

Week	Lesson	Theme	CASEL Competency	Lesson Description
1	PRE-TEST SURVEY			
2	School Is My Job	Academics and Study Skills	Responsible Decision Making	Students will learn about classroom expectations and why school is important in their lives and also our culture. Students will understand why learning is a valued priority that creates the foundation for our future experiences.
3	Why Rules?	Behavior Management	Responsible Decision Making	Students will explain why rules are important.
4	How Can I Help My Teacher	Academics and Study Skills	Relationship Skills	Students will learn about personal choices they can make that help their teacher do her job well, including modeling good behavior for other students, following directions, and offering to help with tasks.
5	I Can Do Well	Academics and Study Skills	Self-Management	Students will identify work habits necessary for school success.
6	Sitting In My Invisible Hula Hoop- Understanding Personal Boundaries	Self-Regulation	Social Awareness	Students will discuss the concept of personal space in regards to the boundaries of others by thinking of personal space as an invisible hula hoop around them.
7	Showing Respect At School	Behavior Management	Social Awareness	Students will learn about ways to demonstrate respect at school which include following directions, using a calm tone of voice, and being kind to others.
8	Using I-Messages	Relationship Skills	Relationship Skills	Students will use I-messages to express themselves.
9	Why Do We Raise Our Hands?	Behavior Management	Social Awareness	Students will learn about the importance of raising one's hand when help is needed and how this practice helps the teacher assist students. Students will understand the disruption caused by everyone speaking out at once and getting out of their seats.
10	Bully, Bully, Go Away	Bullying & Prevention	Social Awareness	Students will define bullying and explain why it should be prevented.

Week	Lesson	Theme	CASEL Competency	Lesson Description
11	Who Keeps Me Safe?	Physical Health & Wellness	Relationship Skills	Students will learn about school community resources including the role of school counselors, bus drivers, school nurses, school resource officers and administrators
12	How Rules Keep Us Safe	Physical Health & Wellness	Responsible Decision Making	Students will learn that all rules serve a purpose and the most important thing they do is keep us safe. Students will look at rules through the lens of safety including why we don't run in the halls, staying quiet during drills, and washing our hands.
13	The Power Of Words	Self-Regulation	Social Awareness	Students will explain how our words affect others and what we can use instead of hurtful words.
14	How We Feel And Why	Emotional Health and Wellness	Self-Awareness	Students will identify how someone would feel in a given scenario.
15	When I Feel Scared	Emotional Health and Wellness	Self-Awareness	Students will learn about our physical and mental responses to fear and how it is our body's way of keeping us safe. Students will learn that some stress can be good because it motivates us.
16	Expanding My Feelings Vocabulary: Frustrated	Emotional Health and Wellness	Self-Awareness	Students will learn about moving beyond sad, mad, and happy feelings. Students will learn what it means to feel frustrated and what situations cause this. Students will learn about ways to cope with frustration.
17	This Made Me Feel...	Emotional Health and Wellness	Self-Awareness	Students will identify scenarios that would cause a specific emotion.
18	How My Body Tells Me When I Am Mad	Emotional Health and Wellness	Self-Awareness	Students will learn about the connections between their bodies and their feelings by exploring the physical sensations that accompany anger
19	Mistakes Help Me Learn!	Goal Setting and Future Planning	Self-Awareness	Students will learn that mistakes should be celebrated because they give people opportunities to learn new things. Students will learn that everyone makes mistakes.

Week	Lesson	Theme	CASEL Competency	Lesson Description
20	It's Ok To Need Help Sometimes.	Self-Regulation	Self-Awareness	Students will learn ways humans help each other and how common it is for all people to need help sometimes. Students will learn how to recognize the need for help and how to ask for assistance.
21	Who Can Help Me Problem Solve?	Relationship Skills	Relationship Skills	Students will reflect on the people available to them for support in the problem solving process, including viewing themselves as a resource.
22	How To Apologize: Be An I'm Sorry Superstar	Relationship Skills	Social Awareness	Students will learn why it is important to apologize for mistakes and how to do it well.
23	Helping Others Feels Good	Relationship Skills	Social Awareness	Students will understand the pleasant feeling associated with helping others and how important empathy is to our culture. Students will learn about little things they can do to help others at home and school that make a big difference.
24	Can I Play Too?- How To Join A Group	Relationship Skills	Relationship Skills	Students will learn the appropriate way to join a game or sport already in progress. Students will learn how to be a contributing member of a group.
25	It's Hard To Wait For My Turn!	Behavior Management	Self-Management	Students will learn about controlling the impulse to interrupt, cut in line, or change the rules of a game in progress by learning about turn taking and how keeping order makes things fair for everyone.
26	How To Be A Good Friend	Relationship Skills	Relationship Skills	Students will learn what types of things they can do and say to demonstrate friendship to peers.
27	Friends Can Be Different	Relationship Skills	Relationship Skills	Students will state how to be a good friend, even when you don't like the same thing.
28	Managing Big Emotions	Self-Regulation	Self-Management	Students will explain how to handle big emotions.
29	Using My Words When I Am Upset	Self-Regulation	Self-Management	Students will learn about impulse control in regards to resisting the urge to become physical when upset and instead choosing words to express strong feelings.

Week	Lesson	Theme	CASEL Competency	Lesson Description
30	I Can Keep Myself Calm	Self-Regulation	Self-Awareness	Students will feel empowered to use self-calming techniques such as birthday candle breathing and squeezing imaginary lemons when upset.
31	The Cool Down	Self-Regulation	Self-Management	Students will identify the cool down steps for managing strong emotions.
32	How Can I Safely Express My Strong Feelings	Self-Regulation	Self-Management	Students will explore emotional regulation and the importance of processing strong emotions in a healthy way using words and coping skills
33	My Healthy Body	Physical Health & Wellness	Responsible Decision Making	Students will learn basic health information including hygiene, nutrition, exercise and sleep
34	What Is Medicine?	Substance Abuse Prevention	Responsible Decision Making	Students will understand what a medicine is and what it does, and tell how to use medication appropriately.
35	Why Are Goals Good?	Goal Setting and Future Planning	Self-Management	Students will be introduced to the concept of goal-setting and how it can help them make long term plans
36	When I Grow Up	Academics & Study Skills	Self-Management	Students will learn how to become a teacher, a vet, and a chef.
37	Staying Safe Online	Digital Literacy	Responsible Decision Making	Students will learn basic internet safety
38	POST-TEST SURVEY			

Week	Lesson	Theme	CASEL Competency	Lesson Description
1	PRE-TEST SURVEY			
2	Why Is School Important	Academics and Study Skills	Responsible Decision Making	Students will learn how school gets them ready for the world and meeting their long term goals
3	Work Completion	Academics and Study Skills	Self-Management	Students will identify and practice the steps for completing classroom assignments and activities using good work habits.
4	What Does It Mean To Be Responsible?	Responsible Decision Making	Self-Awareness	Students will learn what behaviors and choices look like through the lens of responsibility
5	Using School Materials With Respect	Responsible Decision Making	Social Awareness	Students will learn about community property and how items in the classroom used by everyone must also be cared for by everyone as a shared responsibility.
6	How Can I Help My Teacher	Responsible Decision Making	Social Awareness	Students will learn the impact their actions have on the classroom and how to support their teacher by following school rules
7	Stop, Look, And Listen	Behavior Management	Social Awareness	Students will explain how to be a good listener and why listening is important
8	Ignoring Distractions And Staying On Task	Academics and Study Skills	Responsible Decision Making	Students will learn about the importance of work completion and how to avoid distractions that may pull them off task while working
9	Using My Words When I Am Upset: Hands Are Not For Hitting	Behavior Management	Self-Management	Students will learn what to do when they are angry and want to have a physical reaction. Instead, students will use their hands to count out five things they can do to make it better: take deep breaths, picture something that brings happy thoughts, ask an adult for help, count slowly to 10, or walk away
10	Am I Sharing Or Bragging?	Behavior Management	Self-Management	Students will explore the difference between sharing information with peers and bragging. Students will understand that good dialogue allows everyone a chance to share their news without interruption.
11	Big Bullies	Bullying & Prevention	Social Awareness	Students will define bullying and list types of power imbalances that may be involved.

Week	Lesson	Theme	CASEL Competency	Lesson Description
12	Captain Friendship- How To Be A Superhero Of Caring	Relationship Skills	Relationship Skills	Students will learn ways to befriend others, such as inviting peers to join a game, and also increase awareness regarding who may need a friend by watching the cafeteria and recess for someone sitting alone.
13	Your Emotions Are Showing	Emotional Health and Wellness	Self-Awareness	Students will identify emotions by facial expressions and body language
14	Expanding My Feelings Vocabulary: Embarrassed	Emotional Health and Wellness	Self-Awareness	Students will expand their feelings vocabulary by reflecting on the following questions: What does embarrassment mean? When might I feel embarrassed? What clues does my body give me?
15	Your Emotions Change	Emotional Health and Wellness	Self-Awareness	Students will tell how emotions change over time.
16	My Words Have Power	Relationship Skills	Social Awareness	Students will learn that words have power and can be used to build others up or tear them down. Students will understand that with the power of words, one must choose them carefully.
17	Empathy Makes The World Go Round	Global Empathy/ Perspective Taking	Social Awareness	Students will explain what empathy is and why it is important.
18	Showing Respect At School	Global Empathy/ Perspective Taking	Social Awareness	Students will learn different ways to demonstrate respect at school, not just for adults, but also for peers.
19	Personal Space/ Boundaries	Self-Regulation	Relationship Skills	Students will learn about the importance of having personal space, such as a cubby or desk area, and how that space must be treated respectfully by others. Students will learn to ask permission before taking something from someone's personal area.
20	How Can I Keep My Classroom Peaceful	Global Empathy/ Perspective Taking	Social Awareness	Students will learn about qualities that make for a peaceful classroom environment and how it nurtures their learning. Students will learn ways to foster a peaceful climate.

