

# 3<sup>rd</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 [Schoology](#) 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.

## August Lesson 1

Social Awareness: <i>Safe and Ethical Behavior</i>	
Lesson Video	Learning Objectives
<a href="#">Conflict or Bullying?</a>	<b>Objective:</b> Students will identify bullying situations and strategies to prevent bullying.

## September Lesson 1

Online Safety	
Lesson Video	Learning Objectives
<a href="#">How I Unplug</a>	<b>Objective:</b> Students will develop strategies to stay safe online and unplug from online activities.

## September Lesson 2

Social Awareness: <i>Actions and Consequences</i>	
Lesson Video	Learning Objectives
<a href="#">STOP Before You Say It</a>	<b>Objective:</b> Students will learn that words have consequences and choose kind words.

## September Lesson 3

Self-Management: <i>Self-Control</i>	
Lesson Video	Learning Objectives
<a href="#">Keep Calm!</a>	<b>Objective:</b> Students will practice strategies to pause and calm themselves.

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### September Lesson 4

Awareness of Self & Others: <i>Learning Skills</i>	
Lesson Video	Learning Objectives
<a href="#">My Best Brain</a>	<b>Objective:</b> Students will learn how the brain learns new information and strategies to help them learn.

### September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
<a href="#">My Curious Mind</a>	<b>Objective:</b> Students will identify the importance of curiosity for growing.

### October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
<a href="#">Let's Brainstorm!</a>	<b>Objective:</b> Students will learn brainstorming as a strategy for finding multiple solutions to a problem.

### October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
<a href="#">Support in Challenges</a>	<b>Objective:</b> Students will learn strategies for managing emotions to build resilience.

### October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
<a href="#">Calming the Mind</a>	<b>Objective:</b> Students will practice mindfulness through breathing and focused listening.

### October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
<a href="#">Give Yourself a Break!</a>	<b>Objective:</b> Students will develop self-compassion by reframing their mistakes as proof they are learning.

### November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
<a href="#">Belief Builders</a>	<b>Objective:</b> Students will develop self-efficacy by affirming themselves.



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## November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
<a href="#">My Kind of Strong</a>	<b>Objective:</b> Students will identify their own strengths.

## December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
<a href="#">Feelings, Thoughts, and Behaviors</a>	<b>Objective:</b> Students will identify stressful situations and identify a feeling, thought, or behavior that they can change.

## December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
<a href="#">Asking For Help</a>	<b>Objective:</b> I can turn to my friends for support and be a supportive friend.

## January Lesson 1

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

## January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
<a href="#">Improving My Focus</a>	<b>Objective:</b> Students will learn strategies to increase time focused on task.

## January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
<a href="#">Speaking Up to Meet My Needs</a>	<b>Objective:</b> Students will communicate assertively to get their needs met.

## January Lesson 4

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
<a href="#">Inspire Respect</a>	<b>Objective:</b> Students will understand how facial expressions can show both respect and disrespect.

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### February Lesson 1

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
<a href="#">The I-Message</a>	<b>Objective:</b> Students will learn how to use the I-message when resolving conflict.

### February Lesson 2

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
<a href="#">Make It Fair!</a>	<b>Objective:</b> Students will understand and demonstrate fairness.

### February Lesson 3

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
<a href="#">Practice Cooperation</a>	<b>Objective:</b> Students will incorporate the opinions and ideas of others in a group activity.

### February Lesson 4

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
<a href="#">Be a Friend</a>	<b>Objective:</b> Students will recognize the importance of being a friend.

### March Lesson 1

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
<a href="#">Thoughtful Communication</a>	<b>Objective:</b> Students will learn and practice ways to be successful members of their school community.

### March Lesson 2

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
<a href="#">We Need to Have Fun</a>	<b>Objective:</b> Students will learn about the need to belong.

### March Lesson 3

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
<a href="#">Understanding Family Values</a>	<b>Objective:</b> Students will identify character values that are important to their families and themselves.



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## March Lesson 4

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
<a href="#">What is Culture?</a>	<b>Objective:</b> Students will show respect for the diversity among peers.

## April Lesson 1

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
<a href="#">Acts of Kindness</a>	<b>Objective:</b> Students will practice random acts of kindness to contribute to the happiness of others.

## April Lesson 2

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
<a href="#">From Another Perspective</a>	<b>Objective:</b> Students will take the perspective of another person.

## April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
<a href="#">Understanding Behaviors</a>	<b>Objective:</b> Students will recognize it's not okay to hurt others or be hurt.

## April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
<a href="#">My Kind of Strong</a>	<b>Objective:</b> Students will identify their own strengths.

## May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
<a href="#">Check In, Be Calm</a>	<b>Objective:</b> Students will identify how anxiety affects the body and ways to calm the body.

## May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
<a href="#">My Emotion Superpowers</a>	<b>Objective:</b> Students will identify a range of emotions and ways to care for their emotions.

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### May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
<a href="#">Our Stories</a>	<b>Objective:</b> Students will share stories about themselves and celebrate the stories of others.

### May Lesson 4

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
<a href="#">Give a Little Happiness</a>	<b>Objective:</b> Students will learn strategies for affirming others.

