



Kindergarten Grade Scope and Sequence

Social Skills & Self-Care

Let's Get Started

This is a suggested implementation plan containing resources from RethinkEd's SEL program to support social-emotional learning on your campus. These lessons have been selected to support students by fostering SEL skills in the area of self-management.

Step 1

- Log on to the RethinkEd Platform; add us to a course in Schoology [CLICK HERE](#)

Step 2

- Browse the **Staff Resources** below, including the **SEL Educator's Guide** for your grade level and educator PD videos on the SEL topics covered in this scope.

Step 3

- Once you are in the RethinkEd platform, click the hyperlinks below to jump directly to the lesson video (3-7 minutes).
- Show your students the video.
- After the video is done, you can click the blue arrow to the right of the video to access discussion questions and materials connected to the lesson.

Options for Discussion Questions:

- **Whole group/Community Circle.** We recommend that your students use a [community circle](#) and develop the rules or norms themselves. Here are some additional strategies for community circles: [CLICK HERE](#)
- **Small groups**
- **Think-Pair-Share**

Log into RethinkEd via Schoology to UNLOCK access to the hyperlinks.

Staff Resources	
Kindergarten SEL Educator's Guide	
Educator PD Videos	
Social Skills	Respect
	Conflict Resolution
Self-Care	Mindfulness
	Self-Compassion
	Self-Efficacy
	Self-Advocacy

December Lesson 1			
Social Skills: <i>Respect</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
Spreading Kindness	Lesson Plan Objective: Students will show kindness to show respect.	What are some of the ways we can show kindness? Why is it important to show kindness to others? Who should we show kindness to? How do you feel when others show kindness to you?	Activity





December Lesson 2			
Social Skills: <i>Conflict Resolution</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
Getting Along	Lesson Plan Objective: Students will understand that conflict is normal and identify appropriate ways to respond to a conflict.	Why don't we get along with our friends sometimes? What are some things you can do when you're not getting along with someone? Why is it important to pause and take a breath? How does it feel when you're not getting along with someone? Why is it important to be kind to someone even when you are not getting along with them?	Activity





January Lesson 1			
Self-Care: <i>Mindfulness</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
Notice with Your Senses	Lesson Plan Objective: Students will learn mindfulness through sensory experiences.	What does it mean to be mindful? How can you be more mindful? How can being mindful help us calm ourselves?	Activity

January Lesson 2			
Self-Care: <i>Self-Compassion</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
Look What I Can Do!	Lesson Plan Objective: Students will practice self-compassion by recognizing what they can do.	Tell about a time that you felt bad because you couldn't do something that someone else could do. What can you do? Why is it important to think about what you can do?	Activity



February Lesson 1			
Self-Care: <i>Self-Efficacy</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
Mistakes Are a Part of Learning	Lesson Plan Objective: Students will develop self-efficacy by viewing mistakes as a part of learning.	How are mistakes a part of learning? How do you feel when you make a mistake? What are some ways to remember that mistakes are a part of learning?	Activity

February Lesson 2			
Self-Care: <i>Self-Advocacy</i>			
Lesson Video	Lesson Plan & Learning Objectives	Discussion Questions	Student Material
Ask for Help	Lesson Plan Objective: Students will identify when they need help and ask for it.	What can you do by yourself? What do you need help doing? Who can you ask to help you? How should you ask for help?	Activity

Helpful Tips and Tutorials



Using the Lesson Library

- To learn how to use the lesson library to find student facing curriculum [CLICK HERE](#)

Assigning Lessons

- To learn how to assign SEL videos and activities to your student's learning center [CLICK HERE](#)

Managing Your Classroom

- To learn how to locate your classroom, view class-wide reports, student assignments, SEL Student Self-Assessment results, and more [CLICK HERE](#)

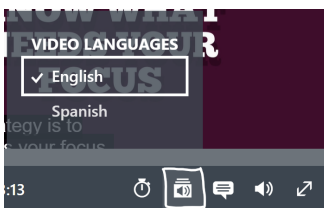
Managing Student Assignments

- To learn more on how to view and manage student assignments, completion status, and provide feedback [CLICK HERE](#)

Help and Support

- Click "help" from your toolbar (after logging in) to access live chat support

Accessing Spanish Language Resources



- To change video audio from English to Spanish, click the audio button in the lower righthand corner
- To access the lesson activities in Spanish, use the following steps: My Resources > Printable Materials > Search for Lesson Name

