

10th 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
Values and Behavior	Objective: Students will consider how their values inform their understanding of safe and ethical behavior.

September Lesson 1

Online Safety	
Lesson Video	Learning Objectives
Respectful Online	Objective: Students will develop strategies to protect themselves and others online and engage respectfully online.

September Lesson 2

Social Awareness: <i>Actions and Consequences</i>	
Lesson Video	Learning Objectives
Online Consequences	Objective: Students will evaluate actions and consequences online.

September Lesson 3

Self-Management: <i>Self-Control</i>	
Lesson Video	Learning Objectives
Developing Healthy Habits	Objective: Students will apply the steps for changing a habit to practice self-control.

10th Grade Scope and Sequence

September Lesson 4

Awareness of Self & Others: <i>Learning Skills</i>	
Lesson Video	Learning Objectives
Study Strategies	Objective: Students will learn strategies for organizing their study time.

September Lesson 5

Awareness of Self and Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
Effort Is Key	Objective: Students will apply a growth mindset to increase their effort towards addressing challenges in learning.

October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
Facts and Feelings	Objective: Students will apply strategies for addressing facts and feelings.

October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
Focus on the Big Picture	Objective: Students will analyze challenging situations to build resilience.

October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
Practicing Mindfulness	Objective: Students will understand the science of mindfulness and practice mindfulness.

October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
Reflecting on Self-Compassion	Objective: Students will practice self-compassion to process challenging situations.

November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
Belief to Reach a Goal	Objective: Students will develop self-efficacy to reach a goal.

10th Grade Scope and Sequence

November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
Sense of Purpose	Objective: Students will explore their sense of purpose.

December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
Got Stress?	Objective: Students will evaluate strategies to help them manage stress.

December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
Learning From Support Systems	Objective: Students will practice strategies to learn from their support system.

January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
Make a Comeback	Objective: Students will apply resilience to overcome setbacks to reach a goal.

January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
Staying Focused	Objective: Students will evaluate and apply strategies for staying focused.

January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
Benefits of Self-Advocacy	Objective: Students will analyze the benefits of self-advocacy.

January Lesson 4

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
Respect for All	Objective: Students will demonstrate worth and value in every human being through respect.



10th Grade Scope and Sequence

February Lesson 1

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
When Conflicts Spark	Objective: Students will apply communication strategies for resolving conflict.

February Lesson 2

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
Fairness in School	Objective: Students will practice strategies to advocate for fairness in school.

February Lesson 3

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
Cooperating in Groups	Objective: Students will practice cooperating to reach a goal.

February Lesson 4

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
Friendship Boundaries	Objective: Students will identify and evaluate friendship needs and boundaries.

March Lesson 1

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
Reciprocity and Relationships	Objective: Students will practice strategies to maintain balance in relationships.

March Lesson 2

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
Cultivating Curiosity	Objective: Students will practice strategies to explore their curiosity to build self-actualization.

March Lesson 3

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
Values and Decisions	Objective: Students will evaluate how their values influence personal decisions.



10th Grade Scope and Sequence

March Lesson 4

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
Responding to Discrimination	Objective: Students will identify discrimination and apply strategies for responding to it.

April Lesson 1

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
Make a Difference	Objective: Students will make a plan to contribute to the world.

April Lesson 2

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
Resolving Conflicts with Empathy	Objective: Students will practice using empathy to resolve conflicts in relationships.

April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
Beliefs, Values, and Boundaries	Objective: Students will use their values and beliefs to set boundaries.

April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
Degrees of Emotion	Objective: Students will learn how emotions are experienced.

May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
Stop the Stigma: Anxiety	Objective: Students will identify and counter stigma surrounding anxiety and practice strategies for showing empathy to others who may be experiencing anxiety.

May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
Mental Wellness Supports	Objective: Students will research mental wellness strategies and make a mental wellness plan.

10th Grade Scope and Sequence

May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
Identity Messages	Objective: Students will notice and reflect on messages about their personal and social identities.

May Lesson 4

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
Focus on Optimism	Objective: Students will apply strategies to focus on optimism in challenging situations.

