

Social Emotional Learning and Mental Health
Elementary School Scope and Sequence 2022-2023

August				
	Required Lesson	Required Lesson	Choice Lesson	Choice Lesson
Competency	Awareness of Self & Others	Social Skills	Self-Management	Self-Management
Grade	Learning Skills	Cooperation	Self-Control	Focus
K	Learning with Our Senses	Let's Cooperate!	Breathe In, Breathe Out	Following Instructions
1 st	Whole Body Listening	Fair is Fun	Way for It!	Hocus Pocus: Focus!
2 nd	How We Learn	Work Together	Take 5!	The Focus Toolbox
3 rd	My Best Brain	Two Heads Are Better!	Keep Calm	Improving My Focus
4 th	Remember This!	Do Your Part!	Freeze!	Keep Focused
5 th	Let's CREATE	Together for the Goal!	Stop. Think. Decide	Focus First!
Tier 3: PK-2	Good Listening	Classroom Chores	What I Like	What We Like
Tier 3: 3 rd -5 th	2-Step Directions	Teamwork	Likes and Dislikes	We Like This But Not That
September is National Suicide Prevention Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Self-Care	Social Awareness	Mental Health	Self-Management
Grade	Healthy Boundaries	Safe & Ethical Behavior	Reducing the Risk of Suicide	Stress Management
K	Safety First	Telling or Tattling	Feeling Hopeful	My Recipe for Happiness
1 st	What's That Feeling?	Rules, Rules, Rules	Hopeful Changes	Feelings Booster
2 nd	STOP!	A Buddy or A Bully?	Hopeful Helpers	My Stress Thermometer
3 rd	Okay, Not Okay	Be a Buddy, Not a Bully	Stories of Hope	Change It!
4 th	Boundaries	Profile of a Bully	Hopeful Goals	Feelings, Thoughts, and Behaviors
5 th	Ready, SET, SEE	Be an Upstander	Spreading Hope	You Can Change It!
Tier 3: PK-2	Is That Okay?	Classroom Rules	Tier 3 supports included in lesson above	What I Like
Tier 3: 3 rd -5 th	Ouch! That Hurts!	School Safety	Tier 3 supports included in lesson above	Likes and Dislikes
October is National Stop Bullying Day and Cyber Safety Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Social Skills	Social Awareness	Mental Health	Awareness of Self & Others

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Grade	Respect	Empathy	Online Safety	Emotions
K	Spreading Kindness	Telling or Tattling	I Can Unplug	My Recipe for Happiness
1 st	Mind Your Manners	Rules, Rules, Rules	I Can Be Kind Online	Feelings Booster
2 nd	Show Some Respect!	A Buddy or A Bully?	I Can Find It Online	My Stress Thermometer
3 rd	Say it With a Smile!	Be a Buddy, Not a Bully	Time to Unplug	Change It!
4 th	Actions Speak Louder Than Words	Profile of a Bully	Be Kind Online	Feelings, Thoughts, and Behaviors
5 th	Social Cues	Be an Upstander	Be AWARE Online	You Can Change It!
Tier 3: PK-2	Mind Your Manners	Classroom Rules	Tier 3 supports included in lesson above	Basic Emotions
Tier 3: 3 rd -5 th	Let's Be Honest	School Safety	Tier 3 supports included in lesson above	Lots of Feelings
November is World Kindness Day				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Social Awareness	Social Awareness	Mental Health	Awareness of Self & Others
Grade	Cultural Competence	Actions and Consequences	Depression	Values
K	Me and You	Fix Your Mistake	Boost Your Sad Feelings	My Family
1 st	Our Families	Actions and Consequences	Level Up With Love	Being Together
2 nd	Cultures Around the World	STOP Then Decide	Level Up!	Spot Our Family Values
3 rd	Celebrating Our Differences	STOP Before You Say It	Identifying Sad Feelings	Character Values
4 th	Everyone is Different	THINK and Be Honest	Big or Small Problems	My Values, My Choices
5 th	In Someone Else's Shoes	Choices and Consequences	We've Got Options	Our School's Value
Tier 3: PK-2	People Are People	The Things You Do	Tier 3 supports included in lesson above	What We Like
Tier 3: 3 rd -5 th	My Family Culture	Consequences	Tier 3 supports included in lesson above	We Like This But Not That
December is Human Rights Month				
	Required Lesson	Choice Lesson	Winter Break	
Competency	Social Awareness	Social Skills	Winter Break	
Grade	Social Contributions	Fairness	Winter Break	

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K	I Can Help!	Let's Play Fair		Winter Break
1 st	I Spy a Helper	Tattling Trouble		Winter Break
2 nd	I Can Help My Family	That's Not Fair!		Winter Break
3 rd	Acts of Kindness	Make It Fair!		Winter Break
4 th	Making School a Better Place	Great Responsibility		Winter Break
5 th	Kind is Cool	Right On, Rights!		Winter Break
Tier 3: PK-2	Clean Up Time	Sharing is Fun!		Winter Break
Tier 3: 3 rd -5 th	My Classroom Job	Be A Good Sport!		Winter Break
January is National Slavery and Human Trafficking Preventing Month				
	Winter Break	Required Lesson	Required Lesson	Required Lesson
Competency	Winter Break	Self-Care	Social Awareness	Mental Health
Grade	Winter Break	Self-Advocacy	Support Systems	Human Trafficking
K	Winter Break	Ask for Help	Ask Kindly	Safe and Unsafe Touch
1 st	Winter Break	Speak Up and Ask!	My Family, My Support	Feeling Safe
2 nd	Winter Break	Get Your Needs Met	Help at School	Feeling Unsafe?
3 rd	Winter Break	Speaking Up to Meet My Needs	Be a BUD	Safe Boundaries
4 th	Winter Break	Getting the Help I Need	Who Do You Turn To?	Communicating Boundaries
5 th	Winter Break	Speak Up with Confidence	Asking for Help	Our Boundaries
Tier 3: PK-2	Winter Break	Help Please!	We Are Family	Tier 3 supports included in lesson above
Tier 3: 3 rd -5 th	Winter Break	When to Ask for Help	Help at School	Tier 3 supports included in lesson above
February is Teen Dating Awareness Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Social Skills	Self-Care	Mental Health	Awareness of Self & Others
Grade	Relationships	Self-Compassion	Preventing Violence	Self-Knowledge
K	People We Meet	Look What I Can Do!	Choose Respect	I Like It!

