

## Scope and Sequence



## Unit 1: Being My Best Self

Week for Lesson Implementation	Pre-K	Kindergarten	1 <sup>st</sup> Grade	2 <sup>nd</sup> Grade	3rd Grade	4 <sup>th</sup> Grade	5 <sup>th</sup> Grade
8/3/23 - 8/18/23	<i>Building Community - The First Ten Days of Harmony SEL</i>						
8/21/23 - 8/25/23	1.1 If You Feel It and You Know It	1.1 Feelings Charades	1.1 All About Emotions	1.1 What's That Emotion?	1.1 How Are You Feeling?	1.1 I Just Have This Feeling	1.1 I've Got a Feeling
8/28/23 - 9/1/23	1.2 Peek-a-boo Emotions	1.2 Feelings Surprise	1.2 What's Causing Those Feelings?	1.2 Feelings Connections	1.2 Swap A Thought	1.2 Helpful Self-Talk	1.2 An Optimistic Mindset
9/6/23 -9/15/23	1.3 Reasons for Feelings	1.3 Feeling and Doing	1.3 Feel, Think, Act	1.3 Responding to Our Emotions with Thoughts & Actions	1.3 Thought Connections	1.3 Pop That Thought Bubble!	1.3 Pop That Thought! Comics
9/18/23 - 9/22/23	1.4 Freeze those Ziggles!	1.4 Turning It Up and Turning It Down	1.4 Strong and Mild Emotions	1.4 Feeling the Calm	1.4 It's Time to Cool Off	1.4 Noticing and Regulating Emotions	1.4 Lost Your Cool? Get Calm.
9/25/23 - 9/29/23	1.5 How We Change	1.5 Things that Change	1.5 Think Like a Caterpillar	1.5 Change Happens	1.5 Having a Growth Mindset	1.5 Caterpillar Thoughts	1.5 To Change Like a Caterpillar

## Unit 2: Valuing Each Other

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### Unit 3: Communicating with Each Other

Week for Lesson Implementation	Pre-K	Kindergarten	1 <sup>st</sup> Grade	2 <sup>nd</sup> Grade	3rd Grade	4 <sup>th</sup> Grade	5 <sup>th</sup> Grade
1/8/24 - 1/12/24	3.1 Z Says: Listening to Others	3.1 Being a Good Listener	3.1 Listening to My Buddy	3.1 Conversation Do's	3.1 Communication Boosters: Listening & Supporting	3.1 Booster Building	3.1 Building Boosts
1/16/24 - 1/19/24	3.2 Your Turn to Talk	3.2 Talking Back and Forth	3.2 Engaging in Conversation	3.2 Conversation Do's and Don't's	3.2 Booster or Blooper?	3.2 Name That Blooper!	3.2 What a Blooper
1/22/24 - 1/26/24	3.3 When to Listen and When to Speak	3.3 Switch It Up	3.3 What Do You Say?	3.3 Audience Matters	3.3 Communicating in Different Environments	3.3 Communication in Different Settings	3.3 Communicating in the Real World
1/29/24 - 2/2/24	3.4 Say It Loud	3.4 Speaking Up	3.4 Saying It Kindly	3.4 Speak Up, Speak Kindly	3.4 Speak Up, Speak Out	3.4 Speak Up and Speak For	3.4 Speaking Up for Yourself and Others
2/5/24 - 2/15/24	3.5 Teamwork in Action	3.5 Working as a Team	3.5 Cooperation Creation	3.5 Creating Cooperation	3.5 Collaboration In Action	3.5 Counting On Collaboration	3.5 Teamwork In Action

## Unit 4: Learning From Each Other

Week for Lesson Implementation	Pre-K	Kindergarten	1 <sup>st</sup> Grade	2 <sup>nd</sup> Grade	3rd Grade	4 <sup>th</sup> Grade	5 <sup>th</sup> Grade
2/21/24 - 3/1/24	4.1 Identifying Problems	4.1 Recognizing Problems	4.1 What's the Problem?	4.1 Problems and Perspectives	4.1 The Animals of Conflict	4.1 Watch and Learn	4.1 What's That Animal?
3/4/24 - 3/15/24	4.2 Identifying and Communicating About Problems	4.2 Communicate to Solve Problems	4.2 Communicating to Problem Solve	4.2 Communicate About Problems	4.2 Identifying and Communicating About Problems	4.2 Stop, Think, and Cool Off	4.2 Name that Conflict Style
3/18/24 - 3/22/24	4.3 Solving Problems Together	4.3 Solving Problems	4.3 Solving Problems Fairly	4.3 Finding a Solution	4.3 Talk It Out	4.3 Talk It Out and Clear It Up	4.3 STEP It Up! to Resolve Conflict
3/25/24 - 4/5/24	4.4 Learning to Compromise	4.4 Compromising with Others	4.4 Compromising to Solve Problems	4.4 Ways to Compromise	4.4 Working Things Out	4.4 Let's STEP It Up!	4.4 Practice Makes Perfect
4/16/24 - 5/3/24	<p style="text-align: center;"><b>GMAS EOG Testing</b>  <b>Practice Gratitude &amp; Mindfulness Strategies:</b>  <a href="https://ggie.berkeley.edu/collection/teaching-gratitude-five-practices-for-lower-elementary/">https://ggie.berkeley.edu/collection/teaching-gratitude-five-practices-for-lower-elementary/</a>  <a href="https://ggie.berkeley.edu/collection/teaching-gratitude-five-practices-for-upper-elementary/">https://ggie.berkeley.edu/collection/teaching-gratitude-five-practices-for-upper-elementary/</a>    <a href="https://ggie.berkeley.edu/student-well-being/mindfulness-for-students/#tab_3">https://ggie.berkeley.edu/student-well-being/mindfulness-for-students/#tab_3</a></p>						
5/6/24 - 5/17/24	4.5 Making Amends	4.5 Making Amends and Forgiving	4.5 Taking Responsibility and Making Amends	4.5 Taking Responsibility for Mistakes	4.5 Correcting Mistakes by Making Amends	4.5 Making Mistakes and Making Amends	4.5 Making Amends When You Make a Mistake