	**K-2** Gather the students in a circle. Stand in the middle of the circle, holding the ball. Share something that bothered or upset you this morning. Then, bounce the ball to a student.
1	Bounce Back!	*Beautiful Oops*	*Barney Saltzberg*	
2	Challenge Accepted!	*Allie's Basketball Dream*	*Barbara E. Barber*	
3	Be Resilient	A Long Walk to Water	Linda Sue Park	**3-5** Have each student choose a character from a book who showed resilience and create a profile of that character and present to the class.
4	The Resilient Kid	Farmer Boy	Laura Ingalls Wilder	
5	If at First You Don't Succeed…			
Grade	**LESSON**	**LITERATURE**		**ACTIVITIES**
6	Reframe It!	*Island of the Blue Dolphins*	Scott O'Dell	**6-8** Take a moment in history and have students create skits on how they can reframe the moment.
7	Bend, but Not Break		Jean Craighead	
8	Everyday Courage	*Julie and the Wolves*	George	
Grade	**LESSON**	**LITERATURE**		**ACTIVITIES**
9	Strength from Support	The Color Purple	Alice Walker	**9-12** Have the groups brainstorm a list of stressful situations that would require the help from someone in their support system. Then, create a gallery walk and have students respond to each other.
10	Everyday Resilience			
11	Out of Your Control?			
12	Overcoming Adversity			

Mindfulness Activity

Mindful Coloring

Coloring is a great way to practice mindfulness. Print out a coloring sheet and invite students to quietly relax and focus on the present moment as they color. Free Crayola Coloring Sheets.

October 17-21: Digital Citizenship Week

Grade	LESSON: Online Safety	LITERATURE	ACTIVITIES
K	I Can Unplug		Engage in activities provided by BCPS.
1	I Can Be Kind Online		
2	I Can Find It Online		
3	Time to Unplug		Engage in activities provided by BCPS.
4	Be Kind Online		
5	Be AWARE Online		
Grade	**LESSON**	**LITERATURE**	
6	Safe and Respectful Online		Engage in activities provided by BCPS.)
7	Safe and AWARE Online		
8	Safe and Connected Online		
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
9	Balancing Screen Time		Engage in activities provided by BCPS.
10	Online Respect		
11	Check the Source		
12	Solve the Problem Online		

Mindfulness Activity

Square Breathing

Sitting upright, slowly exhale through your mouth, getting all the oxygen out of your lungs. Focus on this intention and be conscious of what you are doing slowly inhale and deeply through your nose to the count of four. in this step count to four very slowly in your head. Feel the air Fill your lungs, one section at a time, until your lungs are completely full, and the air moves into your abdomen. Hold your breath for another slow count of four. Exhale through your mouth for the same slow count of four, expelling the air from your lungs and abdomen. Be conscious of the feeling of the air leaving your lungs. Hold your breath for the same slow count of four before repeating this process.

October 24-28: Red Ribbon Week

Grade	LESSON: Substance Use	LITERATURE	ACTIVITIES
K	My Healthy Needs		Engage in activities provided by BCPS and school.
1	Safe and Unsafe Substances		
2	Using Medicine Safely		
3	My Healthy Brain		Engage in activities provided by BCPS and school.
4	My Healthy Choices		
5	My Healthy Plan		
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
6	Identifying Positive Activities		Engage in activities provided by BCPS and school.
7	Identifying Positive Adult Relationships		
8	Managing Peer Pressure		
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
9	Knowing Ourselves		Engage in activities provided by BCPS and school.
10	Practicing Communication		
11	Setting Healthy Goals		
12	Evaluating Protective Strategies		

November

Theme: Responsible Decision Making/Citizenship

Mindfulness Activity

Root to Rise

Stand feet slightly apart, firmly grounded into the earth. Notice your toes slightly apart, the edges of your feet rooting into the ground. Palms facing out, tall spine. Breathe as you breathe in, filled the breath rising from your feet, chins, knees, hips, all the way up your spine to the crown of your head. Slowly breathe out repeat breath three times.

