

5th 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
Be an Upstander	Objective: Students will learn the strategies for being an upstander when witnessing a bullying situation.

September Lesson 1

Online Safety	
Lesson Video	Learning Objectives
Be AWARE Online	Objective: Students will develop strategies to stay safe online and identify the validity and accuracy of information online.

September Lesson 2

Social Awareness: <i>Actions and Consequences</i>	
Lesson Video	Learning Objectives
Choices and Consequences	Objective: Students will choose an action after considering the consequences of the choices.

September Lesson 3

Self-Management: <i>Self-Control</i>	
Lesson Video	Learning Objectives
Stop. Think. Decide	Objective: Students will learn the importance of stopping and thinking before making a decision.

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September Lesson 4

Awareness of Self & Others: <i>Learning Skills</i>	
Lesson Video	Learning Objectives
Let's CREATE	Objective: Students will learn creative thinking strategies.

September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
Beyond Boredom!	Objective: Students will learn strategies for growing and moving beyond boredom.

October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
Think of Solutions	Objective: Students will identify a problem and multiple solutions.

October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
If at First You Don't Succeed...	Objective: Students will practice strategies for persistence.

October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
Quiet Your Brain	Objective: Students will practice noticing their thoughts and releasing them.

October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
Me: My Compassionate Friend	Objective: Students will practice self-compassion by perceiving themselves as a compassionate friend.

November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
I Believe in Me	Objective: Students will develop strategies for building belief to reach a goal.

November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives

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My Creative Strengths	Objective: Students will identify their character strengths.
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December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
You Can Change It!	Objective: Students will learn strategies for changing feelings, thoughts, and behaviors in stressful situations.

December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
Asking for Help	Objective: Students will identify when to ask an adult for help.

January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
Reach Your Goals	Objective: Students will identify a personal goal and the steps to achieve it.

January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
Focus First!	Objective: Students will identify distractions and advocate for themselves in order to focus better in class.

January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
Speak Up with Confidence	Objective: Students will learn strategies for developing confidence in order to advocate for themselves

January Lesson 4

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
Social Cues	Objective: Students will identify social cues and respectful behavior.

February Lesson 1

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
ICE Rumors and Gossip	Objective: Students will identify what rumors and gossip are and strategies for responding to them.

February Lesson 2

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Social Skills: *Fairness*

Lesson Video	Learning Objectives
Right On, Rights!	Objective: Students will identify and explain the rights of self and others.

February Lesson 3

Social Skills: *Cooperation*

Lesson Video	Learning Objectives
Together for the Goal!	Objective: Students will learn about roles and responsibilities when working in groups.

February Lesson 4

Social Skills: *Friendship*

Lesson Video	Learning Objectives
COOL Communication	Objective: Students will learn strategies for communicating with friends.

March Lesson 1

Social Skills: *Relationships*

Lesson Video	Learning Objectives
Character Counts	Objective: Students will determine character traits that are important for good relationships.

March Lesson 2

Awareness of Self & Others: *Wants and Needs*

Lesson Video	Learning Objectives
Where We Belong	Objective: Students will learn to recognize the need for fun, play, and laughter.

March Lesson 3

Awareness of Self & Others: *Values*

Lesson Video	Learning Objectives
Our School's Values	Objective: Students will identify their school's values.

March Lesson 4

Social Awareness: *Cultural Competence*

Lesson Video	Learning Objectives
In Someone Else's Shoes	Objective: Students will broaden their understand of people from different cultures.

April Lesson 1

Social Awareness: *Social Contributions*

Lesson Video	Learning Objectives
Kind Is Cool	Objective: Students will help a younger child learn something new.



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April Lesson 2

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
Taking the Perspective of Another	Objective: Students will learn the benefits and strategies for showing empathy.

April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
Ready, SET, SEE	Objective: Students will set their own boundaries and use empathy to respect the boundaries of others.

April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
Expressing Emotions	Objective: Students will learn strategies for using words to express their emotions.

May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
Change It With Compassion	Objective: Students will identify signs that they or someone else may have anxiety and learn strategies to show compassion to themselves and others.

May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
Empathy for Emotions	Objective: Students will identify strategies for caring for their emotions and ways to show empathy for others.

May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
Respecting Values	Objective: Students will recognize where their values come from and respect the values of others.

May Lesson 4

Self-Care: <i>Optimism</i>	
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Lesson Video	Learning Objectives
Good News, Bad News	Objective: Students will focus on the positive in a negative situation