Week	Lesson	Theme	CASEL Competency	Lesson Description
21	What Are My Goals?	Goal-Setting and Future Planning	Self-Management	Students will learn about goals and goal-setting, before reflecting on their personal goals. Students will think of the end point then work backwards to create the steps needed to achieve the goal in mind.
22	What I Love About Me	Emotional Health and Wellness	Self-Awareness	Students will reflect on their unique gifts and talents as a way to nurture their sense of self-esteem and value.
23	Be Confident!	Relationship Skills	Self-Awareness	Students will describe how to communicate confidently when someone is mean or unsafe.
24	Sharing Our Friends	Relationship Skills	Relationship Skills	Students will explain why sharing friends is part of being a good friend.
25	How To Solve A Problem At Recess	Relationship Skills	Responsible Decision Making	Students will be introduced to conflict resolution skills they can employ when problem solving an issue as recess.
26	How Can I Safely Express My Strong Feelings	Self-Regulation	Self-Awareness	Students will learn that powerful emotions are normal, the key is to handle them safely by using self-calming techniques
27	Oops- I Wish I Could Put Those Words Back In My Mouth!	Self-Regulation	Self-Management	Students will learn about impulse control and the importance of choosing words carefully when emotions run strong.
28	Managing Strong Emotions	Self-Regulation	Self-Management	Students will recognize strong emotions and identify a strategy to manage them.
29	Butterflies In My Belly: How To Handle Being Nervous	Self-Regulation	Self-Management	Students will learn what it means when someone explains feelings of nervousness by saying you have butterflies in your belly. Students will explore what clues our body give us to tell us we are nervous.
30	You're In Control	Self-Regulation	Self-Management	Students will describe the choices they have in how they respond to situations.
31	What's In My Tool-Box?: Using Coping Skills	Self-Regulation	Self-Management	Students will learn about their personal toolbox of coping skills and the techniques they can practice when feeling overwhelmed

Week	Lesson	Theme	CASEL Competency	Lesson Description
32	Tobacco, Alcohol, And Saying No	Substance Abuse Prevention	Responsible Decision Making	Students will learn that tobacco and alcohol are legal substances that can be harmful, and identify how to say no to peers.
33	Sleep Is Important To My Body And Brain	Physical Health & Wellness	Social Awareness	Students will learn the health impacts of sleep on one's developing brain and body
34	Online Safety	Digital Literacy	Responsible Decision Making	Students will learn ways to stay safe when online, including the importance of never revealing personal information.
35	Screen-Time: How Much Is Ok?	Physical Health & Wellness	Responsible Decision Making	Students will learn the importance of engaging in forms of creative imaginative play that go beyond a screened device
36	What Is College?	Academics & Study Skills	Responsible Decision Making	Students will learn what college is and how college is different from their current school.
37	What Is A Lifelong Learner?	Academics and Study Skills	Social Awareness	Students will be introduced to the concept of lifelong learning and types of learning that occur outside the scope of formal education
38	POST-TEST SURVEY			



Week	Lesson	Theme	CASEL Competency	Lesson Description
1	PRE-TEST SURVEY			
2	How Rules Keep Us Safe	Physical Health & Wellness	Responsible Decision Making	Students will understand school and classroom expectations by looking at rules as a way to keep kids safe
3	Showing Respect At School	Self-Regulation	Social Awareness	Students will learn ways to show respect not just through words but through choices and tone of voice.
4	The Platinum Rule	Behavior Management	Social Awareness	Students will define and explain the difference between The Golden Rule and The Platinum Rule.
5	How To Be A Responsible Student	Academics and Study Skills	Responsible Decision Making	Students will learn about responsibility and what types of expectations they will meet in regards to their actions and choices.
6	Being An Active Listener	Academics and Study Skills	Responsible Decision Making	Students will learn that a good listener is not just quiet, but also keeps a still body and eyes on the speaker.
7	I Control My Words And Actions: Driving My Behavior Car	Behavior Management	Self-Management	Students will learn that sometimes we react quickly when we are upset, almost like a car without breaks. Our behavior is a car driven by us, it is in our control. Sometimes this means we need to 'hit the breaks' and slow down before we react.
8	Staying On Task	Behavior Management	Self Management	Students will learn about staying focused on the task at hand, even if others may be off task.
9	Completing My Work	Academics and Study Skills	Responsible Decision Making	Students will learn the importance of completing classwork and homework.
10	Someone Is Pushing My Hot Buttons!	Behavior Management	Self-Management	Students will learn about emotional triggers by exploring the following questions: What is a hot button? What are your own hot buttons? Maybe it is when things seems unfair or someone is unkind? Instead of getting upset, use your words to let people know how you feel.
11	Acting Out	Emotional Health and Wellness	Self-Awareness	Students will tell how emotions are linked to behavior.

Week	Lesson	Theme	CASEL Competency	Lesson Description
12	Practicing Mindfulness	Emotional Health and Wellness	Self-Management	Students will understand the concept of mindfulness as a way to slow our busy brains by thinking of a snow globe with swirling thoughts to settle.
13	Celebrate Mistakes! (Learning From Failure)	Emotional Health and Wellness	Self-Awareness	Students will learn there should be no shame in making mistakes because mistakes are proof that people are learning and growing.
14	The Sound Of Emotions	Emotional Health and Wellness	Self-Awareness	Students will identify emotions by language, tone of voice, and how we feel inside.
15	When I Feel Ashamed: Understanding My Body's Clues	Emotional Health and Wellness	Self-Awareness	Students will learn that sometimes when people feel embarrassed about something we have done wrong, we can often feel it in the way our body reacts. How can you make it better so you feel better?
16	How Can I Keep My Classroom Peaceful	Global Empathy/ Perspective Taking	Social Awareness	Students will explore the aspects of a peaceful classroom climate and how it supports their learning.
17	Being Kind To Classmates	Relationship Skills	Social Awareness	Students will understand the importance of kindness in words and deed in their classroom
18	Bullying Hurts	Bullying & Prevention	Social Awareness	Students will define bullying and differentiate between bullying and teasing.
19	Practicing Patience-How To Not Interrupt And Disrupt	Self-Regulation	Self-Management	Students will learn the importance of showing patience by not interrupting others who are speaking and not disrupting the classroom climate.
20	Why Should I Share?	Relationship Skills	Relationship Skills	Students will learn the importance of sharing in the classroom, at school and at home. Students will learn about how shared spaces mean shared responsibility.
21	Personal Space/ Boundaries	Self-Regulation	Self-Awareness	Students will explore personal boundaries and the importance of having safe space. Students will learn about physical and emotional boundaries that determine appropriateness.

Week	Lesson	Theme	CASEL Competency	Lesson Description
22	Practice, Practice, Practice	Goal-Setting & Future-Planning	Self-Management	Students will understand that learning takes repeated practice, and that practice that uses good work habits leads to learning and improvement.
23	How To Be A Good Friend	Relationship Skills	Relationship Skills	Students will learn ways to be a good friend, including inviting others to join in, taking turns, and listening to everyone's ideas
24	Friendship Is A Two-Way Street	Relationship Skills	Relationship Skills	Students will explain how friendship is a two-way street and describe how friends should treat us.
25	Resolving Conflicts With Friends	Relationship Skills	Relationship Skills	Students will feel empowered to start resolving their own conflicts with friends rather than seeking an adult mediator by using basic problem solving skills.
26	Treating School Materials With Respect	Responsible Decision Making	Social Awareness	Students will understand the idea of a classroom community and a shared responsibility for the materials within their space.
27	How Can I Help My School Community	Responsible Decision Making	Social Awareness	Students will learn small ways to make big differences in their school community, including helping peers keep things clean by pitching in after a messy project .
28	Everyone Makes Mistakes	Self-Regulation	Self-Management	Students will describe how to manage their emotions after making a mistake.
29	Let's Cool Down	Self-Regulation	Self-Management	Students will describe the steps of the cool down process.
30	Using Coping Skills	Self-Regulation	Self-Management	Students will learn about general coping skills, such as self-calming techniques, and also explore tools which equip them with the ability to manage strong emotions
31	How To Solve A Problem- Think First, Then Act!	Self-Regulation	Self-Management	Students will practice impulse control by learning ways to think about a problem first instead of reacting on emotion.
32	Learning To Compromise	Behavior Management	Relationship Skills	Students will learn what it means to find 'common ground' between two people or groups by focusing on what is agreeable

Week	Lesson	Theme	CASEL Competency	Lesson Description
33	Is Fair Always Equal?	Global Empathy/ Perspective Taking	Social Awareness	Students will explore fairness by looking at situations as equal and equitable.
34	Let's Celebrate Each Other	Global Empathy/ Perspective Taking	Social Awareness	Students will explain why we should celebrate others.
35	What Do We Have In Common? Finding Ways To Get Along With Everyone	Global Empathy/ Perspective Taking	Social Awareness	Students will learn about commonalities amongst all people showing we have something in common with everyone, even when everyone doesn't have the same interests.
36	Effects Of Substances On The Body	Substance Abuse Prevention	Responsible Decision Making	Students will identify the effects of legal and illegal substances on the body, ways to say no, and trusted adults to tell about pressure to use these substances.
37	College Words To Know	Academics & Study Skills	Responsible Decision Making	Students will learn vocabulary words associated with applying to, living at, and graduating from college.
38	POST-TEST SURVEY			

Week	Lesson	Theme	CASEL Competency	Lesson Description
1	PRE-TEST SURVEY			
2	There Are So Many Rules!	Behavior Management	Responsible Decision Making	Students will understand that although you may not always agree with rules, you still have the responsibility to follow them.
	Is Fair Always Equal?	Global Empathy/ Perspective Taking	Social Awareness	Students will explore fairness by looking at situations as equal and equitable.
3	Showing Respect At School	Behavior Management	Social Awareness	Students will learn that showing respect goes beyond the words we use with adults and peers to also include the way we treat our school materials and environment.
4	Get It All Together!	Academics and Study Skills	Self-Management	Students will identify and apply an organization system for materials.
4	Effects Of Substances On The Body	Substance Abuse Prevention	Responsible Decision Making	Students will identify the effects of legal and illegal substances on the body, ways to say no, and trusted adults to tell about pressure to use these substances.
5	What Is A Growth Mindset?	Emotional Health and Wellness	Self-Awareness	Students will be introduced to a growth mindset and how this differs from a fixed mindset. Students will learn why a growth mindset is important at school and in life.
6	Working With Strengths	Emotional Health and Wellness	Self-Awareness	Students will understand that every person has their own unique strengths and difficulties.
7	Learning How To Listen	Behavior Management	Social Awareness	Students will identify ways to listen to other's feelings and opinions.
8	Is My Screen Keeping Me Awake?	Physical Health & Wellness	Self-Management	Students will learn the importance of good sleep hygiene and how their screen time can impair deep sleep. Students will understand the importance of moderation in use as the stimulation of screened devices may become a distraction from other tasks.
9	What Triggers Our Emotions?	Emotional Health and Wellness	Self-Awareness	Students will identify triggers for our emotions.
10	Feelings, Feelings, Too Many Feelings! 105988	Emotional Health and Wellness	Self-Awareness	Students will identify conflicting emotions a person might have and why someone might have them.

