

Social Emotional Learning Curriculum Rethink Ed Scope and Sequence - Grades K-12

SEPTEMBER - Domain: Awareness of Self and Others

Week of:	Week 1 9/5-9/8	Week 2 9/11-9/15	Week 3 9/18-9/22	Week 4 9/25-9/29
Focus Area	Self-Knowledge		Growth Mindset	
Lesson Titles	Self-Knowledge K-I Like It! 1-You Are Special! 2-No One is You-er Than You 3-My Kind of Strong 4-What's Your Superpower? 5-My Creative Strengths 6-Social Strengths 7-Learning Strategies 8-Ignite Your Spark 9-Our Personalities 10-Sense of Purpose 11-Accepting Ourselves 12-Knowing Our SELVES	** Mental Health Reducing the Risk of Suicide Week of 9/6 is Suicide Prevention Week	Growth Mindset K- I'm Growing 1-I Can Do It! 2-Mistake Masterpieces 3-My Curious Mind 4-Hard Work Pays Off 5-Beyond Boredom! 6-What's in a Mindset? 7-Growing from Feedback 8-A Good Mistake 9-Challenge Accepted 10-Effort Is Key 11-Growing from Setbacks 12- Your Growth Is My Growth	
		K- Feeling Hopeful 1-Hopeful Changes 2-Hopeful Helpers 3-Stories of Hope 4-Hopeful Goals 5-Spreading Hope 6-Suicide Facts 7-Suicide: Myth Busters 8-Suicide: Risk Factors 9-Risk Factors for Suicide 10-Suicide: Warning Signs 11-Suicide Stigmas 12-Evaluating Protective Strategies		

OCTOBER - Domain: Awareness of Self and Others

Week of:	Week 5 10/2-10/6	Week 6 10/9-10/13	Week 7 10/16-10/20	Week 8 10/23-10/27
Focus Area	Values		Wants & Needs Prep for Hunger/Homeless Awareness Week	
Lesson Titles	** Social Skills Respect Week of Respect K- Spreading Kindness 1-Mind Your Manners 2-Show Some Respect! 3-Say It with a Smile! 4-Actions Speak Louder Than Words 5-Social Cues 6-Ripples of Respect 7-Respect with Active Listening 8-Respectful Communication 9-Respect Yourself 10-Respect for All 11-Understanding Respect 12-Navigating Respect	Values K-My Family 1-Being Together 2-Spot Our Family Values 3-Character Values 4-My Values, My Choices 5-Our School's Values 6-My Personal Values 7-Mind Your Media 8-Our Values 9-Respecting Our Values 10-Value of Choice 11-Trust Your Gut 12-My Life Compass	** Social Awareness Safe & Ethical Behavior Week of Safe Schools K- Telling or Tattling 1-Rules, Rules, Rules 2-A Buddy or A Bully? 3-Be a Buddy, Not a Bully 4-Profile of a Bully 5-Be an Upstander 6-Bullies Bully! 7-Stand Up Against Bullying! 8-Speak Out! 9-THINK Before Your Post 10-Risk-Taking 11-Words Can Hurt 12-Bullying and Harassment	Wants and Needs K- What We Need Balancing Wants and Needs 1- Balancing Wants and Needs 2-Getting My Needs Met 3-I Belong 4-Where We Belong 5-We Gotta Have Fun! 6-Safe Boundaries 7-Belonging Needs 8-Know Your Worth 9-My Contributions 10-Cultivating Curiosity 11-Exploring Creativity 12-The World We Need

Social Emotional Learning Curriculum Rethink Ed Scope and Sequence - Grades K-12 (cont'd)

NOVEMBER - Domain: Self-Management

Week of:	Week 9 10/30-11/3	Week 10 11/6-11/10	Week 11 11/13-11/16	Week 12&13 11/20-12/1
Focus Area	Goal Setting		Self-Control	
Lesson Titles	Goal Setting K-Say the Goal! 1-Steps to the Goal 2-Set a Goal 3-Make a Plan 4-Planning for Success 5-Reach Your Goals 6-S.M.A.R.T Goals 7-Setting Academic Goals 8-Plan S.M.A.R.T 9-Work the Plan 10-Make a Comeback 11-Got GRIT? 12-Grow Your Goal		** Social Awareness Empathy Week of 11/13 is National Hunger/Homeless Awareness	Self-Control K-Breathe In, Breathe Out 1-Wait for It! 2-Take 5! 3-Keep Calm 4-Freeze! 5-Stop. Think. Decide 6-Managing Stress 7-Goals With Self-Control 8-Let's Delay 9-Take Control 10-Developing Healthy Habits 11-Self-Control and Resilience 12-In the Driver's Seat
			K- My Feeling, Your Feelings 1-How Someone Else Might Feel 2-The Case of Caring 3-From Another Perspective 4-Showing Empathy 5-Taking the Perspective of Another 6-Listening with Empathy 7-Empathy for Connection 8-Developing Empathy 9-Empathy Busters 10-Resolving Conflicts with Empathy 11-Care to Care 12-Empathy and Social Change	

