

## Suite360 - Kindergarten Curriculum

Recommended Week	K-2 Themes	Lesson Title	Student/Parent Lesson ID#s	CASEL Competency	Lesson Description
Week 1	Pre-Testing	Beginning of the Year Assessment	(Student 113941)		
Week 2	Listening Skills	How Can I Help My Teacher	(Student 115161; Parent 115162)	Relationship Skills	Students will learn about personal choices they can make that help their teacher do her job well, including modeling good behavior, following directions, and offering to help with tasks.
Week 3	Organizing	Why Do We Raise Our Hands	(Student 115382; Parent 115383)	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, and understand disruption caused by everyone speaking out at once and getting out of their seats.
Week 4	School and Rules	School Is My Job	(Student 114226; Parent 114227)	Responsible Decision-Making	Students will learn about classroom expectations and why school is important in their lives and also our culture and understand why learning is a valued priority that creates the foundation for our future experiences.
Week 5	Friendship	How to Be a Good Friend	(Student 118302; Parent 118303)	Relationship Skills	Students will learn what types of things they can do and say to demonstrate friendship to peers.
Week 6	Expectations	Why Rules	(Student 115554; Parent 115553)	Responsible Decision-Making	Students will explain why rules are important.
Week 7	Time Management/Prioritizing	I Can Do Well	(Student 115153; Parent 115156)	Self-Management	Students will identify work habits necessary for school success.
Week 8	Health	My Healthy Body	(Student 118304; Parent 118305)	Responsible Decision-Making	Students will learn basic health information including hygiene, nutrition, exercise & sleep.
Week 9	Growth Mindset	Mistakes Help Me Learn	(Student 118306; Parent 118307)	Self-Awareness	Students will learn that mistakes should be celebrated because they give people opportunities to learn new things.
Week 10	Goal Setting	Why Are Goals Good?	(Student 118308; Parent 118309)	Self-Management	Students will learn that everyone makes mistakes.
Week 11	Planning Ahead	When I Grow Up	(Student 106022; Parent 106023)	Self-Management	Students will be introduced to the concept of goal-setting and how it can help them make long term plans. Students will learn how to become a teacher, a vet, and a chef.
Week 12	Bullying	Bully, Bully Go Away	(Student 104511; Parent 104510)	Social Awareness	Students will define bullying and explain why it should be prevented.
Week 13	Digital Literacy	Staying Safe Online	(Student 118313; Parent 118314)	Responsible Decision-Making	Students will learn basic internet safety.
Week 14	Personal Space	We All Need Personal Space	(Student 115363; Parent 115364)	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.
Week 15	Conflict Resolution	Using My Words When I Am Upset	(Student 118283; Parent 118315)	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 16	Inclusion & Collaboration	The Power of Words	(Student 108119; Parent 108120)	Social Awareness	Students will explain how our words affect others and what we can use instead of hurtful words.
Week 17	Teamwork	Can I Play Too? How to Join a Group	(Student 118316; Parent 118317)	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.
Week 18	Substance Abuse	What Is Medicine	(Student 104605; Parent 104604)	Responsible Decision-Making	Students will understand what a medicine is and what it does, and tell how to use medication appropriately.
Week 19	Asking for Help	It's Okay to Need Help Sometimes	(Student 118318; Parent 118319)	Self-Awareness	Students will learn ways humans help each other and how common it is for all people to need help sometimes, and how to recognize the need for help and how to ask for assistance.

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Week 20	Mental Health	This Made Me Feel	(Student 105050; Parent 105051)	Self-Awareness	Students will identify scenarios that would cause a specific emotion.
Week 21	Respect	Respect at School	(Student 115380; Parent 115381)	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.
Week 22	Relationships	Friends Can Be Different	(Student 106747; Parent 106748)	Relationship Skills	Students will state how to be a good friend, even when you don't like the same thing.
Week 23	Problem Solving	Who Can Help Me Problem Solve?	(Student 118320; Parent 118321)	Relationship Skills	Students will reflect on the people available to them for support in the problem solving process, including viewing themselves as a resource.
Week 24	Feelings	How Can I Safely Express My Strong Feelings?	(Student 118323; Parent 118324)	Self-Management	Students will explore emotional regulation and the importance of processing strong emotions in a healthy way using words and coping skills.
Week 25	Empathy	How to Apologize: Be an "I'm Sorry" Superstar	(Student 118325; Parent 118326)	Social Awareness	Students will learn why it is important to apologize for mistakes and how to do it well.
Week 26	Emotions	How We Feel and Why	(Student 103488; Parent 105051)	Self-Awareness	Students will identify how someone would feel in a given scenario.
Week 27	Coping	The Cool Down	(Student 110316; Parent 110447)	Self-Management	Students will identify the cool down steps for managing strong emotions.
Week 28	Safety	Who Keeps Me Safe?	(Student 115515; Parent 115517)	Relationship Skills	Students will learn about school community resources including the role of school counselors, bus drivers, school nurses, school resource officers and administrators.
Week 29	Impulse Control & Self Regulation	It's Hard to Wait My Turn	(Student 118330; Parent 118331)	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.
Week 30	Health & Safety	School Rules Keep Us Safe	(Student 118332; Parent 118333)	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.
Week 31	Stress	Feeling Frustrated	(Student 118334; Parent 118335)	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.
Week 32	Anger	How My Body Tells Me When I Am Mad	(Student 118336; Parent 118337)	Self-Awareness	Students will learn about the connections between their bodies and their feelings by exploring the physical sensations that accompany anger.
Week 33	Mindfulness	I Can Keep Myself Calm	(Student 118284; Parent 118339)	Self-Awareness	Students will feel empowered to use self-calming techniques such as birthday candle breathing and squeezing imaginary lemons when upset.
Week 34	More Emotions	Managing Big Emotions	(Student 110317; Parent 110448)	Self-Management	Students will explain how to handle big emotions.
Week 35	Communication	Using I-messages	(Student 110315; Parent 110473)	Relationship Skills	Students will use I-messages to express themselves.
Week 36	Taking Care of Me	When I Feel Scared	(Student 118340; Parent 118341)	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.
Week 37	Global and Social Impact	Helping Others Feel Good	(Student 118342; Parent 118343)	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.
Week 38	Post-Testing	End of the Year Self Assessment	(Student 118522)		