Week	Lesson	Theme	CASEL Competency	Lesson Description
11	Some People Are Born Shy	Emotional Health and Wellness	Self-Awareness	Students will learn that shyness is a personality trait that others can learn to understand and relate to.
12	If You Can't Say Something Nice To Yourself	Self Regulation	Self Awareness	Students will describe positive self-talk to manage insecurity.
13	I Just Have To Say It!	Behavior Management	Social Awareness	Students will learn when they should say something or keep it to themselves. Students will learn ways to know when it is appropriate to interrupt, and how to get someone's attention respectfully.
14	Give Me A Break!	Self Regulation	Self-Management	Students will learn how to manage themselves and their emotions by knowing when to calm down and how.
15	Handle Your Anger	Behavior Management	Self-Management	Students will learn to recognize behaviors of an angry person, including physical cues. Students will learn coping methods for calming down from anger, and what might have triggered the anger in the first place.
16	I Need A Remote Control For My Behavior!	Self-Regulation	Self-Management	Students will reflect on impulse control by looking at behavior and asking: If I could pretend my behavior reacted to a remote control, then I could PAUSE before I acted, FAST FORWARD to see the consequences of my actions and REWIND to reflect on previous situations. I might decide to STOP my behavior before hand.
17	Be Against Bullying	Bullying & Prevention	Social Awareness	Students will learn to recognize what bullying is and what bullying behaviors are.
18	How To Be An Upstander	Bullying & Prevention	Social Awareness	Students will learn that a bystander is someone who watches a bully pick on a person without getting involved, but by being an upstander, students decide to be a person who helps make a difference by jumping in to help or getting an adult who can help.
19	Who Are You?: Online Reputation	Digital Literacy	Responsible Decision Making	Students will explain what a reputation is and describe how online behavior can affect their lives.

Week	Lesson	Theme	CASEL Competency	Lesson Description
20	Being Safe Online	Digital Literacy	Responsible Decision Making	Students will learn the importance of good digital citizenship by learning ways to stay safe when online.
21	Why Set Goals?	Goal-Setting and Future-Planning	Self-Management	Students will name reasons why people set goals.
22	How To Be A Good Friend	Relationship Skills	Relationship Skills	Students will learn the qualities people value in a friendship and explore the qualities they personally value in a friend. Students will learn ways to foster healthy friendships.
23	Let's All Get Along	Global Empathy/ Perspective Taking	Social Awareness	Students will define tolerance and identify situations where tolerance is used.
24	What Do We Have In Common? Finding Ways To Get Along With Everyone	Global Empathy/ Perspective Taking	Social Awareness	Students will learn that not everyone has to be friends, but everyone must find ways to get along well with each other which starts by finding similarities amongst our peers.
25	Do I Have To Like Everyone?	Relationship Skills	Relationship Skills	Students will recognize ways to treat people who they do not get along with.
26	How Can I Help My School Community	Responsible Decision Making	Social Awareness	Students will feel empowered to help their school communities by showing ownership over ways they can make a difference.
27	Everyone Needs Friends	Relationship Skills	Social-Awareness	Students will identify the characteristics of a good friend and give examples of ways to make new friends.
28	Resolving Conflicts With Friends	Relationship Skills	Relationship Skills	Students will learn ways to peacefully resolve conflicts with friends including listening to others' perspectives, compromising, sharing, and apologizing.
29	Being An Active Listener	Responsible Decision Making	Relationship Skills	Students will learn that good listening goes beyond sitting quietly with eyes on speaker, it is also about reflecting on what is being said and formulating thoughtful questions and responses to show one's engagement.
30	It's Not My Fault!: Accepting Responsibility	Responsible Decision-Making	Social Awareness	Students will describe ways to accept responsibility by admitting to mistakes instead of misplacing blame.

Week	Lesson	Theme	CASEL Competency	Lesson Description
31	Learning To Compromise	Self-Regulation	Social Awareness	Students will learn types of compromise including no one wins, only one wins, and win-win. Students will learn the steps to arrive at a win-win compromise by understanding that if one gives in a little, one can often gain a lot.
32	Unsafe Touches Are Not Okay	Physical Health & Wellness	Self-Awareness	Students will define what sexual abuse means and what to do if someone is abusing you.
33	Yuck, I'm Not Feeling Well...	Substance Abuse Prevention	Responsible Decision Making	Students will identify types of medicines (prescription and over the counter) and how they can affect your body.
34	The Branches Of Your Family Tree	Relationship Skills	Relationship Skills	Students will identify roles of extended family members.
35	What Can I Do After High School?	Goal-Setting and Future-Planning	Self-Management	Students will learn about different kinds of higher education, different kinds of certification and degrees, and the kinds of jobs available at each level.
36	Be Smart With Your Money	Goal-Setting and Future-Planning	Responsible Decision Making	Students will examine ways bartering began exchanges of goods and how people earn money.
37	Get Outside And Play!	Physical Health & Wellness	Self-Management	Students will identify benefits to the body and mind from being in nature.
38	POST-TEST SURVEY			



Week	Lesson	Theme	CASEL Competency	Lesson Description
1	PRE-TEST SURVEY			
2	You Can Do It!	Academics and Study Skills	Self-Awareness	Students will identify mindsets that support or detract from accomplishing goals
3	Learning How To Problem Solve At School	Academics and Study Skills	Responsible Decision Making	Students will learn that everyone has problems, but as we get older it is important to start trying to brainstorm solutions instead of relying on adults to solve problems for them. Once students identify a problem, they can try to think of as many solutions as possible, then pick the best one. The best one is usually the solution that has the most pros and the least cons.
4	Stick With It!	Behavior Management	Self-Management	Students will learn what being on-task and what being off-task means. Students will learn what causes distractions and how to focus, as well as the definitions of concentration and perseverance.
5	Predicting Consequences	Responsible Decision-Making	Responsible Decision Making	Students will reflect on the idea that we cannot predict the future, but we can use our past decisions and experiences to help us predict the consequences of our future actions. Everything we do has a positive or negative consequence attached, we can use what we have learned to decide if something is the smart choice.
6	Learning From Mistakes	Emotional Health and Wellness	Self Awareness	Students will identify ways to deal with and learn from behavior issues.
7	What Do I Say To Myself?	Emotional Health and Wellness	Self-Management	Students will describe what self-talk is and its impact on our attitude and effort.
8	Why Do Mixed Feelings Happen?	Emotional Health and Wellness	Self-Awareness	Identify the multiple emotions someone might feel about a situation and why.
9	How To Work Well In Groups	Relationship Skills	Relationship Skills	Students will learn group work is an important part of school because they need to learn how to collaborate, learn what a good group member says and does to help the group be successful.

Week	Lesson	Theme	CASEL Competency	Lesson Description
10	Everybody Wins!	Behavior Management	Relationship Skills	Students will identify ways to resolve conflicts resulting in a win-win compromise.
11	Conflict Resolution-How To Apologize	Behavior Management	Relationship Skills	Students will learn how to resolve conflicts by owning their role in the conflict, expressing a sincere apology for the part they played, and relaying a plan to prevent a similar incident in the future.
12	The Problem Of Bullying	Bullying & Prevention	Social Awareness	Students will be able to define bullying behaviors and learn how to handle bullying.
13	Am I An Upstander Or A Bystander?	Bullying and Prevention	Relationship Skills	Students will learn the definition of a bystander and an upstander in terms of bullying witnesses and how to be empowered to stand up for those who need it.
14	Posting Is Forever	Digital Literacy	Social Awareness	Students will identify the potential risks of posting photos, messages, or personal information.
15	Emotional Intensity	Emotional Health and Wellness	Self-Awareness	Students will determine the intensity of emotions.
16	Full Of Energy!	Emotional Health and Wellness	Social Awareness	Students will learn ways that hyperactivity can affect the lives of those with and without ADHD, and techniques to manage hyperactivity.
17	Oh Man, Am I Angry!	Behavior Management	Self Management	Students will learn which circumstances are likely to anger people, and how to deal with anger.
18	Being More Patient	Self Regulation	Self Management	Students will learn the importance of patience and be introduced to the concept of delayed gratification.
19	Leave Negative Nelly And Ned Behind	Self Regulation	Self-Management	Describe positive self-talk to manage anger.
20	Which Strategies Work To Manage My Stress?	Self-Regulation	Self Management	Students will learn how to determine the best calming strategies for each situation.
21	Taking Care Of Our World	Global Empathy/ Perspective Taking	Responsible Decision Making	Students will identify ways to care for the environment, both globally and locally.

Week	Lesson	Theme	CASEL Competency	Lesson Description
22	The Power Of Empathy	Global Empathy/ Perspective Taking	Social Awareness	Students will learn about how their perception affects their understanding, so is important to view things from multiple perspectives to broaden one's empathy skills
23	How Can I Help My Friend?	Physical Health & Wellness	Social Awareness	Students will identify ways to help friends who are being abused.
24	Being More Resilient	Self Regulation	Social Awareness	Students will learn the definition of resilience and view examples of people who have shown resilience as a way to improve their personal ability to persevere over obstacles.
25	Finding Success With Goals	Goal-Setting and Future-Planning	Self-Management	Students will create goals and describe the steps to achieve them.
26	Am I A Good Listener?	Self-Regulation	Social Awareness	Students will evaluate their personal listening skills and find ways to make improvements in their ability to fully attune to what is being presented.
27	Take A Break And Relax	Physical Health & Wellness	Self Awareness	Students will define relaxation and recreation and give examples of both.
28	Friendships Can Be Tough	Relationship Skills	Relationship Skills	Students will describe ways to resolve conflicts in a friendship.
29	How To Make A New Friendship Grow	Relationship Skills	Relationship Skills	Students will learn about cultivating new friendships including finding common interests, growing trust and building rapport.
30	They Said What?: Talking Behind Your Back	Relationship Skills	Social Awareness	Students will recognize that talking behind someone's back is hurtful and there are ways to resolve these issues.
31	How To Be A Clear Communicator	Relationship Skills	Social Awareness	Students will learn the importance of clear communication including eye contact and appropriate tone of voice for the situation, as well as how communication changes when talking to adults versus peers.
32	The Responsibility Of Growing Up	Responsible Decision-Making	Responsible Decision Making	Students will name ways responsibilities change as people grow up.

