



Kindergarten Grade Scope and Sequence

Self-Management

Let's Get Started

This is a suggested implementation plan containing resources from RethinkEd's SEL program to support social-emotional learning on your campus. These lessons have been selected to support students by fostering SEL skills in the area of self-management.

Step 1

- Log on to the RethinkEd Platform; add us to a course in Schoology [CLICK HERE](#)

Step 2

- Browse the **Staff Resources** below, including the **SEL Educator's Guide** for your grade level and educator PD videos on the SEL topics covered in this scope.

Step 3

- Once you are in the RethinkEd platform, click the hyperlinks below to jump directly to the lesson video (3-7 minutes).
- Show your students the video.
- After the video is done, you can click the blue arrow to the right of the video to access discussion questions and materials connected to the lesson.

Options for Discussion Questions:

- **Whole group/Community Circle.** We recommend that your students use a [community circle](#) and develop the rules or norms themselves. Here are some additional strategies for community circles: [CLICK HERE](#)
- **Small groups**
- **Think-Pair-Share**

Log into RethinkEd via Schoology to UNLOCK access to the hyperlinks.

Staff Resources	
Kindergarten SEL Educator's Guide	
Educator PD Videos	
Self-Management Click on "Self-Management" Category	<i>Self-Control, Stress Management, Focus, Problem Solving, Goal Setting, Resilience</i>

September Lesson 1			
Self-Management: <i>Self-Control</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
Breathe In, Breathe Out	Lesson Plan Objective: Students will learn and practice deep breathing.	What is something that upsets you? How does taking a deep breath help you feel better? How do you take a deep breath?	Activity





September Lesson 2			
Self-Management: <i>Stress Management</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
My Recipe for Happiness	Lesson Plan Objective: Students will learn strategies for being happy.	What makes you smile or laugh? What do you enjoy doing? Does everyone have the same recipe for happiness? Explain.	Activity





October Lesson 1			
Self-Management: <i>Problem Solving</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
Say the Problem	Lesson Plan Objective: Students will identify a problem and name it.	What is a problem? Tell about a problem that you've had. Why is it important to say the problem?	Activity

October Lesson 2			
Self-Management: <i>Goal Setting</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
Say the Goal!	Lesson Plan Objective: Students will state a goal.	What is a goal? What goal do you have? Why is it important to say the goal?	Activity



November Lesson 1			
Self-Management: <i>Focus</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
Following Instructions	Lesson Plan Objective: Students will practice following instructions.	What are instructions? What kind of instructions do you hear? Why is it important to follow instructions? How can you focus better when listening to instructions?	Activity

November Lesson 2			
Self-Management: <i>Resilience</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
Get It Done!	Lesson Plan Objective: Students will learn strategies for completing nonpreferred activities.	What are some things you have to do that you don't want to do? Why do you have to do things you don't want to do? What are some ways to help you get things done that you don't want to do?	Activity



Helpful Tips and Tutorials



Using the Lesson Library

- To learn how to use the lesson library to find student facing curriculum [CLICK HERE](#)

Assigning Lessons

- To learn how to assign SEL videos and activities to your student's learning center [CLICK HERE](#)

Managing Your Classroom

- To learn how to locate your classroom, view class-wide reports, student assignments, SEL Student Self-Assessment results, and more [CLICK HERE](#)

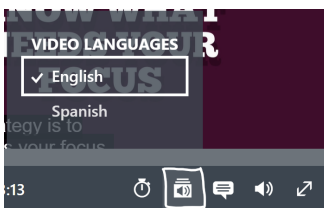
Managing Student Assignments

- To learn more on how to view and manage student assignments, completion status, and provide feedback [CLICK HERE](#)

Help and Support

- Click "help" from your toolbar (after logging in) to access live chat support

Accessing Spanish Language Resources



- To change video audio from English to Spanish, click the audio button in the lower righthand corner
- To access the lesson activities in Spanish, use the following steps: My Resources > Printable Materials > Search for Lesson Name

