

Lesson Overview and Areas of Focus



Unit 1: Social Skill Development

<p>K.1 Dreaming Big: Setting Reachable Goals</p> <p>Students name a variety of new things they can learn to do and also name the adults in their lives and peers who can help them reach their goals.</p> <ul style="list-style-type: none"> • Identify one’s abilities • Identify new things to learn to do • Identify how to ask for help in reaching a goal 	<p>K.2 I Know What to Do: Making Responsible Decisions</p> <p>Students learn the Stop and Think steps in the decision making process. Students also practice the skill of anticipating the consequences of their choices.</p> <ul style="list-style-type: none"> • Recall the Stop and Think steps of decision making • Demonstrate anticipating consequences • Understanding Personal Responsibility 	<p>K.3 Mad Sad Glad: Identifying and Managing Emotions</p> <p>Students learn to name a variety of emotions and the physical signals associated with specific emotions. Students also learn healthy ways to express their feelings.</p> <ul style="list-style-type: none"> • Naming Feelings • Identify ways people show their feelings • Expressing feelings verbally and non-verbally 	<p>K.4 Listen Up!: Effective Communication</p> <p>Students learn and demonstrate active listening skills to show caring and respect. Students also practice asking questions without interrupting.</p> <ul style="list-style-type: none"> • Demonstrate using eyes, ears, and body to listen • Asking Questions without Interrupting • Identifying the body language of an active listener 	<p>K.5 My Buddy and Me: Bonding and Relationships</p> <p>Students learn healthy friendship qualities and the benefits of bonding with pro-social others. Students also demonstrate assertive communication using I-messages.</p> <ul style="list-style-type: none"> • Healthy Friendship Qualities • Demonstrate assertive communication with I-messages
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Unit 2: SEL Skills Application

<p>K.6 Peaceable Me: Respect for Self and Others</p> <p>Students learn how respect affects their personal wellbeing and that of others. Students also learn how people are alike and different and how to demonstrate respect for individual differences.</p> <ul style="list-style-type: none"> • Discuss how using good manners shows respect • Demonstrate being respectful in a variety of situations • Discuss how people are alike and how they differ 	<p>K.7 Cool, Calm, and Collected: Anger Management and Mindfulness</p> <p>Students differentiate positive and negative reactions to disappointment. Students also learn to use healthy strategies to respond to, manage, and overcome disappointment.</p> <ul style="list-style-type: none"> • Describe the physical sensations of anger • Differentiate angry feelings and aggressive actions • Demonstrate ways to manage angry feelings 	<p>K.8 What to Do?: Problem Solving</p> <p>Students learn that conflict is a normal and natural part of being human. Students also learn to differentiate peaceable and non-peaceable social behaviors associated with resolving or escalating conflict.</p> <ul style="list-style-type: none"> • Identify a problem • Recognize multiple solutions to a problem • Identify a variety of solutions to solve a problem 	<p>K.9 One for You: Sharing</p> <p>Students learn to practice sharing as a peaceable way to play and interact with others. Students learn how to resolve conflicts by sharing.</p> <ul style="list-style-type: none"> • Comprehend what it means to share • Discuss sharing as a peaceful way to resolve conflicts • Demonstrate sharing in a variety of situations 	<p>K.10 Whose Turn?: Taking Turns</p> <p>Students learn to identify the benefits of taking turns to promote peaceable play. Students practice taking turns to resolve conflict.</p> <ul style="list-style-type: none"> • Discuss taking turns as a method to resolve conflict peacefully • Identify fair ways to determine who goes first • Demonstrate taking turns in a variety of situations
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