

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 |

This Scope & Sequence reflects our all-done-for-you 40 week curriculum for jumping right into Social-Emotional Learning. We include guides and tips to help your teachers facilitate engaging lessons and fun learning experiences for their students.

Our team of experts are ready to help you get students started on their SEL journey.

Get in touch today

