



2nd 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	
Grade 2 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
Take 5!	Lesson Plan Objective: Students will learn how to pause before acting.	Tell about a time that you felt mad or frustrated. What are some ways that you can take 5? Why is it important to pause before acting?	Activity





September Lesson 2			
Self-Management: <i>Stress Management</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
My Stress Thermometer	Lesson Plan Objective: Students will identify when they are feeling stressed and practice strategies for managing stress.	When have you felt worried? Frustrated? Mad? How do you feel when you are stressed? What can you do to calm down and feel better?	Activity





October Lesson 1			
Self-Management: <i>Problem Solving</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
What's the Problem?	Lesson Plan Objective: Students will learn the steps to solving a problem.	What is a problem? What do you do when you have a problem? What are the STEPS to solving a problem? Why is it important to say the problem? Why is it important to know who is responsible for solving the problem?	Activity

October Lesson 2			
Self-Management: <i>Goal Setting</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
Set a Goal	Lesson Plan Objective: Students will identify a goal and follow steps to achieve it.	What is a goal? What goals do you have?	Activity



November Lesson 1			
Self-Management: <i>Focus</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
The Focus Toolbox	Lesson Plan Objective: Students will learn strategies to stay focused.	What is focus? Why is it important to focus? What are the tools for focusing?	Activity

November Lesson 2			
Self-Management: <i>Resilience</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
Challenge Accepted!	Lesson Plan Objective: Students will reframe problems as challenges.	What is a challenge? What does it mean to accept a challenge? Why is it better to look at a problem as a challenge? What is a challenge you have? How can you look at your problem as a challenge?	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](#)

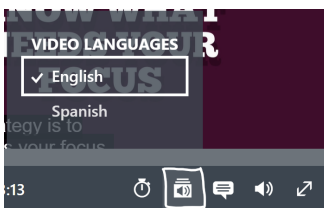
Managing Student Assignments

- 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