Week	Lesson	Theme	CASEL Competency	Lesson Description
33	Learning From Failure	Self Regulation	Self Awareness	Students will explore the value of lessons learned from mistakes including famous figures who have made mistakes and excelled because of the what they learned from the experience.
34	Getting Along With Siblings	Relationship Skills	Relationship Skills	Students will identify reasons why brothers and sisters fight and describe ways to get along with siblings.
35	Spending Wisely	Goal-Setting and Future-Planning	Responsible Decision Making	Students will explain the difference between needs and wants in regards to spending money.
36	Medicine At School	Substance Abuse Prevention	Responsible Decision Making	Students will be able to recognize reasons why medicines at school need to be given with special care.
37	School Is Never Over!	Academics & Study Skills	Responsible Decision Making	Students will learn about the need to always seek new education. Students will learn about new job possibilities that don't exist yet, and jobs that have gone extinct because of changing technology.
38	POST-TEST SURVEY			

Week	Lesson	Theme	CASEL Competency	Lesson Description
1	PRE-TEST SURVEY			
2	Why Go To School If I Don't Have To?	Academics & Study Skills	Responsible Decision Making	Students will learn about all the benefits of higher education. Students will learn about different higher education options, income level associated with amount of education, and other non-financial benefits.
3	Taking Control Of Your Education	Responsible Decision-Making	Social Awareness	Students will identify ways to take responsibility for their learning.
4	Predicting The Future By Looking At The Past	Goal-Setting and Future Planning	Responsible Decision Making	Students will learn that while they may not have super-powers to see into the future, they can look back at past choices and behaviors to learn from the positive and negative consequences that followed. Students can start to predict how things will turn out for them if they make similar choices today.
5	Learning From Failure	Goal-Setting and Future Planning	Responsible Decision Making	Students will understand the importance of embracing rather than fearing failure as a learning opportunity
6	Let's Be S.m.a.r.t.!	Goal-Setting and Future-Planning	Responsible Decision Making	Students will define the components that create a S.M.A.R.T. goal.
7	Can I Do This Later?	Academics and Study Skills	Self-management	Students will prioritize tasks and use strategies to accomplish tasks within a specified time frame.
8	Learning How To Be A Creative Problem Solver	Academics and Study Skills	Responsible Decision Making	Students will understand that when you have a problem, you don't try to think of one perfect solution. Instead try to think of as many possible solutions as you can. This makes you look at the problem from all angles and find the best solution, not a perfect solution.
9	Let The Past Stay The Past	Behavior Management	Relationship Skills	Students will describe ways to move on after a conflict.
10	Reflect On Yourself	Behavior Management	Self-Awareness	Students will identify strategies for self-monitoring that allow for more positive consequences.
11	There's A Time And Place	Behavior Management	Self-Management	Students will identify when certain behaviors are appropriate and strategies to control inappropriate behavior.

Week	Lesson	Theme	CASEL Competency	Lesson Description
12	Think Before You Act In Anger	Behavior Management	Self-Management	Students will learn how to control their anger, and explore the consequences of uncontrolled anger.
13	Handling Compromise-Finding A Win-Win Solution	Behavior Management	Relationship Skills	Students will learn that when you disagree with a classmate or friend, it is important to remember that everyone has a point of view about how things should go. When those opinions don't align, it can be tough to find a perfect solution but it is important to compromise.
14	Keep Calm And Stop Bullying	Bullying & Prevention	Relationship Skills	Students will understand what is considered bullying behavior.
15	Think Before You Click	Digital Literacy	Social Awareness	Students will identify what information is appropriate to share online and describe the effects of online posting.
16	The Cycle Of Emotions	Emotional Health and Wellness	Self Awareness	Students will recognize negative thoughts and determine positive, realistic replacement thoughts.
17	I'm Feeling A Little Nervous	Emotional Health and Wellness	Self-Awareness	Students will learn that social situations are a part of life that can be handled.
18	Striving For Greatness	Emotional Health and Wellness	Self-Awareness	Students will identify traits and behaviors that demonstrate a positive self-concept including self-control, perseverance, and kindness.
19	You Are Now Entering Stress Boulevard	Emotional Health and Wellness	Self-Management	Students will learn ways to handle stress and strong emotions. Some techniques include grounding and deep breathing exercises.
20	What Do You Believe?	Global Empathy/ Perspective Taking	Social Awareness	Students will examine how people have different beliefs and ways to have tolerance for others' beliefs.
21	What Is Empathy?	Global Empathy/ Perspective Taking	Social Awareness	Students will build their knowledge of empathy and understand how it differs from sympathy
22	Friendships Can Change	Relationship Skills	Social Awareness	Students will identify why friendships change or end.
23	Can't Live With Them, Can't Live Without Them!	Relationship Skills	Social Awareness	Students will identify reasons why parents and kids don't get along and ways for them to get along.

Week	Lesson	Theme	CASEL Competency	Lesson Description
24	Do We Have To Work Together?	Relationship Skills	Social Awareness	Students will identify ways to work with others who they don't get along with.
25	How To Work Well In Groups	Relationship Skills	Relationship Skills	Students will recognize the qualities of effective group work. Students will identify strategies that can be applied to improve work in a small group setting.
26	How To Be A True Friend	Relationship Skills	Relationship Skills	Students will learn about the qualities of a true FRIEND: Fight for you, Respect you, Include you, Encourage you, Need you, Deserve you.
27	How To Be A Clear Communicator	Relationship Skills	Relationship Skills	Students will learn the importance of clearly communicating one's thoughts and opinions in a respectful way
28	Am I A Good Listener?	Self Regulation	Relationship Skills	Students will reflect on their listening skills and learn ways to improve their active listening
29	Being More Patient	Self Regulation	Self Management	Students will learn the importance of patience across domains and the role it plays in school, with friendships and at home
30	Improving Frustration Tolerance- How To Persevere	Self Regulation	Self Management	Students will learn ways to improve their frustration tolerance and persevere in spite of obstacles
31	Saving For Success	Goal-Setting and Future-Planning	Responsible Decision Making	Students will identify ways to save and make money.
32	Personal Hygiene	Physical Health & Wellness	Self-Management	Students will identify reasons puberty changes body chemistry, then explain ways to practice good hygiene.
33	Rules To Protect Yourself	Physical Health & Wellness	Social Awareness	Students will identify types of abuse and describe how to stop abuse.
34	Tobacco, Alcohol, And Saying No	Substance Abuse Prevention	Responsible Decision Making	Students will learn that tobacco and alcohol are legal substances that can be harmful, and identify how to say no to peers.
35	What Is Vaping?	Substance Abuse Prevention	Responsible Decision Making	Students will acquire general knowledge regarding the nature of vaping and its adverse health effects.

Week	Lesson	Theme	CASEL Competency	Lesson Description
36	It's Great To Share, Just Not Prescription Meds	Substance Abuse Prevention	Responsible Decision Making	Students will investigate reasons why it is unsafe to share prescription medicines.
37	Moving To Middle School	Life Goal-Setting and Future-Planning	Self-Management	Students will examine social, physical, and academic changes that occur in middle school.
38	POST TEST SURVEY			



Week	Lesson	Theme	CASEL Competency	Lesson Description
1	PRE-TEST SURVEY			
2	How To Prioritize A Busy Schedule	Self-Regulation	Self Management	Students will learn how to prioritize the expectations in their lives, including differences between what one must do and what one wants to do. Students will create a personalized timeline that enables them to complete the tasks at hand.
3	To Break Or Not To Break? The Truth About Rules	Behavior Management	Responsible Decision Making	Students will learn why people break rules and why it's a good idea to follow the rules, even when we want to break them.
4	How To Work On Teams Effectively	Relationship Skills	Relationship Skills	Students will recognize the importance and impact of focusing on the goals of the team over personal goals. Students will identify characteristics of effective teamwork. Students will recall the potential impact of working on diverse teams. Students will recall strategies for working on teams or in small groups effectively.
5	Study Skills	Academics and Study Skills	Self-Management	Students will identify study skills strategies for class tests.
6	Good Sportsmanship	Athletics	Relationship Skills	Students will learn the five key aspects of good sportsmanship. There can be big and little acts of sportsmanship.
7	Become A Creative Problem-Solver	Academics and Study Skills	Responsible Decision Making	Students will reflect on the problem-solving skills by exploring: What does it mean to be creative? What skills do good problem solvers use? What makes someone a creative problem solver and why is this important?
8	Stop, Think, Choose'	Behavior Management	Self-Management	Students will learn how to identify and apply the 'Stop, Think, Choose' strategy before acting.
9	The Truth About Anger	Behavior Management	Self-Management	Students will learn what anger is, myths about anger, and techniques to help you remain calm when anger strikes.
10	Being Accountable For My Mistakes	Behavior Management	Relationship Skills	Students will learn about accountability and being responsible for not only repairing damage that results from their mistakes, but also finding the lesson within it.

Week	Lesson	Theme	CASEL Competency	Lesson Description
11	Cyberbullying: What You Need To Know	Bullying & Prevention	Social Awareness	Students will learn the definition of cyberbullying, the importance of reporting it, and why some people bully.
12	How To Handle A Bully	Bullying & Prevention	Social Awareness	Students will learn about the importance of reporting, and ways to deal with a bully.
13	Beware What You Share: So You Think You Know Social Media?	Digital Literacy	Responsible Decision Making	Students will learn general use and safety when on social media.
14	Am I An Active Listener?	Self-Regulation	Social Awareness	Students will reflect on their own active listening skills by reviewing the definition and attributes of active listeners. Students will learn ways to be more engaged listeners at school and in life.
15	Your Brain, Body, And Strong Emotions	Emotional Health and Wellness	Self-Awareness	Students will understand what happens in your brain and body when you experience strong emotions.
16	Stress Signals: Knowing Your Emotions' Ways Of Asking For Help	Emotional Health and Wellness	Self-Awareness	Students will recognize stress as a signal of a problem
17	Improving Frustration Tolerance Thru Mindfulness	Emotional Health and Wellness	Self Awareness	Students will learn ways to improve their frustration tolerance by employing mindfulness techniques as a self-calming tool.
18	The Difference Between Sadness And Depression	Emotional Health and Wellness	Self-Awareness	Students will learn the difference between sadness and depression, the definition of depression and how to get help.
19	Learning From Failure	Emotional Health and Wellness	Self Awareness	Students will learn how to view failure through a growth mindset by understanding mistakes are learning opportunities.
20	How Can We All Get Along?	Global Empathy/ Perspective Taking	Social Awareness	Students will describe how recognition, tolerance, acceptance, and appreciation are steps to accept others
21	Growing My Empathy Skills	Global Empathy/ Perspective Taking	Social Awareness	Students will learn the key tenets of empathy and how they can practice more empathic behaviors to grow these skills.

Week	Lesson	Theme	CASEL Competency	Lesson Description
22	With Power Comes Great Responsibility	Responsible Decision-Making	Responsible Decision making	Students will identify reasons why people avoid taking responsibility and the benefits of accepting responsibility
23	Communication-Say What You Mean, Mean What You Say!	Relationship Skills	Relationship Skills	Students will learn how to express their personal opinions and find their voice in a crowd. Students will understand the importance of staying true to one's words.
24	How To Reach Your Goals	Goal-Setting and Future-Planning	Self-Management	Students will learn that goal-setting is a cyclical process; once you complete a goal you can start planning for the next goal. Students will learn the acronym SMART to create goals.
25	Eat An Elephant One Bite At A Time: How To Tackle Big Projects	Goal-Setting and Future-Planning	Self-Management	Students will be introduced to executive functions of the brain which include learning how to tackle multi-step projects and estimate the time it takes to complete tasks.
26	Using Critical Thinking Skills	Responsible Decision-Making	Responsible Decision Making	Students will address critical thinking by exploring: What are some skills that make us critical thinkers and when can we use these skills to make healthy and helpful decisions?
27	How To Be A Loyal Friend	Relationship Skills	Relationship Skills	Students will learn about loyalty in friendships, including the importance of building trust over time and how friendships can be damaged when trust is violated.
28	Facts About Friendship: Why Are My Friendships Changing?	Relationship Skills	Relationship Skills	Students will recognize that some friends are better for them than others, that friendships change over time, and that good friends can help you grow.
29	Handling Compromise- How To Be Fair	Relationship Skills	Social Awareness	Students will explore compromise by asking: Is fair always equal? Have you ever felt like you were a referee between two friends? When two people disagree, how can you find a fair solution?
30	Stress Strategies You Can Use	Self-Regulation	Self-Management	Students will learn coping strategies to manage stress, including positive self-talk, muscle relaxation, and guided imagery.

