



K-5 Lesson Inventory

Kindergarten

WHY EMOTIONS ARE IMPORTANT

Lesson Title	Lesson Description	CASEL Standard
What are Emotions?	Understand and identify the six basic emotions (happy, sad, scared, at peace, loved, and angry) and how they make you feel.	Self-Awareness: Identify One's Emotions
Why Emotions Matter	Understand that emotions teach us about ourselves -- specifically what we do and do not like, and also about how to treat other people.	Social Awareness: Demonstrating empathy and compassion
Identify & Change Your Feelings	Pay attention to emotions and understand that they can affect actions, and that bad feelings can be changed to prevent making bad decision.	Self-Management: Managing one's emotions
Coloring Our Emotions	Recognize different emotions by associating them with different colors.	Relationship Skills: Communicating effectively
How Emotions Impact Others	Understand that you can affect other people with your emotions, and chose to spread positive emotions to others.	Responsible Decision-Making: Reflecting on one's role to promote personal, family, and community well-being

LEARNING PRINCIPLES

Lesson Title	Lesson Description	CASEL Standard
Being Generous	Understand the importance of choosing to be generous in order to have good relationships and to feel good about yourself.	Relationship Skills: Seeking or offering support and help when needed
Being Honest	Understand the importance and benefits of telling the truth.	Social Awareness: Recognizing situational demands and opportunities
Develop Self-Control	Understand the importance of different kinds of self-control, and understand that self-control is a skill that can be developed.	Responsible Decision-Making: Evaluating personal, interpersonal, community, and institutional impacts
Teamwork 101	Recognize how teamwork differs from work done as an individual, and understand the behaviors that make one a good team member.	Relationship Skills: Practicing teamwork and collaborative problem-solving
Being Fair to Others	Identify behavior that is fair and unfair to others.	Responsible Decision-Making: Recognizing how critical thinking skills are useful both inside and outside of school

SAFETY BASICS

Lesson Title	Lesson Description	CASEL Standard
Safety First & Protecting Myself	Know important ideas and practice specific actions to stay safe and keep your body from getting hurt.	Social Awareness: Understanding the influences of organizations and systems on behavior
Safe vs. Unsafe Relationships	Become aware of feelings that indicate unsafe relationships and, if in any unsafe relationships, confide in a trusted adult.	Relationship Skills: Seeking or offering support and help when needed
Intro to the "Touching" Rule	Learn and follow rules for wanted, unwanted, safe, and unsafe touches.	Responsible Decision-making: Identifying solutions for personal and social problems
"No Secrets Allowed" Rule	Understand the importance of speaking up about unsafe touches.	Relationship Skills: Resolving conflicts constructively
Talking Positively to Myself and Others	Understand the impact of speaking positively to one's self and others	Self-Awareness: Identifying personal, cultural and linguistic assets. Social Awareness: Recognizing strengths in others.

1st Grade

LEARNING MY BASIC EMOTIONS

Lesson Title	Lesson Description	CASEL Standard
What to Do When You're Happy or Sad	Identify what sadness looks and feels like, what provokes it, and what actions can be taken to feel better.	Self-Management: Managing one's emotions
What do Do When You're Angry	Identify what anger looks and feels like, what provokes it, and what actions can be taken to get beyond this emotion.	Responsible Decision-Making: Anticipating and evaluating the consequences of one's actions
All About Love	Understand what love feels like, what makes someone feel loved, and how to show love.	Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.
What do I do when I'm Afraid?	Understand the different ways people react to fear, and different choices and techniques which can be employed to overcome feelings of fear.	Self-Management: Managing one's emotions
Peace	Make choics that help to release anger and sadness and encourage feelings of peace.	Self-Management: Identifying and using stress management strategies