October 31-November 4

Grade	LESSON: Social Contributions	LITERATURE	ACTIVITIES
K	I Can Help!	*Ordinary Mary's Extraordinary Deed!* Emily Pearson	**K-2**
1	I Spy a Helper		

2	I Can Help My Family	*Kindness is Cooler, Mrs. Ruler Come With Me*	Margery Cuyler Holly M. McGhee	Step Up Project! Students will choose a project to improve something at school and determine a plan for how to make this change happen.
3	Acts of Kindness	*Good People Everywhere*	Lynea Gillen	**3-5** Step Up Project! Students will choose a project to improve something at school and determine a plan for how to make this change happen.
4	Making School a Better Place	*Never Too Young: 50 Unstoppable Kids*	Aileen Weintraub	
5	Kind is Cool			
Grade	**LESSON**	**LITERATURE**		**ACTIVITIES**
6	Be the Change	*The Giver*	Lois Lowry	**6-8** Students will work together to identify places of interest and places of need in the community. Then, students will create a plan on how they could support this need.
7	Plan to Do Your Part	*Operation, Redwood*	S. Terrell French	
8	C's the Opportunity			
Grade	**LESSON**	**LITERATURE**		**ACTIVITIES**
9	Passion to CARE	Martin Luther King Jr: A Life	Marchall Frady	**9-12** Students will create an infographic to post on social media to raise awareness of a social injustice on campus or in the community.
10	Make a Difference			
11	CAUSE We Care!			
12	Change Makers			

Mindfulness Activity
Repeat, Affirm, Find Peace

As a class, invite students to say the following grounding affirmation – "I am courageous. I am brave. I am firm" and a heartfelt affirmation – "I am love. I am kind. I am beautiful". Invite them to put the palms of their hands to their heart and say: "I am peace. I am peace. I am peace."

November 7-12: Anti-Bullying Week

Grade	LESSON: Preventing Violence	LITERATURE	ACTIVITIES
K	Choose Respect		Engage in activities provided by BCPS and school.
1	Work It Out		

2	Helpful Boundaries		
3	Safety Needs		Engage in activities provided by BCPS and school.
4	My Safe Relationships		
5	Respecting Boundaries		
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
6	Safe and Protected		Engage in activities provided by BCPS and school.
7	Silencing Harassment		
8	Roots of Relationship Violence		
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
9	#HealthyRelationships		Engage in activities provided by BCPS and school.
10	Consent Culture		
11	Collective Violence		
12	Take Action to Prevent Violence		

Mindfulness Activity

Bend with Gratitude

Breathe in and reach your arms out wide, stretching your fingers apart. Slowly lift your arms above your head, palms touching. As you breathe out, take your arms apart outward in a wide circle from your body, and bend all the way down until your hands touched the ground. You can bend your knees if you need to. Take the poms on the ground, padding the earth, feeling the earth and using this time to be present.

November 14-18: Family and Community Engagement Week

Grade	LESSON: Values	LITERATURE		ACTIVITIES
K	My Family	Chrysanthemum	Kevin Henkes	**K-2**
1	Being Together	Trampoline Boy	Nan Forler	Students will create Wanted Posters describing character values that are important them.
2	Spot Our Family Values	How To Be a Superhero	Susan Fleiss	
3	Character Values	The Wizard of Oz	L. Frank Baum	**3-5**
4	My Values, My Choices	Restart	Gordon Kormon	Students will create Wanted Posters describing character values that are important them.
5	Our School's Value			
Grade	**LESSON**	**LITERATURE**		**ACTIVITIES**
6	My Personal Values	Ghost	Jason Reynolds	**6-8**
7	Mind Your Media	This Side of Home	Renee Watson	

8	Our Values		Students will work to decide 5 values of all citizens in their 'perfect world' and then create a picture showing these values through buildings and other places or structures.
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
9	Respecting Our Values	The Joy Luck Club Amy Tan	**9-12** Students will work to decide 5 values of all citizens in their 'perfect world' and then create a picture showing these values through buildings and other places or structures.
10	Value of Choice		
11	Trust Your GUT		
12	My Life Compass		

December

Theme: Relationship Skills /Kindness

Mindfulness Activity

Freeze Dance

Play music and get your students moving. Stop the music and freeze. Ask them to reflect about their experience. Explain that for some this is a chance to show off some moves but for others this activity may be challenging. The idea is for them to notice what they are feeling each time the music stops. No one is eliminated, as the intention is to bring kind awareness.