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1 st	Kindness Kaleidoscope	I Like Me!	Work It Out	You Are Special!
2 nd	Be a Good Classmate	What I Like About Me	Helpful Boundaries	No One is You-er Than You
3 rd	Be a Good Student	Give Yourself a Break	Safety Needs	My Kind of Strong
4 th	Be a Good Neighbor	Kindness to Myself	My Safe Relationships	What Your Superpower?
5 th	Character Counts	Me: My Compassionate Friend	Respecting Boundaries	My Creative Strengths
Tier 3: PK-2	Say Something Nice!	Super Powers	Tier 3 supports included in lesson above	What I Like
Tier 3: 3 rd -5 th	Let's Talk	You Are Cool!	Tier 3 supports included in lesson above	Likes and Dislikes
March is National Social Work Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Self-Management	Self-Management	Mental Health	Awareness of Self & Others
Grade	Resilience	Problem-Solving	Anxiety	Growth Mindset
K	Get it Done!	Say the Problem	Exploring Scared and Worried	I'm Growing
1 st	Bounce Back!	Whose Problem Is It?	My Fears and Worries	I Can Do It!
2 nd	Challenge Accepted!	What's the Problem?	Managing My Worries	Mistake Masterpieces
3 rd	Be Resilient	Let's Brainstorm!	Check In, Be Calm	My Curious Mind
4 th	The Resilient Kid	Ways to Solve a Problem	Challenge That Thought	Hard Work Pays Off
5 th	If at First You Don't Succeed...	Think of Solutions	Change It With Compassion	Beyond Boredom
Tier 3: PK-2	I Can Do That!	Making Requests	Tier 3 supports included in lesson above	I Can Do That!
Tier 3: 3 rd -5 th	Join In!	Wants vs. Needs	Tier 3 supports included in lesson above	Join In!
April is Alcohol Awareness Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Social Skills	Awareness of Self & Others	Mental Health	Mental Health
Grade	Friendship	Wants and Needs	Substance Use Disorders	Support Systems
K	Fun with Friends	What We Need	My Healthy Needs	You Belong
1 st	Let's Be Friends	Balancing Wants and Needs	Safe and Unsafe Substances	Who Can Help?

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2 nd	Filling Buckets	Getting My Needs Met	Using Medicine Safely	Thank You!
3 rd	Be a Friend	I Belong	My Healthy Brain	My Connections
4 th	A Good Friend Is...	Where We Belong	My Healthy Choices	Connect 4
5 th	COOL Communication	We Gotta Have Fun!	My Healthy Plan	Who Ya Gonna Call?
Tier 3: PK-2	Let's Play!	Making Requests	Tier 3 supports included in lesson above	Tier 3 supports included in lesson above
Tier 3: 3 rd -5 th	Common Interests	Wants vs. Needs	Tier 3 supports included in lesson above	Tier 3 supports included in lesson above
May is Mental Health Awareness Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Social Skills	Self-Care	Mental Health	Mental Health
Grade	Conflict Resolution	Mindfulness	Mental Wellness	Healthy Identities
K	Getting Along	Notice with Your Senses	Feeling Happy	We Are Unique
1 st	I'm Sorry!	The Big Breath	Happy Feelings	My Unique Interests
2 nd	Let's Get Along	My Mindful Body	Spreading Happiness	My Family and Me
3 rd	Calm the Conflict	Mindfulness	My Emotion Superpowers	Our Stories
4 th	The I-Message	Martian Mind	Caring for My Emotions	My Unique Strengths
5 th	ICE Rumors and Gossip	Quiet Your Brain	Empathy for Emotions	Respecting Values
Tier 3: PK-2	Problems with Others	Let It Go!	Tier 3 supports included in lesson above	Tier 3 supports included in lesson above
Tier 3: 3 rd -5 th	Dealing with Problems	What Do You Hear?	Tier 3 supports included in lesson above	Tier 3 supports included in lesson above
June				
	Required Lesson	Required Lesson	Choice Lesson	
Competency	Self-Care	Self-Care	Mental Health	
Grade	Self-Efficacy	Optimism	Resilience	
K	Mistakes Are a Part of Learning	Proud to Be Me!	Get Your Bounce Back!	
1 st	Believe!	Turn That Frown Upside Down	How Can You Bounce Back?	
2 nd	You Can Do It!	Level Up Your Mood	Can't Stop Me Now	

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3 rd	Belief Builders	Give a Little Happiness	Watch Your Words
4 th	Believe It!	Attitude of Gratitude	Something Out of Nothing
5 th	I Believe in Me	Good News, Bad News	Just Maybe
Tier 3: PK-2	I Can Do It!	Happy Thoughts	Tier 3 supports included in lesson above
Tier 3: 3 rd -5 th	You Can Learn To Do It Too!	Find Something Good	Tier 3 supports included in lesson above