Week	Lesson	Theme	CASEL Competency	Lesson Description
31	You Are What You Eat	Physical Health & Wellness	Self-Management	Students will identify parts of a food nutrition label and analyze their application to healthy living.
32	Eating Disorders	Physical Health & Wellness	Social Awareness	Students will learn basic information about the three most common eating disorders: anorexia, bulimia and binge-eating disorder.
33	Stranger Danger: Not Just For Little Kids	Physical Health & Wellness	Responsible Decision Making	Students will identify stranger dangers and describe ways to stay safe.
34	The Dangers Of Cigarette Smoking, Vaping, And Sniffing	Substance Abuse Prevention	Responsible Decision Making	Students will learn the difference between smoking, vaping, and sniffing. Students will learn the dangers of tobacco and harmful side effects of vaping and sniffing.
35	How Much School Do You Need For Your Dream Career?	Academics & Study Skills	Self-Management	Students will learn about different types of careers and the training/ school needed for each.
36	Saving Success	Goal-Setting and Future-Planning	Responsible Decision Making	Students will learn ways to save money as a 6th grader.
37	How To Earn Some Cash	Goal-Setting and Future-Planning	Responsible Decision Making	Students will learn ways to earn money as a 6th grader.
38	POST-TEST SURVEY			

Week	Lesson	Theme	CASEL Competency	Lesson Description
1	PRE-TEST SURVEY			
2	Prioritizing And Managing My Time	Self-Regulation	Self Management	Students will learn how to prioritize the expectations on their task list and how to manage their time to get everything done on schedule.
3	I'm Responsible For What I Do And Say	Behavior Management	Self-Management	Students will learn that they are responsible for their own actions; no one 'makes' you do anything.
4	Mastering Long-Term Projects	Academics and Study Skills	Self-Management	Students will learn how to break long term projects into manageable chunks.
5	Team Spirit And Cooperation	Athletics	Relationship Skills	Students will learn what a team is, how teams help individuals become even better, things that hurt teams, and how to cooperate with teammates.
6	How To Be A Good Collaborator At School And Home	Relationship Skills	Relationship Skills	Students will learn the qualities of a successful collaborator including what type of behaviors they exhibit in team and group work settings.
7	Going Full Throttle: Recognizing How Emotions Fill Up Or Empty Our Fuel Tanks	Emotional Health and Wellness	Self-Awareness	How we feel affects our performance positively and negatively
8	Is My Anger Getting The Best Of Me?	Behavior Management	Self-Management	Students will learn that anger is a choice, will identify emotions that may surface, and employ techniques to calm down.
9	Healthy Ways To Cope With Stress	Emotional Health and Wellness	Self Management	Students will learn about the effects stress can have on the body and on our habits. Students will learn the importance of practicing self care during stressful times.
10	Catching Some Zzzzz's	Physical Health & Wellness	Self-Management	Students will identify reasons why sleep is important for teens.
11	Embracing Mistakes: Learning From Missteps	Goal Setting and Future Planning	Self Awareness	Students will learn that mistakes are normal and people can learn a lot from them. Students will learn that chocolate chip cookies, Silly Putty, and Post-it Notes all came from mistakes and be encouraged to not let mistakes make them scared to try something new.

Week	Lesson	Theme	CASEL Competency	Lesson Description
12	It's Not My Fault! He Made Me Do It! Giving In To Peer Pressure	Behavior Management	Relationship Skills	Students will learn that no one can make you do something without your consent, we need to take responsibility for our own actions, and how to be proactive instead of reactive.
13	The Blame Game	Responsible Decision-Making	Self-Management	Students will identify reasons we blame others instead of taking responsibility.
14	Bullying: Am I A Bully, Bystander, Or Target?	Bullying & Prevention	Social Awareness	Students will learn the definition of bullying, roles in a bullying situation, and possible actions to stop negative interactions.
15	How To Be An Upstander	Bullying & Prevention	Social Awareness	Students will learn strategies for standing up to bullying by empowering bystanders into action
16	Cyberbullying: How To Protect Yourself	Bullying and Prevention	Relationship Skills	Students will learn the definition of cyberbullying, importance of reporting, and the best way to react and protect oneself against cyberbullies.
17	How Do I Find A Good Friend And Be A Good Friend?	Relationship Skills	Relationship Skills	Students will learn that to attract good friendships one must first be a good friend. Students will explore the most important qualities in healthy friendships.
18	Importance Of A Reputation: Building Your Brand	Digital Literacy	Social Awareness	Students will learn the importance of building your brand, how associations with certain people affect your online reputation, and why you should keep your fights/ arguments to yourself.
19	Empathy For Those Different Than Me	Global Empathy/ Perspective Taking	Social Awareness	Students will learn respectful ways to empathize with others, even when their points of view may differ.
20	How Can I Make A Difference?	Global Empathy/ Perspective Taking	Social Awareness	Students will identify ways individuals and groups of people can conserve and care for our planet.
21	Racial And Religious Tolerance	Global Empathy/ Perspective Taking	Social Awareness	Students will learn ways to express compassion and understanding while embracing other races and religions

Week	Lesson	Theme	CASEL Competency	Lesson Description
22	Your Internal Traffic Pattern	Emotional Health and Wellness	Self-Awareness	Students will understand what happens in your brain and body when you experience strong emotions.
23	What Is Mindfulness And Meditation	Emotional Health and Wellness	Self Awareness	Students will learn the basics of mindfulness as a practice and how to incorporate meditation as a self-calming tool.
24	I Didn't Reach My Goal! What Now?	Goal-Setting and Future-Planning	Self-Management	Students will analyze what happened to cause them to fall short of an unaccomplished goal.
25	Ways To Nurture My Creativity	Emotional Health and Wellness	Self-Awareness	Students will learn that creativity goes beyond art, it is an approach to problem solving. Students will learn ways to foster their own creativity.
26	My Parents Don't Like My Friends... Now What?	Relationship Skills	Relationship Skills	Students will identify reasons why a parent may disapprove of a friend, what to do to help change their minds, and how to make a good first impression on your friends' parents.
27	How To Talk To My Parents About Dating, Curfew And Other Tough Topics	Relationship Skills	Relationship Skills	Students will learn about communicating effectively with adults by reflecting on how kids and parents might disagree about the rules, but if one yells or ignores the rules then things don't get better. Talking about tough topics requires undivided attention to the person speaking, a time to chat that works for everyone, and calm voices.
28	Use Mindfulness To Manage Stress	Self Regulation	Self Management	Students will learn what meditation and mindfulness are, how to practice them, and what benefits they will receive.
29	Post Traumatic Stress Disorder	Emotional Health and Wellness	Self-Awareness	Students will learn about the signs and symptoms of Post Traumatic Stress Disorder (PTSD) and how to get help in managing PTSD.
30	The Dangers Of Self-Injury	Emotional Health and Wellness	Self-Awareness	Students will understand what self-harm means, learn about the reasons people hurt themselves, and how to get help for the behavior.
31	Positive Body Images/Realistic Expectations	Physical Health & Wellness	Self Awareness	Students will learn about healthy body expectations and the importance of embracing healthy standards of beauty.

Week	Lesson	Theme	CASEL Competency	Lesson Description
32	How To Say No To Drugs And Alcohol In School	Substance Abuse Prevention	Responsible Decision Making	Students will learn to identify the negative effects of alcohol and marijuana as well as ways to proactively prevent substance abuse, recognize ways to turn-down an offer of alcohol or marijuana, and create circumstances and situations to choose to live healthy lives.
33	Dangers Of Vaping	Substance Abuse Prevention	Responsible Decision Making	Students will learn to not let the fruity flavors and fun pens fool them- vaping is dangerous.
34	Sexual Assault And Harassment: What You Need To Know	Physical Health & Wellness	Social Awareness	Students will recognize what consent and sexual assault is, what the laws are relating to consent and sexual assault, how to be safe and avoid harrassment accusations, and what to do if you are being sexually harassed.
35	Lessons Of A Loan: Borrowing Money	Goal-Setting and Future-Planning	Responsible Decision Making	Students learn the cost of borrowing money
36	What Is College?	Academics & Study Skills	Social Awareness	Students will learn what college is and how college is different from their current school.
37	What Are The Important Steps To Getting Into College?	Academics & Study Skills	Self-Management	Students will learn the important steps that lead to college.
38	POST TEST SURVEY			



Week	Lesson	Theme	CASEL Competency	Lesson Description
1	PRE-TEST SURVEY			
2	Planning And Asking For Help	Academics and Study Skills	Self-Management	Students will plan a schedule that prioritizes responsibilities. Ask for help when needed to accomplish tasks.
3	A Friendly Influence: Do My Friends Influence My Behavior?	Behavior Management	Social Awareness	Students will learn that your friends influence your thinking and your behavior.
4	When Do I Struggle With Controlling Impulses?	Behavior Management	Self Management	Students will learn that some people have more trouble controlling impulses than others and methods on managing your impulses.
5	Practicing Mindfulness	Emotional Health and Wellness	Self Awareness	Students will practice mindfulness to expand their coping skills for use during stressful times
6	How Do I Really Feel?	Emotional Health and Wellness	Self Awareness	Students will telling your feelings from others' expectations
7	Pay Attention To Emotions	Emotional Health and Wellness	Self-Awareness	Students will make connections between emotions and situations that need attention.
8	Cutting/Self-Harm	Emotional Health and Wellness	Self Management	Students will learn helpful safety information about self-harm behaviors and how to get help for themselves or someone in need.
9	The Many Emotions Of Anger	Behavior Management	Self-Awareness	Students will learn the different types of anger, emotions that surface with anger, and how to empathize/cope with other people's anger.
10	Trail Maps: Assess Your Stress And Make A Plan	Emotional Health and Wellness	Self-Management	Students will learn to assess their level of stress and make a plan to combat it.
11	The Dangers Of Social Media	Digital Literacy	Responsible Decision Making	Students will learn that everything on the Internet isn't rosy (online predators, human trafficking, the dangers of sexting/explicit photos).
12	Pause Before The Click: A Lesson On Cyberbullying	Bullying & Prevention	Social Awareness	Students will learn the definition of cyberbullying, the importance of a reputation, and the ease with which we can 'cyberbully' while online
13	Speak Out! How You Can Stop Bullying	Bullying & Prevention	Social Awareness	Students will learn the importance of reporting bullying, speaking out, and not tolerating bullying behavior.