November 29-December 3

Grade	LESSON: Cultural Competence	LITERATURE		ACTIVITIES
K	Me and You	*All The Colors of The Earth*	Morrow	**K-2** Students will create a poster that displays information about their family's culture
1	Our Families	*Lovely*	Jess Hong	
2	Cultures Around the World	*All Are Welcome*	Alexandra Penfold	
3	Celebrating Our Differences	*Wishtree*	Katherine Applegate	**3-5** Students will create a poster that displays information about their family's culture
4	Everyone is Different	*The Misadventures of the Family Fletcher*	Dana Alison Leavy	
5	In Someone Else's Shoes			

Grade	LESSON	LITERATURE		ACTIVITIES
6	Be Cool: INCLUDE	*Amina's Voice*	Hena Khan	**6-8** Students will complete a project on an example of how media perpetuates a prejudice and what harm was caused as a result.
7	Challenge Prejudice	*The Year of The Dog*	Grace Lin	
8	SPOT the Stereotype			
Grade	**LESSON**	**LITERATURE**		**ACTIVITIES**
9	STOP Stereotype	*The House on Mango Street*	Sandra Cisneros	9-12 Work with students to create a plan to educate other students in the school about stereotypes and work to oppose those stereotypes. Consider working with your subject level or grade level team to design this activity
10	Cultural Competence			
11	Culture Change			
12	Cultural Competence			

Mindfulness Activity

Body Scan

Allow your body to settle in a comfortable position. You may close your eyes or keep them open. Allow the spine to lift and the shoulders to soften. Check in with your body's help to settle your mind and to notice sensations and emotions that might be present. Begin by taking a full breath in and a long breath out. Now bring awareness to the top of your body, your head, face, neck, shoulders. Noticing any sensations, movements, any places of holding. Now move down to your arms and your hands, your legs, your feet, continue to scan to see if any places lack sensation or feel very faint. Finish with a full deep breath in and a long breath out.

December 5-9

Grade	LESSON: Relationships	LITERATURE		ACTIVITIES
K	People We Meet	*Corduroy*	Don Freeman	**K-2** Students will participate in acts of kindness and create a drawing to represent all the different acts of kindness.
1	Kindness Kaleidoscope	*A Sick Day for Amos McGee*	Philip C. Stead	
2	Be a Good Classmate	*Stone Soup*	Marcia Brown	
3	Be a Good Student	*Maniac McGee*	Jerry Spinelli	**3-5** Students will participate in acts of kindness and create a video to
4	Be a Good Neighbor	*Because of Winn Dixie*	Kate DeCamillo	
5	Character Counts			

			represent all the different acts of kindness.
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
6 **7** **8**	NO "I" In Team Peering Into Relationships KISS Peer Pressure Goodbye	*Raymie Nightengale* Kate DeCamillo *Harriet The Spy* Louise Fitzhugh	**6-8** Students will create a poster/digital representation of a team they feel works well together and why
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
9 **10** **11** **12**	Groups or Cliques Roles and Relationships Shifting Relationships EL Leadership	*The Little Prince* Antoine de Saint-Exupéry	**9-12** Ask students to write about a relationship within a fiction book and the social groups the main character is a part. Evaluate whether or not those social groups are healthy.

Mindfulness Activity

The ABC's of Gratitude

In a seated position, make your way through the alphabet, beginning with the letter "A." Think of something you are grateful for that brings with each letter of the alphabet. "I am grateful for…" see if you can make it all the way to "Z" with a light and grateful heart.

December 12-17

Grade	**LESSON: Self-Compassion**	**LITERATURE**	**ACTIVITIES**
K **1** **2**	Look What I Can Do! I Like Me! What I Like About Me	*I'm Gonna Like Me* Jamie Lee Curtis *I Like Myself!* Karen Beaumont *Elmer* David McKee	**K-2** Have students create banners about all of the different things they like about themselves.
3 **4** **5**	Give Yourself a Break Kindness to Myself Me: My Compassionate Friend	*Too Perfect* Trudy Ludwig *Blackbird Fly* Erin Entrada Kelly	**3-5** Have the students write affirmations, encouragement, or things they can do to show themselves self-compassion on a notecard.
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
6	Be Kind to Yourself		**6-8**

7	Quiet the Inner Critic	Just As You Are: A Teen's Guide to Self-Acceptance Michelle Skeen	Invite the students to write a poem (free verse or other form) to encourage themselves to Show compassion to themselves.
8	Breath Through It		
Grade	**LESSON**	**LITERATURE**	**ACTIVITIES**
9	Self-Compassion	*I Know Why The Caged Bird Sings* Maya Angelou *Chicken Soup for the Teenage Soul* Jack Canfield	**9-12** Direct the students prepare a 5-minute demonstration to share a skill or talent with the class.
10	Accepting Yourself		
11	Take Care of You		
12	Loving Yourself		