

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
Helpful or Harmful	Objective: Students will learn the difference between telling and tattling.

September Lesson 1

Online Safety	
Lesson Video	Learning Objectives
I Can Be Safe	Objective: 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
Fix Your Mistake	Objective: 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
Breathe In, Breathe Out	Objective: Students will learn and practice deep breathing.

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September Lesson 4

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

September Lesson 5

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

October Lesson 1

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

October Lesson 2

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

October Lesson 3

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

October Lesson 4

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

November Lesson 1

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

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November Lesson 2

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

December Lesson 1

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

December Lesson 2

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

January Lesson 1

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

January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
Following Instructions	Objective: Students will practice following instructions.

January Lesson 3

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

January Lesson 4

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
Spreading Kindness	Objective: Students will show kindness to show respect.

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February Lesson 1

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
Getting Along	Objective: 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
Let's Play Fair	Objective: Students will demonstrate fair ways to play.

February Lesson 3

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

February Lesson 4

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

March Lesson 1

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

March Lesson 2

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

March Lesson 3

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
My Family	Objective: 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
Me and You	Objective: Students will identify differences and similarities between themselves and others.

April Lesson 1

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

April Lesson 2

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
My Feelings, Your Feelings	Objective: 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
Safety First	Objective: Students will identify people who keep them safe.

April Lesson 4

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

May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
Exploring Scared and Worried	Objective: 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
Feeling Happy	Objective: Students will identify different emotions and what helps them feel happy.

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May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
We Are Unique	Objective: Students will identify and celebrate their uniqueness and the uniqueness of others.

May Lesson 4

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