

# 1<sup>st</sup> Grade Scope and Sequence

## Let's Get Started

This is a suggested implementation plan with resources from RethinkEd's SEL curriculum to teach social-emotional learning on your campus. These lessons have been selected to support students by fostering SEL skills, with the educator and school year cadence in mind.

### Step 1

Open the RethinkEd platform through [Schoolology](#) or Clever.

### Step 2

Find the current month and week below, then click the link to access the 2-5 minute lesson video.

Show the video to your students

### Step 3

After the video, click on the discussion questions and facilitate a conversation amongst your students.

**Log into RethinkEd via Schoolology to UNLOCK access to the hyperlinks.**

### August Lesson 1

Social Awareness: <i>Safe and Ethical Behavior</i>	
Lesson Video	Learning Objectives
<a href="#">Ripples of Kindness</a>	<b>Objective:</b> Students will understand rules and the need for rules.

### September Lesson 1

Online Safety	
Lesson Video	Learning Objectives
<a href="#">I Can Unplug</a>	<b>Objective:</b> Students will develop strategies to be safe and kind online.

### September Lesson 2

Social Awareness: <i>Actions and Consequences</i>	
Lesson Video	Learning Objectives
<a href="#">What Could Happen?</a>	<b>Objective:</b> Students will recognize that actions have consequences.

### September Lesson 3

Self-Management: <i>Self-Control</i>	
Lesson Video	Learning Objectives
<a href="#">Wait for It!</a>	<b>Objective:</b> Students will learn strategies to help them wait.

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## September Lesson 4

Awareness of Self & Others: <i>Learning Skills</i>	
Lesson Video	Learning Objectives
<a href="#">Whole Body Listening</a>	<b>Objective:</b> Students will learn and demonstrate whole-body listening.

## September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
<a href="#">Marvelous Mistakes</a>	<b>Objective:</b> Students will understand how mistakes help them learn.

## October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
<a href="#">Whose Problem Is It?</a>	<b>Objective:</b> Students will identify a problem and whose problem it is.

## October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
<a href="#">Helpful Thoughts</a>	<b>Objective:</b> Students will identify challenges in everyday life and strategies to overcome the challenges.

## October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
<a href="#">The Big Breath</a>	<b>Objective:</b> Students will practice mindfulness through breathing deeply.

## October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
<a href="#">I Like Me!</a>	<b>Objective:</b> Students will develop self-compassion by feeling happy about themselves.

## November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
<a href="#">Believe!</a>	<b>Objective:</b> Students will change their beliefs to reach a goal.



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## November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
<a href="#">You Are Unique!</a>	<b>Objective:</b> Students will identify things they like to do.

## December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
<a href="#">Feelings Booster</a>	<b>Objective:</b> Students will learn strategies for boosting feelings.

## December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
<a href="#">My Family, My Support</a>	<b>Objective:</b> Students will identify their support system within their families and ask for help.

## January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
<a href="#">Steps to the Goal</a>	<b>Objective:</b> Students will state a goal and determine steps needed to take to reach the goal.

## January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
<a href="#">Hocus Pocus: Focus!</a>	<b>Objective:</b> Students will learn and demonstrate focus skills.

## January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
<a href="#">Speak Up and Ask!</a>	<b>Objective:</b> Students will identify a need and speak out to get their need met.

## January Lesson 4

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
<a href="#">What is Respect?</a>	<b>Objective:</b> Students will be able to understand how good manners show respect.



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## February Lesson 1

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
<a href="#">I'm Sorry!</a>	<b>Objective:</b> Students will learn the importance of an apology and how to apologize.

## February Lesson 2

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
<a href="#">Understanding Tattling</a>	<b>Objective:</b> Students will learn some alternatives to tattling.

## February Lesson 3

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
<a href="#">Fair is Fun</a>	<b>Objective:</b> Students will learn to play fair in groups.

## February Lesson 4

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
<a href="#">Let's Be Friends</a>	<b>Objective:</b> Students will recognize that friends have fun together.

## March Lesson 1

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
<a href="#">Kindness Kaleidoscope</a>	<b>Objective:</b> Students will learn and practice ways to show their families kindness.

## March Lesson 2

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
<a href="#">Balancing Wants and Needs</a>	<b>Objective:</b> Students will identify the difference between wants and needs.

## March Lesson 3

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
<a href="#">Being Together</a>	<b>Objective:</b> Students will identify the things they do with their families.



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## March Lesson 4

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
<a href="#">Our Families</a>	<b>Objective:</b> Students will identify differences and similarities between their families and the families of others.

## April Lesson 1

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
<a href="#">I Spy a Helper</a>	<b>Objective:</b> Students will show appreciation to people who help them.

## April Lesson 2

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
<a href="#">How Someone Else Might Feel</a>	<b>Objective:</b> Students will identify what another person might be feeling.

## April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
<a href="#">What's That Feeling?</a>	<b>Objective:</b> Students will identify comfortable and uncomfortable feelings.

## April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
<a href="#">My Feelings Monster</a>	<b>Objective:</b> Students will identify and label emotions.

## May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
<a href="#">My Fears and Worries</a>	<b>Objective:</b> Students will identify situations that cause fear and worry and strategies for developing self-compassion.

## May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
<a href="#">Happy Feelings</a>	<b>Objective:</b> Students will identify what helps them feel happy and learn what helps others feel happy.



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## May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
<a href="#">My Unique Interests</a>	<b>Objective:</b> Students will identify and celebrate their interests and the interests of others.

## May Lesson 4

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
<a href="#">Turn That Frown Upside Down</a>	<b>Objective:</b> Students will practice thinking positively.