

SCOPE AND SEQUENCE:

Social-Emotional Curriculum

<i>Skills</i>	<i>Goals</i>
SKILL 1: Emotional Recognition	1. Identifying Feelings
	2. Coping with Tough Emotions
SKILL 2: Self-Regulation	1. Keeping an Open Mind (<i>Elastic Brain</i>)
	2. Staying Calm
	3. Using your Self-Controller (<i>Keeping Self-Control</i>)
	4. Switching Tracks (<i>Handling Change</i>)
	5. Ignoring Others' Behavior
SKILL 3: Behaviors	1. Keeping Hands to Yourself
	2. Accepting a Consequence
	3. On Purpose Plan (<i>Accidents vs. Intentional</i>)
SKILL 4: Play Skills	1. Asking Others to Play
	2. Playing with Others
	3. Being a Good Sport
SKILL 5: School Rules	1. Classroom Routine
	2. Following Directions
	3. Listening in School
	4. Staying Quiet in Class
	5. Asking for Help
	6. Working with a Group
	7. Showing Respect

<i>Skills</i>	<i>Goals</i>
SKILL 6: Perspective Taking	1. Tuning In (<i>Observing Yourself and Others</i>)
	2. Understanding Others' Point of View
	3. Empathy Essentials
SKILL 7: Basic Conversation Skills	1. Starting a Conversation
	2. Conversation Stoplight (<i>Knowing When to Talk</i>)
	3. Conversation Drivers & Stoppers (<i>Maintaining a Conversation</i>)
	4. Conversation Share (<i>Knowing How Much to Talk</i>)
	5. Ending a Conversation
SKILL 8: Conversation Topics	1. Making Connected Comments (<i>Staying on Topic</i>)
	2. Topic Radar (<i>How to Pick the Topic</i>)
	3. Topic Surfing (<i>Shifting the Topic</i>)
	4. Think It or Say It (<i>Using a Filter</i>)
	5. The Two W's (<i>Making Small Talk</i>)
SKILL 9: Advanced Conversation Skills	1. Conversation Measuring Cup (<i>Giving Long or Short Responses</i>)
	2. Background Brief (<i>Telling a Narrative</i>)
	3. Direct and Indirect Language
	4. Disguised Thoughts (<i>Using Nonliteral Language</i>)
	5. Using Humor & Sarcasm
	6. Cyber Skills (<i>Online Communication</i>)
SKILL 10: Nonverbal Communication	1. Keeping Personal Space
	2. Active Listening
	3. Making Eye Contact
	4. Understanding Body Language
	5. Act like You're Interested
	6. Tone of Voice

<i>Skills</i>	<i>Goals</i>
SKILL 11: Situational Awareness	1. Thinking About Others
	2. Reading the Room
	3. Restaurant Rules (<i>Mealtime Behaviors</i>)
	4. Being a Social Chameleon (<i>Adapting to New Places</i>)
SKILL 12: Problem Solving	1. Solving a Problem
	2. Compromising
SKILL 13: Friendship	1. Acting Like a Friend
	2. Giving and Receiving Compliments
	3. Using the Relationship Ruler (<i>Different Types of Relationships</i>)
	4. Handling Conflicts with Friends
SKILL 14: Self-Esteem	1. Thinking Positive
	2. Advocating for Yourself
	3. Handling Rejection
	4. Handling Teasing and Bullying
SKILL 15: Hygiene	1. Understanding Hygiene
	2. Improving Your Hygiene