

# 4<sup>th</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="#">Prevent Bullying</a>                   | <b>Objective:</b> Students will understand the profile of a bully and strategies for preventing bullying. |

### September Lesson 1

| Online Safety                   |  |
|---------------------------------|--|
| Lesson Video                    | Learning Objectives  |
| <a href="#">I'm Kind Online</a> | <b>Objective:</b> Students will develop strategies to stay safe online and be kind online. |

### September Lesson 2

| Social Awareness: <i>Actions and Consequences</i> |   |
|---|---|
| Lesson Video                                      | Learning Objectives   |
| <a href="#">THINK and Be Honest</a>               | <b>Objective:</b> Students will identify consequences for being honest. |

### September Lesson 3

| Self-Management: <i>Self-Control</i> |  |
|--------------------------------------|--|
| Lesson Video                         | Learning Objectives  |
| <a href="#">Freeze!</a>              | <b>Objective:</b> Students will practice strategies for changing a feeling, thought, or behavior in a stressful situation. |

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### September Lesson 4

| Awareness of Self & Others: <i>Learning Skills</i> |  |
|--|--|
| Lesson Video                                       | Learning Objectives  |
| <a href="#">Remember This!</a>                     | <b>Objective:</b> Students will learn and demonstrate memory skills. |

### September Lesson 5

| Awareness of Self & Others: <i>Growth Mindset</i> |   |
|---|---|
| Lesson Video                                      | Learning Objectives   |
| <a href="#">Trying My Best</a>                    | <b>Objective:</b> Students will identify the relationship between learning practice, and hard work. |

### October Lesson 1

| Self-Management: <i>Problem Solving</i> |  |
|---|--|
| Lesson Video                            | Learning Objectives  |
| <a href="#">Ways to Solve a Problem</a> | <b>Objective:</b> Students will learn a variety of problem-solving strategies. |

### October Lesson 2

| Self-Management: <i>Resilience</i>     |   |
|--|---|
| Lesson Video                           | Learning Objectives   |
| <a href="#">Persistence Strategies</a> | <b>Objective:</b> Students will identify characteristics of resilient people. |

### October Lesson 3

| Self-Care: <i>Mindfulness</i> |  |
|-------------------------------|--|
| Lesson Video                  | Learning Objectives  |
| <a href="#">Martian Mind</a>  | <b>Objective:</b> Students will practice mindfulness by changing the way they look at something. |

### October Lesson 4

| Self-Care: <i>Self-Compassion</i>  |  |
|------------------------------------|--|
| Lesson Video                       | Learning Objectives  |
| <a href="#">Kindness to Myself</a> | <b>Objective:</b> Students will develop self-compassion by being kind to themselves. |

### November Lesson 1

| Self-Care: <i>Self-Efficacy</i> |   |
|---------------------------------|---|
| Lesson Video                    | Learning Objectives   |
| <a href="#">Believe It!</a>     | <b>Objective:</b> Students will identify the importance of belief in reaching a goal. |



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## November Lesson 2

| Awareness of Self & Others: <i>Self-Knowledge</i> |   |
|---|---|
| Lesson Video                                      | Learning Objectives   |
| <a href="#">What's Your Superpower?</a>           | <b>Objective:</b> Students will identify their character strengths. |

## December Lesson 1

| Self-Management: <i>Stress Management</i> |   |
|---|---|
| Lesson Video                              | Learning Objectives   |
| <a href="#">Making Changes</a>            | <b>Objective:</b> Students will practice strategies for changing a feeling, thought, or behavior in stressful situations. |

## December Lesson 2

| Social Awareness: <i>Support Systems</i> |  |
|--|--|
| Lesson Video                             | Learning Objectives  |
| <a href="#">Who Do You Turn To?</a>      | <b>Objective:</b> Students will identify a support system that extends beyond the family when they need help or support. |

## January Lesson 1

| Self-Management: <i>Goal Setting</i> |  |
|--------------------------------------|--|
| Lesson Video                         | Learning Objectives  |
| <a href="#">Planning for Success</a> | <b>Objective:</b> Students will identify an academic goal and the steps to achieve it. |

## January Lesson 2

| Self-Management: <i>Focus</i> |  |
|-------------------------------|--|
| Lesson Video                  | Learning Objectives  |
| <a href="#">Keep Focused</a>  | <b>Objective:</b> Students will learn how distractions affect focus and practice strategies to stay focused. |

## January Lesson 3

| Self-Care: <i>Self-Advocacy</i>         |  |
|---|--|
| Lesson Video                            | Learning Objectives  |
| <a href="#">Getting the Help I Need</a> | <b>Objective:</b> Students will learn what self-advocacy is and how to get the help they need. |

