

**Choudrant Elementary School Weekly
SEL lessons for 4th-6th Grade**

October: Emotions & Feelings

Know your Emotions https://www.youtube.com/watch?v=cKQIOVjxmfs&list=PLsaUcbszgQ4sQpm6M_q_bggxNw-WOs6sv&index=1

How to Change your Mood

https://www.youtube.com/watch?v=wjUspL99j40&list=PLsaUcbszgQ4sQpm6M_q_bggxNw-WOs6sv&index=2

When Things Go Wrong (Do this)

https://www.youtube.com/watch?v=RlomUDCJShc&list=PLsaUcbszgQ4sQpm6M_q_bggxNw-WOs6sv&index=3

What is Self-Awareness + 5 Reasons it's Important

https://www.youtube.com/watch?v=k-J2Tcqhd0&list=PLsaUcbszgQ4sQpm6M_q_bggxNw-WOs6sv&index=4

November: Respect & Kindness

Put Some Effort Into Your Nice

<https://www.youtube.com/watch?v=irhOWJ2AVbM&list=PLsaUcbszgQ4vRlf3vEa-17WLNvRII2BE&index=1&t=65s>

Show Some Respect

<https://www.youtube.com/watch?v=t40SZtaJo84&list=PLsaUcbszgQ4vRlf3vEa-17WLNvRII2BE&index=2>

What is Bullying (the basics)

<https://www.youtube.com/watch?v=eAj2kTQyEGw&list=PLsaUcbszgQ4vRlf3vEa-17WLNvRII2BE&index=3>

December: Character/Mindset

What is Character

<https://www.youtube.com/watch?v=G1YeaOh4gHQ&list=PLsaUcbszgQ4tlzxsgWzQR3ENIRdSArdSR&index=1>

Change Your Mindset with These 8 Quotes

<https://www.youtube.com/watch?v=5-D2RtGHOLQ&list=PLsaUcbszgQ4tlzxsgWzQR3ENIRdSArdSR&index=2>

Don't Hold Back/ Kid Motivate

<https://www.youtube.com/watch?v=AWCbMT8t1kY&list=PLsaUcbszgQ4tlzxsgWzQR3ENIRdSArdSR&index=3>

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January: Courage/Initiative

Have Courage and Be Fearless

<https://www.youtube.com/watch?v=o1CxKPrK5GY&list=PLsaUcbszgQ4tlxsGwzQR3ENIRdSArdSR&index=4>

3 Dudes Who Never Gave Up

<https://www.youtube.com/watch?v=TfqLICH56lg&list=PLsaUcbszgQ4tlxsGwzQR3ENIRdSArdSR&index=5>

Taking Initiative is Cool

<https://www.youtube.com/watch?v=ALtsSru4jzE&list=PLsaUcbszgQ4tlxsGwzQR3ENIRdSArdSR&index=6>

Prove Them Wrong/Kid Motivate

<https://www.youtube.com/watch?v=44GuTuHM3Lc&list=PLsaUcbszgQ4tlxsGwzQR3ENIRdSArdSR&index=7>

February: Self Esteem/Mood

Self-Esteem: How to Feel Awesome About Being You

<https://www.youtube.com/watch?v=M6H0w03GJrQ&list=PLsaUcbszgQ4tlxsGwzQR3ENIRdSArdSR&index=8>

5 Ways to Boost Your Confidence

<https://www.youtube.com/watch?v=ZyEWpyQC4rM>

How To Change Your Mood

<https://www.youtube.com/watch?v=wjUspL99j40&list=PLsaUcbszgQ4tlxsGwzQR3ENIRdSArdSR&index=9>

5 Things You Can Control

<https://www.youtube.com/watch?v=erZVMEW-cAM&list=PLsaUcbszgQ4tlxsGwzQR3ENIRdSArdSR&index=11>

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March: When Things Go Wrong/Teamwork

Why You Should Stop Complaining Already!

https://www.youtube.com/watch?v=8m_52i6slrl&list=PLsaUcbszgQ4tlzxsgWzQR3ENIRdSArdSR&index=12

When Things Go Wrong, Do This

<https://www.youtube.com/watch?v=RlomUDCJShc&list=PLsaUcbszgQ4tlzxsgWzQR3ENIRdSArdSR&index=13>

4 Things We Learn From Teamwork

<https://www.youtube.com/watch?v=ag1V76oBMkM&list=PLsaUcbszgQ4tlzxsgWzQR3ENIRdSArdSR&index=14>

April: Organization/Routine

4 Ways to Get Organized

<https://www.youtube.com/watch?v=J5hKPSHTi3E&list=PLsaUcbszgQ4tlzxsgWzQR3ENIRdSArdSR&index=15>

Your Morning Routine

<https://www.youtube.com/watch?v=jMybjc75pu4&list=PLsaUcbszgQ4tlzxsgWzQR3ENIRdSArdSR&index=17>

How To Set Goals (4 Easy Steps)

<https://www.youtube.com/watch?v=a4jnPQD7pO8&list=PLsaUcbszgQ4tlzxsgWzQR3ENIRdSArdSR&index=10>

3 True Stories We Can Learn Something From

<https://www.youtube.com/watch?v=DXCFvAVcNMU&list=PLsaUcbszgQ4vqxYx-RZtT4yHWy8DaqvYe&index=1>

May: Uplifting Stories and Fun Facts

20 Fun Facts That Just Might Blow Your Mind

<https://www.youtube.com/watch?v=oZgqf-F4J40&list=PLsaUcbszgQ4vqxYx-RZtT4yHWy8DaqvYe&index=2>

What's Good- News for Kids Part One

<https://www.youtube.com/watch?v=wDXv-pMgPvg&list=PLsaUcbszgQ4tPRrPU6tT1JRKVPeb1xP7S>

What's Good- News for Kids Part Two

https://www.youtube.com/watch?v=Us_1Al_TzhA&list=PLsaUcbszgQ4tPRrPU6tT1JRKVPeb1xP7S&index=2

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