

# 2<sup>nd</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="#">Safe Adults at School</a>	<b>Objective:</b> Students will understand the difference between conflict among peers and bullying.

## September Lesson 1

Online Safety	
Lesson Video	Learning Objectives
<a href="#">Safe and Fun Online</a>	<b>Objective:</b> Students will develop strategies to stay safe online and find information, solutions, and ways to help others online.

## September Lesson 2

Social Awareness: <i>Actions and Consequences</i>	
Lesson Video	Learning Objectives
<a href="#">STOP Then Decide</a>	<b>Objective:</b> Students will learn strategies for making good decisions.

## September Lesson 3

Self-Management: <i>Self-Control</i>	
Lesson Video	Learning Objectives
<a href="#">Take 5!</a>	<b>Objective:</b> Students will learn how to pause before acting.

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### September Lesson 4

Awareness of Self & Others: <i>Learning Skills</i>	
Lesson Video	Learning Objectives
<a href="#">How We Learn</a>	<b>Objective:</b> Students will learn how the brain takes in information through the senses and determine how they learn best.

### September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
<a href="#">Mistake Masterpieces</a>	<b>Objective:</b> Students will identify how mistakes help them grow.

### October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
<a href="#">What's the Problem?</a>	<b>Objective:</b> Students will learn the steps to solving a problem.

### October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
<a href="#">Challenge Accepted!</a>	<b>Objective:</b> Students will reframe problems as challenges.

### October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
<a href="#">My Mindful Body</a>	<b>Objective:</b> Students will practice mindfulness by noticing how their body feels.

### October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
<a href="#">What I Like About Me</a>	<b>Objective:</b> Students will develop self-compassion by identifying what they like about themselves.

### November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
<a href="#">You Can Do It!</a>	<b>Objective:</b> Student will develop self-efficacy by reflecting on past successes.



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### November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
<a href="#">I Am One of a Kind</a>	<b>Objective:</b> Students will identify their uniqueness.

### December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
<a href="#">My Stress Thermometer</a>	<b>Objective:</b> Students will identify when they are feeling stressed and practice strategies for managing stress

### December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
<a href="#">Help at School</a>	<b>Objective:</b> Students will identify the support system within their school and how to ask for help.

### January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
<a href="#">Set a Goal</a>	<b>Objective:</b> Students will identify a goal and follow steps to achieve it.

### January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
<a href="#">The Focus Toolbox</a>	<b>Objective:</b> Students will learn strategies to stay focused.

### January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
<a href="#">More Than One Way</a>	<b>Objective:</b> Students will identify different ways to get their needs met.

### January Lesson 4

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
<a href="#">Showing Respect</a>	<b>Objective:</b> Students will identify respectful behavior.

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### February Lesson 1

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
<a href="#">Let's Get Along</a>	<b>Objective:</b> Students will identify and articulate a problem between a classmate or friend.

### February Lesson 2

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
<a href="#">That's Not Fair!</a>	<b>Objective:</b> Students will learn about fairness

### February Lesson 3

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
<a href="#">Work Together</a>	<b>Objective:</b> Students will learn ways to encourage each other when working in groups.

### February Lesson 4

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
<a href="#">Filling Buckets</a>	<b>Objective:</b> Students will practice giving and receiving kindness.

### March Lesson 1

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
<a href="#">Making Friends at School</a>	<b>Objective:</b> Students will identify and practice ways to be a good classmate.

### March Lesson 2

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
<a href="#">Getting Our Needs Met</a>	<b>Objective:</b> Students will identify their needs and explain how they are met.

### March Lesson 3

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
<a href="#">Spot Our Family Values</a>	<b>Objective:</b> Students will identify their own family's values.



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### March Lesson 4

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
<a href="#">Traditions in Families</a>	<b>Objective:</b> Students will learn about different cultures.

### April Lesson 1

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
<a href="#">I Can Help My Family</a>	<b>Objective:</b> Students will learn the importance of contributing to the family.

### April Lesson 2

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
<a href="#">The Case of Caring</a>	<b>Objective:</b> Students will demonstrate care for the feelings of another person.

### April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
<a href="#">STOP!</a>	<b>Objective:</b> Students will identify appropriate touch and ways to keep themselves safe.

### April Lesson 4

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

### May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
<a href="#">Managing My Worries</a>	<b>Objective:</b> Students will identify worry in their feelings, thoughts, and behaviors and strategies for managing their worry.

### May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
<a href="#">Spreading Happiness</a>	<b>Objective:</b> Students will identify ways to feel happy and ways to help others feel happy.



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### May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
<a href="#">My Family and Me</a>	<b>Objective:</b> Students will celebrate their families and the families of others.

### May Lesson 4

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
<a href="#">Level Up Your Mood</a>	<b>Objective:</b> Student will learn strategies for improving their mood.