DECEMBER - Domain: Self-Management

Week of:	Week 14 12/4-12/8	Week 15 12/11-12/15	Week 16 12/18-12/22	Week 17 12/25-12/29
Focus Area	Problem Solving		Resilience	
Lesson Titles	K- Say the Problem 1-Whose Problem Is It? 2-What's the Problem? 3-Let's Brainstorm! 4-Ways to Solve a Problem 5-Think of Solutions 6-Think Solution! 7-From Problem to Solution 8-Evaluate Your Options 9-Effective Solutions 10-Facts and Feelings 11-Stretch Yourself 12-Higher-Order Solutions		K- Get It Done! 1-Bounce Back! 2-Challenge Accepted! 3-Be Resilient 4-The Resilient Kid 5-If at First You Don't Succeed... 6-Building Resilience 7-Recognizing Agency 8-Connect to Your Values 9-Strength from Support 10-Focus on the Big Picture 11-Growing Resilience 12-Overcoming Challenges	NO SCHOOL Winter Break

Social Emotional Learning Curriculum Rethink Ed Scope and Sequence - Grades K-12 (cont'd)

JANUARY - Domain: Self-Management

Week:	Week 18 1/1-1/5	Week 19 1/8-1/12	Week 20 1/15-1/19	Week 21 1/22-1/26	Week 22 1/29-2/2
Focus Area	Resilience (continued)	Stress Management		Focus	
Lesson Titles	K- Get It Done! 1-Bounce Back! 2-Challenge Accepted! 3-Be Resilient 4-The Resilient Kid 5-If at First You Don't Succeed... 6-Building Resilience 7-Recognizing Agency 8-Connect to Your Values 9-Strength from Support 10-Focus on the Big Picture 11-Growing Resilience 12-Overcoming Challenges	K-My Recipe for Happiness 1-Feelings Booster 2-My Stress Thermometer 3-Change It! 4-Feeling, Thoughts, and Behaviors 5-You Can Change It! 6-Making Stress Work for You 7-Negative Thinking 8-Find the Funny 9-Facing Your Fears 10-Got Stress? 11-Balancing Stress 12-Be Your Own CEO		K- Following Instructions 1-Hocus Pocus: Focus! 2-The Focus Toolbox 3-Improving My Focus 4- Keep Focused 5- Focus First! 6- Focus at Home 7- Focus with Active Listening 8- Visualizing Your Success 9- Overcoming Distractions 10-Staying Focused 11-Self-Care for Focus 12-Reach Your Goals	

FEBRUARY - Domain: Social Awareness

Week:	Week 23 2/5-2/9	Week 24 2/12-2/16	Week 25 2/19-2/23	Week 26 2/26-3/1
Focus Area	Social Contributions Can align with Black History		Support Systems Aligns with Random Acts of Kindness Week	
Lesson Titles	K-I can Help! 1-I Spy a Helper 2-I can Help My Family 3-Acts of Kindness 4-Making School a Better Place 5-Kind is Cool 6-Passion to Contribute 7-Aligning Social Contributions 8-Community Contributions 9-Passion to CARE 10-Make a Difference! 11-Take Action, Make a Difference 12-Change Makers		K- Ask Kindly 1-My Family, My Support 2-Help at School 3-Be a BUD 4-Who Do You Turn To? 5-Asking for Help 6-My Support System 7-Building a Support System 8-Access Support 9-Supporting Emotional Needs 10-Learning from Support Systems 11-Giving Support 12-Supporting Your Goals	

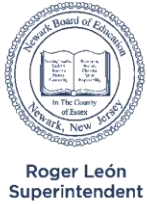
Social Emotional Learning Curriculum Rethink Ed Scope and Sequence - Grades K-12 (cont'd)

