

# Kindergarten 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="#">Helpful or Harmful</a>	<b>Objective:</b> Students will learn the difference between telling and tattling.

### September Lesson 1

Online Safety	
Lesson Video	Learning Objectives
<a href="#">I Can Be Safe</a>	<b>Objective:</b> Students will identify the safe adults to help them online and recognize the important of balancing their time on and off digital devices.

### September Lesson 2

Social Awareness: <i>Actions and Consequences</i>	
Lesson Video	Learning Objectives
<a href="#">Fix Your Mistake</a>	<b>Objective:</b> Students will admit when they make a mistake and fix the mistake.

### September Lesson 3

Self-Management: <i>Self-Control</i>	
Lesson Video	Learning Objectives
<a href="#">Breathe In, Breathe Out</a>	<b>Objective:</b> Students will learn and practice deep breathing.



# Kindergarten Scope and Sequence

## September Lesson 4

Awareness of Self & Others: <i>Learning Skills</i>	
Lesson Video	Learning Objectives
<a href="#">Learning with Our Senses</a>	<b>Objective:</b> Students will learn how their senses help them learn.

## September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
<a href="#">I'm Growing</a>	<b>Objective:</b> Students will identify evidence that they are always growing.

## October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
<a href="#">Say the Problem</a>	<b>Objective:</b> Students will identify a problem and name it.

## October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
<a href="#">Get It Done!</a>	<b>Objective:</b> Students will learn strategies for completing nonpreferred activities.

## October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
<a href="#">Notice with Your Senses</a>	<b>Objective:</b> Students will learn mindfulness through sensory experiences.

## October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
<a href="#">Look What I Can Do!</a>	<b>Objective:</b> Students will practice self-compassion by recognizing what they can do.

## November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
<a href="#">Mistakes Are a Part of Learning</a>	<b>Objective:</b> Students will develop self-efficacy by viewing mistakes as a part of learning.



# Kindergarten Scope and Sequence

## November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
<a href="#">I Like It!</a>	<b>Objective:</b> Students will identify their own likes and dislikes.

## December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
<a href="#">My Recipe for Happiness</a>	<b>Objective:</b> Students will learn strategies for being happy.

## December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
<a href="#">Ask Kindly</a>	<b>Objective:</b> Students will learn how to ask others for help.

## January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
<a href="#">Say the Goal!</a>	<b>Objective:</b> Students will state a goal.

## January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
<a href="#">Following Instructions</a>	<b>Objective:</b> Students will practice following instructions.

## January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
<a href="#">Ask for Help</a>	<b>Objective:</b> Students will identify when they need help and ask for it.

## January Lesson 4

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
<a href="#">Spreading Kindness</a>	<b>Objective:</b> Students will show kindness to show respect.



# Kindergarten Scope and Sequence

## February Lesson 1

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
<a href="#">Getting Along</a>	<b>Objective:</b> Students will understand that conflict is normal and identify appropriate ways to respond to a conflict.

## February Lesson 2

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
<a href="#">Let's Play Fair</a>	<b>Objective:</b> Students will demonstrate fair ways to play.

## February Lesson 3

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
<a href="#">Let's Cooperate</a>	<b>Objective:</b> Students will identify how people help each other.

## February Lesson 4

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
<a href="#">Exploring Friendships</a>	<b>Objective:</b> Students will identify activities they can do with friends.

## March Lesson 1

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
<a href="#">People We Meet</a>	<b>Objective:</b> Students will identify different people that they know.

## March Lesson 2

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
<a href="#">What We Need</a>	<b>Objective:</b> Students will identify their basic needs.

## March Lesson 3

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
<a href="#">My Family</a>	<b>Objective:</b> Students will identify the people in their families.



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## March Lesson 4

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
<a href="#">Me and You</a>	<b>Objective:</b> Students will identify differences and similarities between themselves and others.

## April Lesson 1

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
<a href="#">I Can Help!</a>	<b>Objective:</b> Students will learn ways they can help others.

## April Lesson 2

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
<a href="#">My Feelings, Your Feelings</a>	<b>Objective:</b> Students will recognize that others may have different feelings than they do.

## April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
<a href="#">Safety First</a>	<b>Objective:</b> Students will identify people who keep them safe.

## April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
<a href="#">It's a Feeling</a>	<b>Objective:</b> Students will identify and label emotions.

## May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
<a href="#">Exploring Scared and Worried</a>	<b>Objective:</b> Students will identify fear and worry in their feelings, thoughts, and behaviors and safe adults who can help them manage their fear and worry.

## May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
<a href="#">Feeling Happy</a>	<b>Objective:</b> Students will identify different emotions and what helps them feel happy.



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## May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
<a href="#">We Are Unique</a>	<b>Objective:</b> Students will identify and celebrate their uniqueness and the uniqueness of others.

## May Lesson 4

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
<a href="#">Proud to Be Me!</a>	<b>Objective:</b> Student will learn and use self-affirmation statements.