Overview of Lessons

Overview of SEL Lessons

At the top of the SEL lessons you will find a list of materials for the lesson (with embedded links), learning targets and a brief summary of background information designed to give the facilitator of the lesson some familiarity with the topic that will be introduced. Then you will find the content of the lesson, and at the end you will find some ideas for follow up activities.

The content of each lesson follows a similar sequence, based on the Regulate-Relate-Reason study by Dr Bruce Perry, beginning with a **Mindful Moment**, followed by a **Circle Share**, after which there is a **Mini Lesson/Activity**, ending with an **Optimistic Wrap Up** and **Extending the Lesson** which supports integrating the lesson into the daily classroom environment. This sequence can be altered depending on your preferences and the needs in your setting. The elements within the lesson can be used together or spread out over the course of several days.

The **Mindful Moment** is an opportunity to pause and check in with oneself, centering body and mind, and ideally enable everyone to be present together. Mindful Moments can feel strange and uncomfortable at first, and some strategies may work better than others. In the curriculum there are visuals that you can print and display to remind yourself and your students of the strategies that you have learned together to use when needed throughout the day. More information about the Mindful Moment can be found here.

The **Circle Share** is an opportunity for all voices to be heard, to practice authentically sharing about ourselves, and to make connections with others. In each lesson there is a recommended question or prompt to use for the Circle Share that is related to the topic of the lesson. The Circle Share is intended to build community and familiarize students with listening and sharing with each other by taking turns speaking. Sharing during the Circle Share is optional and students have the option to pass. More information about the Circle Share can be found here.

The **Mini Lesson/Activity** includes an introduction to the topic of the lesson and an activity to learn and practice skills related to the topic. These activities can be adapted to meet the needs of you and your students. There are also recommended read alouds for most lessons that can be used to further discuss the topic. More information about the Mini Lesson can be found in individual lessons.

The **Optimistic Wrap Up** is an opportunity to connect the content of the lesson to the lives and experiences of you and your students in an optimistic, hopeful way. The topics in each lesson are best brought to life by relating them to the challenges of daily life, and the optimistic wrap up allows you and your students to intentionally make

connections between the topic and the needs of your classroom community. More information about the Optimistic Wrap Up can be found here.

Each lesson includes an **Extending the Lesson,** with ideas and materials for follow up activities, read alouds, and specific language strategies to integrate the lesson topic into everyday classroom communication.

Organization of SEL Curriculum

In the SEL for Everyone curriculum there are 20 lessons for each grade, spanning from Pre-k through 5th grade. These 20 lessons are divided into four sets, with five lessons in each set. The topics of the lessons are the same across all grade levels for ease and consistency to implement school wide instruction.

For young learners, there is some repetition with the content of lessons from pre-k through 1st grade. For older learners, there is more variation to deepen their knowledge and understanding. We recognize that students may be at different stages of their learning and development, and encourage making adjustments based on their interests and abilities.

Set 1: Lessons 1-5 The first set is called **Build the Skills**. The five lessons included in this set are intended to develop the skills necessary to participate in the SEL lessons. These skills include strategies for listening to others, sharing about oneself, navigating misunderstandings, and language to negotiate conflict.
Set 2: Lessons 6-10 The second set is called **The World Within**. The five lessons included in this set are intended to develop and expand self awareness skills. These skills include building and broadening feelings vocabulary, identifying how different feelings can impact our bodies and brains, strategies for navigating uncomfortable feelings, and learning about aspects of our individual cultural identities.
Set 3: Lessons 11-15 The third set is called **Navigating Relationships**. The five lessons included in this set are intended to develop skills to collaborate with others, navigate conflict, build awareness of different perspectives, develop and expand empathy, and identify strategies to promote inclusion and belonging.

Set 4: Lessons 16-20

The fourth set is called **Discovering Your Inner Strengths**. The five lessons included in this set are intended to develop skills to build confidence in speaking truth, standing up for yourself and others, tapping into unique individual and group strengths, and identifying what brings peace to each of us.

Family Connections

Each set includes an SEL Newsletter to share with students' families to let them know what skills and strategies their students are learning and developing over the five lessons in that specific set. These newsletters are linked in the first lesson of each set and can be shared electronically or printed. The newsletters will be the same across grade levels and will offer ideas for ways that families can engage with the SEL topics their child(ren) are learning.