POSITIVE LIVING

Lesson Title	Lesson Description	CASEL Standard
Creating Personal Values	Understand that we can choose our values, and that those values will guide us to make certain choices.	Self-Awareness: Linking feelings, values, and thoughts
Healthy Life Choices	Understand the choices that can help keep one's mind and body healthy.	Responsible Decision-Making: Demonstrating curiosity and open-mindedness
Practicing Perseverance	Understand the importance of working hard, being patient, and having a positive attitude to overcoming challenges in order to reach a goal.	Self-Awareness: Having a growth mindset
Being Respectful	Understand the importance of showing respect to others and understand the kinds of behaviors that show respect.	Self-Awareness: Integrating personal and social identities
Celebrating Differences	Appreciate how we all benefit from the differences between us, and understand the importance of showing respect and kindness to each other.	Self-Awareness: Examining prejudices and biases

MY HEALTH & WELL-BEING

Lesson Title	Lesson Description	CASEL Standard
Personal Boundaries	Establish one's own and respect others' personal boundaries.	Self-Management: Exhibiting self-discipline and self-motivation
Intro to the "Always Ask" Rule	Understand the importance of asking before touching people and things.	Responsible decision-making: Reflecting on one's role to promote personal, family, and community well-being
Keeping Others Safe	Understand why and how to stand up for others to protect them from emotional and physical harm.	Relationship Skills: Standing up for the rights of others
Speaking Up and Reporting Unwanted Touches	Protect self and others by speaking up about unwanted touches to a trusted adult.	Relationship Skills: Seeking or offering support and help when needed
Learning Helps With Personal Goals	Understand the importance of learning, making a plan, and working hard to reach goals.	Self-management: Setting personal and collective goals

2nd Grade

EMOTIONS & RELATIONSHIPS

Lesson Title	Lesson Description	CASEL Standard
Attitude	Understand that it is a choice to have a positive or a negative attitude, and that that choice affects the people around you.	Self-Management: Demonstrating personal and collective agency
Being a Good Friend	Understand that being a good friend involves being kind, sharing, listening, and standing up for others.	Social Awareness: Showing concern for the feelings of others
Talk to Someone About Your Fears	Use strategies (such as deep breathing, going outside, and talking to others) when feeling afraid to help manage fear.	Self-Management: Managing one's emotions
Happiness	Make choices and choose behaviors that encourage a feeling of happiness, and that, by extension, can lead others to feel happiness.	Relationship skills: Developing positive relationships
Feeling Sad	Use strategies when feeling sad to feel better.	Responsible Decision-Making: Learning how to make a reasoned judgment after analyzing information, data, and facts

UNLEASHING THE BEST ME

Lesson Title	Lesson Description	CASEL Standard
The Impact of Values	Understand how positive values lead to making good choices.	Self-Awareness: Developing interests and a sense of purpose
Optimism	Understand that seeing things optimistically is a choice, and that this choice helps with learning and growing.	Self-Awareness: Experiencing self-efficacy
Being Responsible	Understand that being responsible is a value that leads to being trusted and feeling a sense of personal pride.	Self-Awareness: Demonstrating honesty and integrity
Gratitude	Understand the importance of expressing gratitude, and the fact that it is a habit that can be cultivated to spread good feeling.	Social Awareness: Understanding and expressing gratitude
Showing Empathy	Understand the importance of demonstrating empathy and compassion.	Social Awareness: Taking others' perspectives. Social Awareness: Demonstrating empathy and compassion

HEALTHY GROWTH

Lesson Title	Lesson Description	CASEL Standard
"No" means "No"	Understand the importance of trusting one's instincts and saying "no" in uncomfortable and unsafe situations.	Relationship Skills: Resisting negative social pressure
We're All Different & Need Help in Different Ways	Understand that while people are different in ways, we all share a need to belong, be loved, and to be protected -- in particular from unsafe touches.	Relationship Skills: Demonstrating cultural competency
Safe vs. Unsafe and Wanted vs. Unwanted Touches	Understand how to avoid or get away from unsafe situations and the importance of telling a trusted adult about it.	Self-Management: Showing the courage to take initiative
Speaking Up and Reporting Unsafe Touches	Understand how to speak up to make sure that an unsafe situation stops.	Self: Management Demonstrating personal and collective agency
Goals to Transform Behavior	Reflect on one's own behavior to identify any responsibility for making others unsafe, and set goals to make changes to make relationships stronger.	Self-management: Setting personal and collective goals