Week	Lesson	Theme	CASEL Competency	Lesson Description
14	Empathy For Others	Global Empathy and Perspective Taking	Social Awareness	Students will explore the core principles of empathy and its importance in our relationships with others
15	How Tolerant Am I?	Global Empathy/ Perspective Taking	Social Awareness	Students will identify ways that people criticize others and ways to practice tolerance with those we come in contact with everyday.
16	Sore Winners And Losers	Athletics	Relationship Skills	Students will learn how to take winning and losing in stride
17	Being Open-Minded About Racial And Religious Differences	Global Empathy and Perspective Taking	Social Awareness	Students will learn the joys that can be found in our differences: Life would be so boring if everyone thought the same way. We learn so much more from each other when we learn about opinions and ideas that are different from our own.
18	Short Term Vs. Long Term Goals	Goal-Setting and Future-Planning	Self-Management	Students will explain difference between short term and long term goals.
19	What Motivates Me?	Goal-Setting and Future Planning	Self-Awareness	Students will explore motivation by reflecting on: Are the things that motivate me on the outside, like good grades or cool clothes? Or am I someone who is motivated on the inside by my own heart and mind? Knowing the difference between internal and external motivators are the key to identifying what motivates students.
20	Introduction to Financial Literacy	Goal-Setting and Future-Planning	Responsible Decision Making	Students will be introduced to the concept of financial literacy including earning money, tracking spending and saving responsibly.
21	What Makes Me Unique And How Can It Help Me Achieve My Dreams?	Goal Setting and Future Planning	Self Awareness	Students will connect their passions and talents to determine what special gifts they have to share with the world.
22	Positive Body Images/Realistic Expectations	Physical Health & Wellness	Self Awareness	Students will learn about healthy weights and expectations for one's developing body.
23	Ah, The Sweet Life	Physical Health & Wellness	Responsible Decision Making	Students will identify ways sugar affects the body and describe ways to monitor one's intake of sugar.

Week	Lesson	Theme	CASEL Competency	Lesson Description
24	Everything In Moderation; Healthy Amounts Of Exercise And Healthy Nutritional Advice	Physical Health & Wellness	Self Management	Students will learn about the importance of moderation in diet and exercise because healthful habits are about balance.
25	How Healthy Are My Friendships?	Relationship Skills	Relationship Skills	Students will explore the importance of positive peer influence and the qualities that make for healthy friendships
26	How Much Should I Trust My Friend?	Relationship Skills	Relationship Skills	Students will recognize that friends need to earn your trust before you tell them everything, what to do when a friend breaks your trust, and how to build trust when you are the one who breaks it.
27	It's All In Good Fun, Or Is It? The Truth About Abusive Relationships	Physical Health & Wellness	Relationship Skills	Students will identify the warning signs of an abusive relationship and explain how to improve or leave abusive relationships.
28	Responsible Behavior At School Functions (Dances, Sporting Events, Etc)	Responsible Decision-Making	Responsible Decision Making	Students will learn how to positively represent their school while at events on campus and off campus
29	My Social Impact- Small Steps To Change To World Around Me	Responsible Decision-Making	Social Awareness	Students will feel empowered to make big differences in their world by starting with small changes in their own lives, such as conserving water, recycling and reducing food waste.
30	What You Should Know About Addiction	Substance Abuse Prevention	Responsible Decision Making	Students will learn the signs and symptoms of physical and psychological addiction, and what to do to get help for themselves or others.
31	Vaping- How To Handle Peer Pressure	Substance Abuse Prevention	Responsible Decision Making	Students will explore the topic of vaping by reflecting on topics like: Is it true that EVERYONE is doing it?! What should you say if someone wants you to vape with them? Can you say no thanks and still keep a friendship going?
32	Helping Out At Home	Responsible Decision-Making	Responsible Decision Making	Students will describe actions that can be done at home to help out the family and show responsibility
33	Life Transitions	Goal Setting and Future Planning	Responsible Decision Making	Students will view the experiences of other students transitioning from Middle School to High School

Week	Lesson	Theme	CASEL Competency	Lesson Description
34	High School Is Coming!	Life Goal-Setting and Future-Planning	Social Awareness	Students will explain ways that middle school and high school are similar and different and prepare for the transition
35	Advice For Finding The Right Friend Group In Hs	Relationship Skills	Relationship Skills	Students will learn ways to foster new friendships and nurture existing friendships by looking at relationships through the lens of shared interests
36	The Four Year Plan To Your Future	Academics & Study Skills	Self-Management	Students will learn what they should do each year of high school to prepare for college.
37	Transitioning From Middle School	Goal Setting and Future Planning	Self Management	Students will learn about the transition from Middle School to High School
38	POST-TEST SURVEY			

Week	Lesson	Theme	CASEL Competency	Lesson Description
1	PRE-TEST SURVEY			
2	Making Plans: Freshman Year And Beyond	Academics & Study Skills	Self-Management	Students will be able to explain the importance of a transcript and what is on it, and describe what should appear on a high school resume.
3	Building Your Systems: Taking Notes And Organizing Materials	Academics and Study Skills	Self-Management	Students will understand the benefits of note-taking and organizational systems with the purpose of being ready to learn and work.
4	Advice For Finding The Right Friend Group In Hs	Relationship Skills	Relationship Skills	Students will learn the importance of finding a positive peer group in high school
5	Good Habits And Goal Setting	Goal-Setting and Future-Planning	Self-Management	Students will identify ways to break old habits and develop new habits, focusing on their triggers and reward systems in order to achieve success.
6	How Long Will This Take?: How To Manage Your Time Effectively	Academics and Study Skills	Self Management	Students will learn that Task Completion Estimation is a big term for a small thing- how long does it take to get things done? When you know about how long it takes to complete projects, chores, homework, errands- then you can manage your time more successfully and accurately
7	Class Conduct Determines Future Success	Behavior Management	Self-Management	Students will understand the importance of soft skills for future job success and learning in the classroom.
8	Responsible Behavior At School Functions (Dances, Sporting Events, Etc)	Responsible Decision Making	Responsible Decision Making	Students will learn expectations for attending school functions both on and off campus as well as during or beyond school hours.
9	Tame That Temper	Behavior Management	Self-Management	Students will learn how to control anger, and why it is important to find healthy outlets for negative emotions instead of suppressing anger.
10	When Impulses Get The Better Of You	Behavior Management	Self-Management	Students will learn how to identify triggers and get back on task.
11	Bullying 101	Bullying & Prevention	Social Awareness	Students will learn the basics about bullying, bystanding, and ways to respond to bullying situations.

Week	Lesson	Theme	CASEL Competency	Lesson Description
12	Confronting Cyberbullying	Bullying & Prevention	Social Awareness	Students will learn that cyberbullying can include photos, threats, harassing messages, videos, fake websites, fake profiles, among other things.
13	Knowing When To Take A Stand	Global Empathy/ Perspective Taking	Responsible Decision Making	Students will understand the importance of being an advocate for those who need a voice
14	The Social (Media) Lives Of American Teens	Digital Literacy	Responsible Decision Making	Students will learn the basic key issues around social media safety and appropriate conduct.
15	Oh No, Now What?! How To Repair A Negative Reputation	Responsible Decision Making	Self Awareness	Students will learn how to repair a negative reputation and skills to rebound from mistakes
16	How Healthy Are My Friendships?	Relationship Skills	Relationship Skills	Students will understand the essence of healthy friendships and that when it comes to friends- quality is more important than quantity.
17	When Social And/ Or Romantic Relationships Go Wrong	Relationship Skills	Relationship Skills	Students will learn how to react, cope, and recover from betrayal either from a romantic relationship or from a friend.
18	Emotions Are Temporary	Emotional Health and Wellness	Self-Awareness	Students will identify how emotions are not permanent; recognize the positive and negative emotional effects of external and internal influences.
19	Navigating Stress: Managing Stress Through Positive Self-Talk	Emotional Health and Wellness	Self-Management	Students will practice positive self-talk to manage stress.
20	Practicing Mindfulness- How To Unwind A Busy Mind	Emotional Health and Wellness	Self Awareness	Students will explore mindfulness techniques to unwind one's mind when feeling overwhelmed
21	Cutting/Self-Harm	Emotional Health and Wellness	Self Awareness	Students will learn about the dangers of self-harm behaviors, how to find help if they or someone they know is struggling, as well as alternative coping strategies.
22	Understanding The Potential Signs Of Depression	Emotional Health and Wellness	Self-Awareness	Students will learn about depression: what it is, how it is diagnosed, how long it can last and how to get help.

Week	Lesson	Theme	CASEL Competency	Lesson Description
23	Empathy For Others	Global Empathy/ Perspective Taking	Social Awareness	Students' will learn that understanding another person's perspective is the key to empathy. Empathy is about feeling with, not feeling for, others.
24	Ending The Cycle: Understanding Others' Emotions And Perspectives	Global Empathy/ Perspective Taking	Social Awareness	This lesson encourages students to see someone else's point of view and understand how others feel. It focuses on the importance of empathy in working together and getting along with others.
25	What Makes Me Unique And How Can It Help Me Achieve My Dreams?	Goal Setting and Future Planning	Self Awareness	Students will evaluate their personal attributes and learn how to use these gifts to find their passion
26	Are You Going To Play In College?	Athletics	Self Management	Students will be able to understand that the process of recruitment for college athletics begins in their Freshman year.
27	Understand Your Paycheck	Goal-Setting and Future-Planning	Responsible Decision Making	Students will be introduced to the basics of financial literacy, such as reading a paycheck and budgeting to make ends meet.
28	The Importance Of Healthy Habits	Physical Health & Wellness	Self-Management	Students will identify the tools they need to get and stay healthy.
29	Does Sleep Matter?	Physical Health & Wellness	Self Management	Students will learn about the importance of sleep hygiene. With so many priorities, it can be difficult to make sleep feel like an important item on a student's to-do list, but the physical and mental benefits of good sleep are too important to overlook.
30	Positive Body Images/Realistic Expectations	Physical Health & Wellness	Self Management	Students will learn about realistic body images and how media representations are not accurate depictions of healthy body types.
31	Clear Concise Communication Skills- How To Share My Pov	Relationship Skills	Relationship Skills	Students will learn how to respectfully and clearly share their point of view while also listening and valuing the viewpoints of others
32	My Social Impact- Small Steps To Change To World Around Me	Responsible Decision Making	Social Awareness	Students will learn ways to impact their world by making socially conscious choices