MARCH - Domain: Social Awareness

Week:	Week 27 3/4-3/8	Week 28 3/11-3/15	Week 29 3/18-3/22	Week 30 3/25-3/29
Focus Area	Cultural Competence Can align with Women's History Month		Actions & Consequences	
Lesson Titles	K-Me and You 1-Our Families 2-Cultures Around the World 3-Celebrating our Differences 4-Everyone is Different 5-In Someone Else's Shoes 6-Be Cool: INCLUDE 7-Challenge Prejudice 8-SPOT the Stereotype 9-STOP Stereotyping 10-Cultural Competence (select grade level 10) 11-Culture Change 12-Cultural Competence (select grade level 12)		K-Fix Your Mistake 1-Actions and Consequences 2-STOP Then Decide 3-STOP Before You Say It 4-THINK and Be honest 5-Choices and Consequences 6-Actions and Consequences 7-Intent vs. Impact 8-Setting New Patterns 9-Decision, Decisions, Decisions 10-Cyber Consequences 11-The Long and Short of It 12-Decision-Making	

APRIL - Domain: Social Skills (Relationship Skills)

Week:	Week 31 4/1-4/5	Week 32 4/8-4/12	Week 33 4/15-4/19	Week 34 4/22-4/26
Focus Area	Friendship		Fairness	
Lesson Titles	NO SCHOOL Spring Break	K-Fun with Friends 1-Let's Be Friends 2-Filling Buckets 3-Be a Friend 4-A Good Friend Is... 5-COOL Communication 6-Lean on Me 7-Friends & Peer Pressure 8-Be Yourself 9-Be a Good Friend 10-Circles of Friendship 11-Fast Friendship 12-Lasting Friendships	K- Let's Play Fair 1-Tattling Trouble 2-That'S Not Fair! 3- Make It Fair! 4-Great Responsibility 5-Rights On, Rights! 6-Our Rights and Responsibilities 7-Life, Liberty & the Pursuit of Happiness 8-Speak Out for Fairness 9-Fair vs. Equal 10-Our Human Rights 11-Empathy and Human Rights 12-Human Rights: Whose Responsibility?	



Newark Board of Education

Ms. Carolyn Granato, Assistant Superintendent
Student Support Services – Specialized Schools

Where Passion Meets Progress
Mary Leigh Harvey, Director
Office of Student Support Services

Social Emotional Learning Curriculum Rethink Ed Scope and Sequence - Grades K-12 (cont'd)

MAY - Domain: Self-Care

Week of:	Week 35 4/29-5/3	Week 36 5/6-5/10	Week 37 5/13-5/17	Week 38 5/20-5/24
Focus Area	Self-Efficacy Aligns with Mental Health Awareness Month		Optimism Aligns with Mental Health Awareness Month	
Lesson Titles	K- Mistakes Are a Part of Learning 1-Believe! 2-You Can Do It! 3-Belief Builders 4-Believe It! 5-I Believe in Me 6-Believe to Achieve 7-Learn with Self-Efficacy 8-Find Your Fan Club 9-Let Go of Limiting Beliefs 10-Belief to Reach a Goal 11-Collective Goals 12-Build Your Self-Efficacy!		K- Proud to Be Me! 1-Turn That Frown Upside Down 2-Level Up Your Mood 3-Give a Little happiness 4-Attitude of Gratitude 5-Good News, Bad News 6-Optimism as Self-Care 7-Building Optimism 8-Practicing Gratitude 9-Optimistic Self-Talk 10-Focus on Optimism 11-Respond with Optimism 12-Leading with Optimism	

SEL Fall and Spring Student Check In Assignment and Administration Windows	
SEL Fall Check in Window September 11th, 2023 – October 31st, 2023 SEL Check In should be assigned and completed by all students who are able to complete the check in during this window.	SEL Spring Check in Window April 8th, 2023 – May 24th, 2023 SEL Check In should be assigned and completed by all students who are able to complete the check in during this window.
Directions on Assigning Check-In (Self-Assessment)	
How to Assign/Opt Out/View Assigned Students for SEL Student Survey: CLICK HERE	
SEL Student Lesson Implementation Guidelines	
SEL Lessons: Complete Professional Development Module for Focus Area before presenting student lesson. This can be found in My Training, in the SEL or Mental Health training series. Week One: - Present students with the Learn Video to introduce the topic and follow up with discussion questions from the lesson plan. - Present Practice Activity for Students and send <i>Home Connections</i> letter home. Home connections letters can be found in Spanish in My Resources. Week Two: - Present students with Dive Deeper Activities Click here to access the educator getting started guide for platform functionality support: Educator Getting Started Guide SEL & Mental Health - For additional support reach out to megan@rethinkd.com or beth.gautier@rethinkd.com	