

SCOPE AND SEQUENCE:

Social-Emotional Learning Curriculum

What is Social-Emotional Learning (SEL)?

Social-Emotional Learning helps us grow as individuals by developing an understanding of ourselves and others based on our unique and shared experiences. It is the foundation for how we shape our character, emotional health, behavioral responses, motivations, and critical thinking skills. It is also the catalyst or blocker for forming our capacity for empathy, the ability to weigh ethical and moral dilemmas, understand the perspectives of others, and create healthy, meaningful relationships that add richness to our lives. SEL promotes equity by teaching how to stand up when we witness injustices. Ultimately, it is the roadmap that guides our growth potential as human beings and as a society as a whole.

Our Approach:

Our ready-to-teach e-curricula provides educators the roadmap to maximize their students' potential. From day one, educators are empowered with the tools needed to nurture foundational SEL skills in an engaging way with full lesson plans including videos, digital worksheets, and role-playing activities. All teaching tools are provided digitally to maximize the outreach of information to influential adults such as parents, teacher aides, and recess supervisors in order to connect students to their community. Our curriculum follows the CASEL integrated framework and five core competencies seen in the visual wheel below. With support throughout every stage of learning, from introduction to real-life application, Everyday Speech instills confidence in SEL development that will help students shape healthier, happier, and fulfilling futures.



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Source: [<https://casel.org/wp-content/uploads/2020/06/SEL-Wheel-2020.jpg>]

Early Elementary (Grades 1-3)

<i>CASEL Competencies</i>	<i>Lessons</i>
UNIT 1: Self-Awareness	Lessons 1 & 2: Understanding Our Feelings
	Lessons 3 & 4: Recognizing Our Strengths
	Lessons 5 & 6: Keep Trying When It's Hard
	Lessons 7 & 8: Developing Positive Self-Esteem
UNIT 2: Self-Management	Lessons 1 & 2: Choosing Calm
	Lessons 3 & 4: Managing Stressors
	Lessons 5 & 6: Becoming Independent Learners
	Lessons 7 & 8: Maintaining Self-Control
UNIT 3: Social-Awareness	Lessons 1 & 2: Seeing Others' Point of View
	Lessons 3 & 4: Showing Empathy
	Lessons 5 & 6: Respecting Yourself and Others
	Lessons 7 & 8: Tuning In
UNIT 4: Relationship Skills	Lessons 1 & 2: Being a Good Sport
	Lessons 3 & 4: Including Everyone
	Lessons 5 & 6: Compromising
	Lessons 7 & 8: Being Part of a Team
UNIT 5: Responsible Decision-Making	Lessons 1 & 2: Setting Goals
	Lessons 3 & 4: Problem Solving Steps
	Lessons 5 & 6: Reacting to Problems
	Lessons 7 & 8: Making Good Decisions

Late Elementary (Grades 4-5)

<i>CASEL Competencies</i>	<i>Lessons</i>
UNIT 1: Self-Awareness	Lessons 1 & 2: Coping with Tough Emotions
	Lessons 3 & 4: Recognizing Our Strengths
	Lessons 5 & 6: Showing Gratitude
	Lessons 7 & 8: Developing Positive Self-Esteem
UNIT 2: Self-Management	Lessons 1 & 2: Choosing Calm
	Lessons 3 & 4: Managing Stressors
	Lessons 5 & 6: Dealing with Anxiety
	Lessons 7 & 8: Motivating Ourselves
UNIT 3: Social-Awareness	Lessons 1 & 2: Identifying Others' Perspectives
	Lessons 3 & 4: Showing Empathy
	Lessons 5 & 6: Respecting Yourself and Others
	Lessons 7 & 8: Tuning In
UNIT 4: Relationship Skills	Lessons 1 & 2: Forming Friendships
	Lessons 3 & 4: Working with Others
	Lessons 5 & 6: Bullying Prevention
	Lessons 7 & 8: Cyberbullying
UNIT 5: Responsible Decision-Making	Lessons 1 & 2: Setting Goals
	Lessons 3 & 4: Problem Solving Steps
	Lessons 5 & 6: Reacting to Problems
	Lessons 7 & 8: Making Good Decisions