Week	Lesson	Theme	CASEL Competency	Lesson Description
33	Finding Balance When You Are Over Scheduled	Self Regulation	Self Management	Students will learn strategies for managing their time and balancing expectations.
34	Mind Your Mind: Practicing Mindfulness To Manage Emotions107915	Self-Regulation	Self Management	Students will learn how to practice mindfulness to manage emotions.
35	Prescription Drug Abuse Among Teenagers	Substance Abuse Prevention	Responsible Decision Making	Students will learn the effects and harm of abusing over-the-counter and prescription drugs.
36	Is Vaping Safe?	Substance Abuse Prevention	Responsible Decision Making	Students will learn: What is the truth about vaping? Is it safer than cigarettes? What could possible hurt me- it's just vapor?
37	The Dangers Of Human Trafficking	Physical Health & Wellness	Social Awareness	Students will describe human trafficking, explain how victims are exploited, and list ways they can protect themselves.
38	POST-TEST SURVEY			



Week	Lesson	Theme	CASEL Competency	Lesson Description
1	PRE-TEST SURVEY			
2	Developing Good Habits And Tracking Them	Goal-Setting and Future-Planning	Self Management	Students will describe how to choose one or two good habits for school and track them independently.
3	The Importance Of Challenging Yourself	Academics and Study Skills	Self-Management	Students will learn that meeting challenges with a growth mindset means thinking you can learn anything with persistence, strategy use, and help from others.
4	Facing Challenges With A Growth Mindset	Emotional Health and Wellness	Self Management	Students will learn about the qualities of a growth mindset and a fixed mindset. Students will understand why a growth mindset a better way to view challenges.
5	Why Good Reputations Matter	Behavior Management	Self Awareness	Students will examine how the reputation you create in high school impacts future success.
6	Responsible Behavior At School Functions	Responsible Decision Making	Relationship Skills	Students will learn that school functions have similar rules and social expectations, even though the events might be beyond school hours or off campus.
7	Evolution Of Friendships- As I Change, My Friend Group May Change	Relationship Skills	Relationship Skills	Students will learn about the evolution of friendships as a natural part of maturity and social awareness
8	What Are The Important Steps To Getting Into College	Academics & Study Skills	Self Management	Students will learn the important steps they have to take to get into college
9	Practicing Mindfulness During Stressful Times	Self Regulation	Self Management	Students will learn about the practice of mindfulness exercises as a healthy coping strategy for managing anxiety
10	Anger Management	Behavior Management	Self Management	Students will learn how to identify the triggers that will send their anger into uncontrolled fits of rage, how to maintain their composure, and what to do to regain their composure.
11	A Conscious Conscience: Using Self-Talk To Manage Anger 105721	Behavior Management	Self Management	Students will learn the importance of using self-talk to manage anger.

Week	Lesson	Theme	CASEL Competency	Lesson Description
12	Impulse Control	Behavior Management	Self-Management	Students will identify impulse control and develop strategies to ignore triggers to remain focused and composed.
13	Empathy For Others	Global Empathy/ Perspective Taking	Social Awareness	Students will learn the importance of looking beyond their own lives and social circles by having empathy for others
14	Stomp Out Bullying	Bullying & Prevention	Social Awareness	Students will learn understand ways to prevent bullying and contribute to a positive school environment
15	Understanding The Effects Of Cyberbullying	Bullying & Prevention	Social Awareness	Students will understand the effects of cyberbullying and how to respond when it happens to them or to someone else.
16	Knowing When To Take A Stand	Global Empathy/ Perspective Taking	Social Awareness	Students will learn about social situations in which it is appropriate to become involved, such as standing up for someone who needs an ally or seeing an opportunity and feeling empowered to make positive changes
17	Heightened Emotional Awareness	Emotional Health and Wellness	Self-Awareness	Students will identify daily influences on emotions.
18	Manage Anger Through Mindfulness	Emotional Health and Wellness	Self-Awareness	Students will learn to use mindfulness to manage anger.
19	Cutting/Self-Harm	Self Regulation	Self Management	Students will learn what type of behaviors are considered self-harmful and what to do if they or someone they know is struggling with this type of behavior.
20	Teenage Suicide	Emotional Health and Wellness	Social Awareness	Students will learn about teenage suicide and the dangers of ignoring depression and feelings of hopelessness in themselves or friends.
21	Illegal Drugs And You: A Lethal Combination	Substance Abuse Prevention	Responsible Decision Making	Students will identify the dangers of using illegal drugs, combining drugs (illegal or prescription) with alcohol, and the ten deadliest street drugs that should be avoided at all costs.

Week	Lesson	Theme	CASEL Competency	Lesson Description
22	Dangers Of Vaping	Substance Abuse Prevention	Responsible Decision Making	Students will learn the myths about vaping being a safer alternative to cigarettes and about the research that contradicts this myth.
23	Clear Concise Communication Skills	Relationship Skills	Relationship Skills	Students will learn the qualities of effective communication including the importance of concision and the ability to clearly articulate one's thoughts and opinions.
24	How To Talk To My Parents About Dating, Curfew And Other Tough Topics	Responsible Decision Making	Responsible Decision Making	Students will learn communication skills that empower them to speak with the adults in their lives about challenging topics in a mutually respectful way.
25	Budgeting Your Money	Goal-Setting and Future-Planning	Responsible Decision Making	Students will learn how to develop a budget and use tools, like their bank or credit union, to save for a large expense.
26	Athletic Recruitment	Athletics	Self Management	Students will register at the NCAA Eligibility Center in preparation for College Athletic Recruitment and begin planning out their steps in the recruitment process including compiling highlight video clips.
27	What Makes Me Unique And How Can It Help Me Achieve My Dreams?	Goal-Setting and Future-Planning	Self Awareness	Students will learn about introspection and how to identify one's strengths. Students will then learn about ways to apply those strengths to achieve their personal and professional goals.
28	The Importance Of Recreation	Physical Health & Wellness	Self-Awareness	Students will describe the importance of recreation in their lives as well as maintaining a life balance between school, extracurricular activities, and their social lives.
29	Sleep Matters!	Physical Health & Wellness	Self Management	Students will learn about the qualities of good sleep hygiene and the effects of quality sleep on one's physical and mental wellness.
30	Positive Body Images/Realistic Expectations	Physical Health & Wellness	Self Awareness	Students will learn the importance of positive body images and understand the myths in media about standards of beauty. Students will understand the unrealistic standards perpetuated by images altered for advertisements.

Week	Lesson	Theme	CASEL Competency	Lesson Description
31	Everything In Moderation; Healthy Amounts Of Exercise And Healthy Nutritional Advice	Physical Health & Wellness	Self Management	Students will explore the importance of balance in nutritional choices and physical exercise. How much is too much? Students will learn about healthy choices and indulging an occasional splurge.
32	Am I Ready For A Relationship?	Relationship Skills	Self Awareness	Students will explore their feelings about their emotional readiness to enter into a relationship. Students will learn about qualities of healthy respectful relationships.
33	Relationships And Intentions	Relationship Skills	Relationship Skills	Students will identify whether or not 'the signs' they are seeing are really rooted in romantic possibilities or just the sign of friendship
34	When Your Date Doesn't Hear The Word 'No': Sexual Assault And Date Rape	Physical Health & Wellness	Relationship Skills	Students will be able to describe the factors that lead to date rape and explain steps they can take to avoid it.
35	Sexting Is Not Sexy	Digital Literacy	Responsible Decision Making	Students will explain the consequences of posting/sending 'sexy' photos and texts.
36	How Do I Want To Be Known? Creating A Reputation You Are Proud Of	Relationship Skills	Social Awareness	Students will learn about the impact their decisions have on the way they are perceived by others. Students will learn about choices they can make to sculpt the way they are viewed socially.
37	My Social Impact- Small Steps To Change To World Around Me	Global Empathy/ Perspective Taking	Social Awareness	Students will learn about their social impact and understand how decisions they make can have a ripple effect, both positive and negative, on the world around them.
38	POST-TEST SURVEY			

Week	Lesson	Theme	CASEL Competency	Lesson Description
1	PRE-TEST SURVEY			
2	Time Management- How To Balance School, Work And Extracurriculars	Goal Setting and Future Planning	Self Management	Students will learn ways to prioritize school, home and work obligations while also managing time for social events
3	School Conduct And Its Impact On Your Future	Behavior Management	Self-Management	Students will learn the importance of academic honesty. Defines cheating and plagiarism. Explains the importance of rules. Discusses school safety.
4	Pace Yourself: Mindful Test Preparation	Academics and Study Skills	Self-Management	Students will learn how to manage stress during high-stakes tests like the ACT, SAT, or a licensure test.
5	Responsible Behavior At School Functions	Behavior Management	Social Awareness	Students will learn that in high school, we get a lot of opportunities to be part of special events like prom, homecoming, sporting events. When we are representing our school, even if not during schools hours, schools rules still apply.
6	Listening And Impulse Control	Behavior Management	Self Management	Students will learn the best way to become active listeners and recover from times when they are not listening.
7	Communication Skills To Use With Teachers, Employers And Parents	Relationship Skills	Relationship Skills	Students will learn skills to clearly communicate one's thoughts and opinions in a respectful concise way
8	How Do I Want To Be Known? Creating A Reputation You Are Proud Of	Relationship Skills	Social Awareness	Students will reflect on how behavior and reputation are interconnected and the importance of making choices that build a positive image
9	Setting Monthly And Yearly Goals	Goal-Setting and Future-Planning	Self-Management	Students will learn how to set monthly and yearly goals and keep track of their progress.
10	Building A Portfolio For College Applications	Goal-Setting and Future-Planning	Self Management	Students will learn how to gather and present their personal work products and achievements into a comprehensive portfolio for colleges or employers
11	The Junior Year College Application Checklist	Academics & Study Skills	Responsible Decision Making	Students will learn how to identify what steps they should take during their junior year as part of the college application process.

Week	Lesson	Theme	CASEL Competency	Lesson Description
12	The Consequences Of Cyberbullying	Bullying & Prevention	Social Awareness	Students will learn about the consequences of cyberbullying on its victims and the predators that are allowed to bully.
13	Being Social On Social Media	Digital Literacy	Responsible Decision Making	Students will explain how to navigate social media including developing online interests and safe practices
14	Knowing When To Take A Stand	Responsible Decision Making	Responsible Decision Making	Students will learn about when it is important to stand up for others and at which times intervening may not be beneficial
15	Understanding Bipolar Disorder	Emotional Health and Wellness	Social Awareness	Students will learn about bipolar disorder, an understanding of diagnosis, symptoms and signs, and the help that is available.
16	Understanding Our Emotional Reactions	Emotional Health and Wellness	Self-Awareness	Students will learn to judge if a reaction is appropriate to the situation.
17	Cutting/Self-Harm	Emotional Health and Wellness	Self Awareness	Students will learn about what may lead one to engage in self-harm behavior and alternative coping strategies that can be employed more safely
18	Rushing To Conclusions: Controlling Emotions When You Make Assumptions	Emotional Health and Wellness	Self Awareness	Students will learn that our assumptions, judgements, and thoughts can be quick and lead to reactions or feelings that don't match the actual situation.
19	Religious Tolerance: With Knowledge Comes Compassion	Global Empathy and Perspective Taking	Social Awareness	Students will learn that sometimes we judge things that are different from what we do because we don't understand them or it makes us uncomfortable, but when we learn more we increase our understanding. By building empathy and compassion in ourselves, we make the world a more peaceful place.
20	Finding Common Ground Between Opposing Viewpoints	Global Empathy and Perspective Taking	Relationship Skills	Students will learn that everyone has a life lens with which they view their world. Sometimes the differences between our lenses can seem overwhelming, but it is always possible to find common ground. This starts by taking the perspective of another to improve our empathy skills.