## January Lesson 4

| Social Skills: <i>Respect</i>                   |  |
|---|--|
| Lesson Video                                    | Learning Objectives  |
| <a href="#">Actions Speak Louder Than Words</a> | <b>Objective:</b> Students will understand how body language communicates respect or disrespect. |



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## February Lesson 1

| Social Skills: <i>Conflict Resolution</i> |  |
|---|--|
| Lesson Video                              | Learning Objectives  |
| <a href="#">Calm the Conflict</a>         | <b>Objective:</b> Students will use constructive strategies for communicating their perspective in conflict. |

## February Lesson 2

| Social Skills: <i>Fairness</i>       |   |
|--------------------------------------|---|
| Lesson Video                         | Learning Objectives   |
| <a href="#">Great Responsibility</a> | <b>Objective:</b> Students will identify and explain their rights and the rights of others at school. |

## February Lesson 3

| Social Skills: <i>Cooperation</i> |   |
|-----------------------------------|---|
| Lesson Video                      | Learning Objectives   |
| <a href="#">Do Your Part!</a>     | <b>Objective:</b> Students will learn strategies for doing their part when working with groups. |

## February Lesson 4

| Social Skills: <i>Friendship</i> |   |
|----------------------------------|---|
| Lesson Video                     | Learning Objectives   |
| <a href="#">Friendship is...</a> | <b>Objective:</b> Students will identify traits of a good friend. |

## March Lesson 1

| Social Skills: <i>Relationships</i>          |   |
|--|---|
| Lesson Video                                 | Learning Objectives   |
| <a href="#">Respecting Your Neighborhood</a> | <b>Objective:</b> Students will identify and practice ways to be a good neighbor. |

## March Lesson 2

| Awareness of Self & Others: <i>Wants and Needs</i> |  |
|--|--|
| Lesson Video                                       | Learning Objectives  |
| <a href="#">I Belong</a>                           | <b>Objective:</b> Students will identify the need to belong and the groups to which they belong. |

## March Lesson 3

| Awareness of Self & Others: <i>Values</i> |   |
|---|---|
| Lesson Video                              | Learning Objectives   |
| <a href="#">My Values, My Choices</a>     | <b>Objective:</b> Students will identify how their families' values impact their choices. |

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## March Lesson 4

| Social Awareness: <i>Cultural Competence</i> |   |
|--|---|
| Lesson Video                                 | Learning Objectives   |
| <a href="#">Unique Cultures</a>              | <b>Objective:</b> Students will learn how to show respect to individuals with a disability. |

## April Lesson 1

| Social Awareness: <i>Social Contributions</i> |   |
|---|---|
| Lesson Video                                  | Learning Objectives   |
| <a href="#">Making School a Better Place</a>  | <b>Objective:</b> Students will learn the importance of contributing to their school. |

## April Lesson 2

| Social Awareness: <i>Empathy</i> |   |
|----------------------------------|---|
| Lesson Video                     | Learning Objectives   |
| <a href="#">Showing Empathy</a>  | <b>Objective:</b> Students will learn strategies for showing empathy to another person. |

## April Lesson 3

| Self-Care: <i>Healthy Boundaries</i> |  |
|--------------------------------------|--|
| Lesson Video                         | Learning Objectives  |
| <a href="#">Types of Boundaries</a>  | <b>Objective:</b> Students will recognize what a boundary is and different ways a boundary can be crossed. |

## April Lesson 4

| Awareness of Self & Others: <i>Emotions</i> |  |
|---|--|
| Lesson Video                                | Learning Objectives  |
| <a href="#">Emotions Action!</a>            | <b>Objective:</b> Students will identify how emotions impact behavior. |

## May Lesson 1

| Anxiety                                |   |
|--|---|
| Lesson Video                           | Learning Objectives   |
| <a href="#">Challenge That Thought</a> | <b>Objective:</b> Students will identify situations that cause anxiety and strategies for managing anxiety. |

## May Lesson 2

| Mental Wellness                     |  |
|-------------------------------------|--|
| Lesson Video                        | Learning Objectives  |
| <a href="#">Caring for Emotions</a> | <b>Objective:</b> Students will practice strategies for talking to someone about a big emotion and identify ways to care for their emotions. |



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### May Lesson 3

| Healthy Identities                  |   |
|-------------------------------------|---|
| Lesson Video                        | Learning Objectives   |
| <a href="#">My Unique Strengths</a> | <b>Objective:</b> Students will identify and celebrate the strengths they bring to their communities and explore ways to make a difference. |

### May Lesson 4

| Self-Care: <i>Optimism</i>            |  |
|---------------------------------------|--|
| Lesson Video                          | Learning Objectives  |
| <a href="#">Attitude of Gratitude</a> | <b>Objective:</b> Students will use gratitude to cultivate optimism. |