3rd Grade

WHY EMOTIONS ARE IMPORTANT

Lesson Title	Lesson Description	CASEL Standard
Why Are Emotions Important?	Understand how paying attention to our own emotions can teach us about ourselves and others, and can lead us to make good choices.	Self-Awareness: Identifying personal, cultural, and linguistic assets
How to Make Good Decisions	Understand how feelings can impact decisions, and how to change negative feelings to prevent making bad decisions.	Self-Awareness: Linking feelings, values, and thoughts
Changing Bad Feelings	Understand that positive thoughts and actions can change emotions.	Self-Awareness: Having a growth mindset
Coloring Our Emotions	Understand how to identify different emotions.	Self-Awareness: Identifying one's emotions
How Emotions Impact Others	Understand how one's emotions can affect people positively or negatively, and how one can choose what emotions to share.	Self-Management: Managing one's emotions

PERSONAL RESPONSIBILITY

Lesson Title	Lesson Description	CASEL Standard
Ways to Stay Safe	Understand that you can keep yourself from uncomfortable and unsafe situations at home, at school, and outside.	Self-Management: Demonstrating personal and collective agency
Follow Your Feelings	Understand how to listen to your "gut" when a situation isn't right, and to know how to respond in a way that keeps you safe	Relationship Skills: Resolving conflicts constructively
Secrets Worth Sharing	Understand the importance of sharing secrets that can hurt you or others.	Responsible Decision-Making: Identifying solutions for personal and social problems
Keep Speaking Up	Understand the importance of speaking up until you get help in order to protect yourself and others.	Responsible Decision-Making: Reflecting on one's role to promote personal, family, and community well-being
Peaceful Words	Understand the positive impact on ourselves and our relationship with others of using positive language	Relationship Skills: Developing positive relationships

LIVING FROM PURPOSE

Lesson Title	Lesson Description	CASEL Standard
What are Values & Principles?	Understand how to use your values to make good choices.	Self-Awareness: Developing interests and a sense of purpose
Personal Responsibility	Understand how to act responsibly in different situations in order to earn respect and trust.	Self-Awareness: Integrating personal and social identities
Having Integrity	Understand the concept of integrity and the importance of acting with integrity.	Self-Awareness: Demonstrating honesty and integrity
Giving Respect to Others	Understand how to show respect in different situations.	Self-Awareness: Examining prejudices and biases
Teamwork	Understand the kinds of behaviors that make people good team members.	Relationship Skills: Practicing teamwork and collaborative problem-solving

4th Grade

LEARNING MY BASIC EMOTIONS

Lesson Title	Lesson Description	CASEL Standard
Sadness and Happiness	Understand how to identify feelings and do things to try to change negative emotions.	Self-Management: Identifying and using stress management strategies
Anger	Understand how to recognize anger, its cause, and understand actions that can be taken to control it.	Self-Management: Exhibiting self-discipline and self-motivation
Love	Understand how to show love and support for others, how to receive it from others, and how to provide it to yourself.	Social Awareness: Demonstrating empathy and compassion
What Do I Do When I'm Afraid?	Understand how to recognize the feeling of fear and learn ways of gaining control over the feeling	Responsible Decision-Making: Learning how to make a reasoned judgment after analyzing information, data, and facts
Finding Peace	Understand how to use self-regulating strategies, when angry or sad, to find peace.	Responsible Decision-Making: Anticipating and evaluating the consequences of one's actions