Week	Lesson	Theme	CASEL Competency	Lesson Description
21	Social Justice	Behavior Management	Social Awareness	Students will learn how to identify examples of social injustice and how to respond appropriately when confronted by it.
22	Global Empathy	Global Empathy and Perspective Taking	Social Awareness	Students will learn ways to show compassion for others on a global scale and the importance of nurturing human connections
23	Walking, Talking, And Playing Like A Leader	Athletics	Social Awareness	Students will recognize the importance of leadership in all areas of life, but especially in the arena of recruitment for athletic scholarships.
24	My Social Impact- Small Steps To Change To World Around Me	Global Empathy and Perspective Taking	Social Awareness	Students will learn ways to have a social impact on their communities and world at large
25	Giving Back At School And At Home	Global Empathy and Perspective Taking	Social Awareness	Students will learn about socially constructive ways to give back to their communities by donating their time and talents to causes they deem valuable.
26	Choosing Future Employment Options	Goal-Setting and Future-Planning	Responsible Decision Making	Students will learn about the different job options available to them after they graduate from high school.
27	Don't Stress About Stress	Physical Health & Wellness	Self-Management	Students will identify several stress management techniques that will help them feel less overwhelmed when the going gets rough.
28	Practicing Mindfulness	Self-Regulation	Self Awareness	Students will practice specific mindfulness techniques that can be employed for stress reduction
29	Breaking Up Is Hard To Do	Relationship Skills	Relationship Skills	Students will identify ways to cope with the stress of breaking up with a significant other as well as ways to move forward when it is over.
30	Crossing The Line	Bullying & Prevention	Relationship Skills	Students will learn the definition of harassment; the different types of sexual harassment; how sexual harassment is different from flirting; what to do if you are sexually harassed; legal consequences of sexual harassment.

Week	Lesson	Theme	CASEL Competency	Lesson Description
31	The Dangers Of Abuse And Abusive Relationships	Physical Health & Wellness	Relationship Skills	Students will identify different types of abuse and explain how to get help if they find themselves or a friend in an abusive relationship.
32	Driving Safety	Physical Health & Wellness	Responsible Decision Making	Students will learn the important aspects of safe driving
33	Dangers Of Vaping	Substance Abuse Prevention	Responsible Decision Making	Student will learn about the adverse physical and developmental effects of vaping.
34	Seeking Help For Addiction	Substance Abuse Prevention	Self-Management	Students will recognize if they are addicted to drugs, who is the best person to talk to about their addiction, and what types of treatment supports are available.
35	Positive Body Images/Realistic Expectations	Physical Health & Wellness	Self Awareness	Students will explore the global spectrum of beauty standards and media's influence on social norms
36	Improving Your Coping Skills- Healthy Ways To Address The Unique Stressors Of Junior Year!	Self Regulation	Self Management	Students will learn about the unique stressors that are common to Juniors and how to cope with them in healthy ways.
37	Agility Training For Your Mind	Self-Regulation	Self Management	Students will learn how to select an important target to focus their attention around, instead of reacting to every situation volatily. Students will learn the 4-step process to getting in touch with their emotions.
38	POST-TEST SURVEY			



Week	Lesson	Theme	CASEL Competency	Lesson Description
1	PRE-TEST SURVEY			
2	Time Management- How To Balance School, Work And Extracurriculars	Self Regulation	Self Management	Students will learn strategies to manage time and balance work, school, home and social commitments
3	Practicing Self-Care	Emotional Health and Wellness	Self Management	Students will learn the importance of practicing self-care as a coping strategy for handling daily stressors
4	Maintaining Friendships During Transition	Relationship Skills	Relationship Skills	Students will identify ways to move through the transition of high school to college while maintaining relationships.
5	How Do I End An Unhealthy Friendship/ Relationship	Relationship Skills	Relationship Skills	Students will learn the warning signs of an unhealthy friendships/ relationship as well as how to end it respectfully and safely.
6	Exploring College And Careers Through Social Media	Digital Literacy	Responsible Decision Making	Students will describe how to use social media to do research on schools and potential employment.
7	Considering Colleges For Student Athletes	Athletics	Responsible Decision Making	Students will explore the most common criteria used in deciding which college or university to attend and use those criteria to make their own choices when choosing a college.
8	The Senior Year College Application Checklist	Academics & Study Skills	Self-Management	Students will describe the steps they should take during their senior year as they apply to colleges and begin receiving decision letters.
9	Conflict Resolution Skills: Finding A Win-Win Compromise	Relationship Skills	Relationship Skills	Students will learn that while they may not always agree with teachers, parents or their boss at work, but rather than break the rules, they should have a conversation with the person who is enforcing the rules. When done in a calm and well-constructed way, there may be opportunities to find common ground and reach a better understanding.

Week	Lesson	Theme	CASEL Competency	Lesson Description
10	Mission Possible: Never Stop Learning	Academics and Study Skills	Self-Management	Students will learn ways to continue to learn in adulthood include reading, watching instructional videos, taking classes, going back to school, asking for help, developing a network of colleagues, reading about topics you are interested in, and traveling.
11	Learning From Failure	Emotional Health and Wellness	Self-Awareness	Students will learn that when they make a mistake, they don't need to run from it. Instead, they should run towards it- that is where all the best learning happens. Some of our culture's best innovators learned by failing.
12	Understanding Our Emotional Triggers	Emotional Health and Wellness	Self-Awareness	Understanding why we sometimes overreact, and thinking about how we can react differently in the future.
13	Impulse Control	Behavior Management	Self-Management	Students will learn how to navigate major decisions by limiting impulses and influences of other outside factors like peer pressure.
14	What Are My Coping Skills: Building Resilience	Self Regulation	Self Management	Students will emphasize building resilience as a coping skill to employ when facing challenges
15	A Matter Of Perspective	Emotional Health and Wellness	Self-Awareness	Students will learn to use optimism and resiliency as keys for success throughout life.
16	Load-Bearing Walls: Identify Supports That You Have To Help You Manage Strong Emotions	Emotional Health and Wellness	Self-Awareness	Students will describe how to recognize who and what make up external support systems to help manage emotions.
17	Empathy For Others	Global Empathy and Perspective Taking	Social Awareness	Students will practice empathy skills for others by learning techniques that encourage empathic responses from others, such as restating and paraphrasing.
18	Cyberbullying And Digital Citizenship	Bullying & Prevention	Social Awareness	Students will learn about the effects of online bullying and virtual footprints that can follow you into the workplace.
19	How Do I Take A Stand Against Injustice	Global Empathy and Perspective Taking	Social Awareness	Students will learn ways to peacefully respond to conflicts and injustices from a position of empowerment.

Week	Lesson	Theme	CASEL Competency	Lesson Description
20	Fast Forward Ten Years... Where Are You?	Goal-Setting and Future-Planning	Self-Management	Students will learn about how to conduct a SWOT analysis and develop their ten-year plan.
21	Building Credit And Financial Literacy	Goal-Setting and Future-Planning	Responsible Decision Making	Students will learn how to build credit and navigate the financial world in order to make informed decisions about making purchases and saving money.
22	What Legacy Do I Want To Leave Behind In My High School?	Goal-Setting and Future-Planning	Self Management	Students will reflect on the legacy they want to leave behind as they move from high school to their next chapter
23	My Social Impact-How Can I Change The World Around Me	Responsible Decision Making	Social Awareness	Students will reflect on ways they can improve their immediate communities and the world around them
24	Health And Wellness For Life	Physical Health & Wellness	Self-Management	Students will identify the habits of healthy living and explain the dangers of engaging in risky behavior.
25	Avoiding The Vape Hype	Substance Abuse Prevention	Responsible Decision Making	Students will learn that going your own way against a social current is never easy, but you don't have to believe the hype about vaping. Students can learn the facts before they make any decisions.
26	Making Sleep A Priority/Good Sleep Hygiene	Self Regulation	Self Management	Students will learn the aspects of good sleep hygiene and how to prioritize sleep in their busy schedules
27	Understanding Eating Disorders	Physical Health and Wellness	Social Awareness	Students will learn about the three major types of eating disorders, the signs and symptoms of the disease, and treatment options.
28	Driving Safely	Physical Health & Wellness	Responsible Decision Making	Students will understand the importance of distraction free driving.
29	The Risks And Consequences Of Underage Drinking	Substance Abuse Prevention	Responsible Decision Making	Students will learn motivations of why teens try alcohol for the first time, why teens are vulnerable to binge drinking, how binge drinking affects teen brains and bodies, and the potential consequences of underage drinking.

Week	Lesson	Theme	CASEL Competency	Lesson Description
30	Responsible Behavior At Senior Prom	Responsible Decision Making	Responsible Decision Making	Students will learn expectations for appropriate behavior at prom
31	How To Give An Impactful Presentation- Even If You Are Scared Of Public Speaking!	Academic and Study Skills	Relationship Skills	Students will learn how to present information in an impactful concise way for current classrooms, or in the future, for college and employer presentations.
32	What Makes A Great Employee?	Behavior Management	Social Awareness	Students will explore the dos and don'ts of successful job interviews. Examines how employees should conduct themselves on the job. Describes what employees can expect from their employers.
33	Communication Skills To Use With Teachers, Employers And Parents	Relationship Skills	Relationship Skills	Students will learn strategies to effectively communicate with adults in a respectful clear way.
34	Workplace Anger	Behavior Management	Social Awareness	Students will learn about the issues around workplace anger: how to handle issues, how to solve problems, and how to reflect and recover when something goes wrong.
35	Bullying In The Workplace	Bullying & Prevention	Social Awareness	Students will learn the difference between aggression and bullying; the type of employees who are bullies; what you can do if you are bullied; how bullying can have serious impacts on employee's well-being as well as workplace productivity and the environment.
36	Workplace Abuse And Harassment	Physical Health & Wellness	Social Awareness	Students will identify harassment and differentiate between actions that are and are not considered harassment.
37	Life After High School-Finding My 'What's Next?'	Goal Setting and Future Planning	Responsible Decision Making	Students will explore options for the paths before them- whether trade school, college, job, military or gap year- new adventures and challenges await those willing to embrace change.
38	POST-TEST SURVEY			