PERSONAL HEALTH CONCEPTS

Lesson Title	Lesson Description	CASEL Standard
Be Responsible	Understand the importance of being responsible in different ways in different situations	Responsible Decision-Making: Evaluating personal, interpersonal, community, and institutional impacts
Unsafe vs. Unwanted	Understand how to set boundaries for unwanted as well as unsafe touches.	Relationship Skills: Resisting negative social pressure
Respect Everyone & Their Personal Rights	Understand how to respect other people's personal boundaries.	Relationship Skills: Recognizing situational demands and opportunities
How to Say "No"	Listen to your gut and say "no" in an uncomfortable situation in order to keep yourself safe.	Self-Management: Showing the courage to take initiative
Goal Achievement That Brings Hope	Learn strategies for breaking down and working towards large goals.	Self-Management: Using planning and organizational skills

EXERCISING MY HEART

Lesson Title	Lesson Description	CASEL Standard
Building My Values System	Identify personal values and understand how they should impact choices and behavior.	Self-Awareness: Developing interests and a sense of purpose
Personal Grit	Understand the concept of grit and how it's important to goal achievement.	Self-Management: Setting personal and collective goals
Grateful Hearts	Understand how to show gratitude and the importance of showing it.	Social Awareness: Understanding and expressing gratitude
Free Forgiveness	Understand why forgiveness benefits the person granting the forgiveness and their relationship with the person they are forgiving.	Social Awareness: Recognizing strengths in others
Empathy	Understand how to show empathy to others.	Social Awareness: Taking others' perspectives

5th Grade

EMOTIONS & RELATIONSHIPS

Lesson Title	Lesson Description	CASEL Standard
Bullying	Understand how to recognize bullying and what to do in situations in which a child is being bullied.	Relationship Skills: Demonstrating cultural competency
Attitude	Understand that attitude is a choice, and that it is possible to cultivate a positive attitude by practicing gratitude.	Responsible Decision-Making: Demonstrating curiosity and open-mindedness
Being A Good Friend	Understand that a good friend is aware of their friends' needs and is supportive.	Social Awareness: Identifying diverse social norms, including unjust ones
Anger Towards Others	Understand that there are strategies that can be used to control anger to prevent it from leading to negative behavior.	Self-Management: Managing one's emotions
Giving & Receiving Love	Understand that there are behaviors that show love and help to build positive, loving relationships	Relationship Skills: Developing positive relationships

POSITIVE & NEGATIVE INFLUENCES

Lesson Title	Lesson Description	CASEL Standard
Always Ask	Understand the importance of asking permission before taking actions to keep yourself safe and to demonstrate respect to others.	Social Awareness: Showing concern for the feelings of others
Relationships	Understand how to communicate effectively in order to build strong relationships.	Relationship Skills: Communicating effectively
Protecting Others	Understand how to keep others safe by treating them respectfully and by speaking out when others are in danger.	Relationship Skills: Standing up for the rights of others
Unsafe Secrets	Understand that secrets that make you uncomfortable or unsafe should be shared with a trusted adult.	Relationship Skills: Seeking or offering support and help when needed
Being Realistic About Our Dreams and Goals	Understand that making a plan and getting support can help make goals more achievable.	Self-Awareness: Experiencing self-efficacy

BECOMING UNSTOPPABLE

Lesson Title	Lesson Description	CASEL Standard
Values & Purpose	Understand how values guide purpose and help a person to fulfill their goals.	Self-Awareness: Linking feelings, values, and thoughts
Being Optimistic	Understand the importance of optimism and how to develop and optimistic attitude.	Self-Awareness: Experiencing self-efficacy
Healthy Decision-Making	Understand how the choices we make impact our physical and emotional health, as well as the strength of our relationships.	Social Awareness: Understanding the influences of organizations and systems on behavior
Generosity	Understand how being generous brings benefits to others, ourselves, and to our relationships.	Relationship Skills: Seeking or offering support and help when needed
Leadership	Understand why and how to guide others to accomplish shared goals.	Relationship Skills: Showing leadership in groups