

## Newark Public Schools 2021-2022 School Year SEL Scope & Sequence

	<b>Weeks 1 &amp; 2 (9/6-9/17)</b>	<b>Weeks 3 &amp; 4 (9/20-10/1)</b>	<b>Weeks 5&amp;6 (10/4-10/15)</b>	<b>Weeks 7&amp;8 (10/18-10/29)</b>
Domain	Trauma	Trauma	Social Skills	Social Awareness
Focus Area	Emotions (Week of 9/5 is Suicide Prevention Week)	Stress Management	Respect (Week of 10/4 is Week of Respect)	Safe and Ethical Behavior (Week of 10/18 is Violence Prevention Week)
Lesson Titles	K- How Are You? 1- All Emotions Are Ok! 2- How do You Feel? 3- Colors of Emotions 4- E-Motions! 5- Emotion Words 6- All My Emotions 7- Gauging My Emotions 8- Music and Emotions 9- Patterns of Emotions 10-More Than a Word 11-My Emotions, My Body 12-Emotions in Music	K- Take a Breath 1- I Can Feel Better 2- Take Care of Yourself 3- Breathe Deep 4- Change a Feeling, Thought or Behavior 5- Feel CALM 6- Calm Your Body 7- Calming Breaths 8- What Can You Do? 9- Underlying Feelings 10-Just Breathe 11-Calming Moves 12-Take Charge	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-Ripple of Respect 7-Let’s Communicate 8-The 7 C’s 9-Respect Yourself 10-SALT Shaker 11-Roles and Respect 12-Respect, Relationships and You	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
	<b>Weeks 9 &amp; 10 (11/1-11/12)</b>	<b>Weeks 11 &amp; 12 (11/15-11/26)</b>	<b>Weeks 13 &amp; 14 (11/29-12/10)</b>	<b>Weeks 15 &amp; 16 (12/13-12/20)</b>
Domain	Social Skills	Social Awareness	Self-Management	Self-Management
Focus Area	Fairness (Prep for Hunger/Homeless Awareness Week)	Empathy (Hunger/Homeless Awareness Week 11/15)	Problem Solving	Resilience
Lesson Titles	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- Far vs. Equal 10-Our Human Rights 11-Empathy and Human Rights 12- Human Rights: Whose Responsibility?	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- ACTIVE Listening 7- Reflective Listening 8- Developing Empathy 9- Empathy Busters 10-Resolving Conflicts with Empathy 11-Care to Care 12- Empathy and Social Change	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 the Solutions 9- Pick the Best Solution 10-Facts, Not Feelings 11-Stretch Yourself 12- High-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- Reframe It! 7- Bend, but Not Break 8- Everyday Courage 9- Strength from Support 10-Everyday Resilience 11-Out of Your Control? 12- Overcoming Adversity
	<b>Weeks 17 &amp; 18 (1/3-1/14)</b>	<b>Weeks 19 &amp; 20 (1/17-1/28)</b>	<b>Weeks 21 &amp; 22 (2/1-2/12)</b>	<b>Weeks 23 &amp; 24 (2/15-2/26)</b>
Domain	Trauma	Trauma	Social Awareness	Social Awareness

Focus Area	Resilience	Support Systems	Social Contributions (Align with Black History)	Support Systems (Random Acts of Kindness Week)
Lesson Titles	K-Get Your Bounce Back! 1-How Can You Bounce Back? 2-Can't Stop Me Now 3-Watch Your Words 4-Something Out of Nothing 5-Just Maybe 6-Facing My Challenges 7-Beyond Beautiful 8-Resilience: Action! 9-Trust and Resilience 10-Acting with Resilience 11-Hope Is.... 12-Build Your Resilience	K-You Belong 1-Who Can Help? 2-Thank You! 3-My Connections 4-Connect 4 5-Who Ya Gonna Call? 6-Who's Your Who? 7-Picture My Needs 8-Make the Connection 9-Making Connections 10-Speed Connecting 11-Life After Trauma 12-Support Snapshots	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-Be the Change 7-Plan to do Your Part 8-C's the Opportunity 9-Passion to CARE 10-Make a Difference! 11-CAUSE We Care 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- Who Supports You? 7- Support Systems 8- My TRIBE 9- Stress Busters! 10-Support Systems & Role Models 11-Giving Support 12-Your Support System
	<b>Weeks 25 &amp; 26 (2/28-3/11)</b>	<b>Weeks 27 &amp; 28 (3/14-3/25)</b>	<b>Weeks 29 &amp; 30 (3/28-4/8)</b>	<b>Weeks 31 &amp; 32 (4/11-4/29)</b>
Domain	Self-Management	Self-Management	Self-Management	Social Awareness
Focus Area	Focus	Goal Setting	Self-Control (Standardized Testing)	Cultural Competence (April is Autism Awareness Month)
Lesson Titles	K- Following Instructions 1-Hocus Pocus: Focus! 2-The Focus Toolbox 3-Improving My Focus 4- Keep Focused 5- Focus First! 6- Focus to Study 7- Visualize It! 8- Visualizing for Success 9- Overcoming Distractions 10- in Focus 11- Self-Care for Focus 12- Eye One the Goal	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- Get SMART! 7- SMART Goals 8- Plan SMART 9- Work the Plan 10-Make a Comeback 11-Got GRIT? 12-Grow Your Goal	K- Breathe In, Breathe Out 1-Wait for It! 2 Take 5! 3- Keep Calm! 4- Freeze! 5- Stop. Think. Decide. 6- Stress Solutions 7- Self-Control: It's Magic! 8- Let's Delay 9- Weathering the Whirlwind 10- Habit Help 11- To Delay or Not to Delay 12- In the Driver's Seat	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 11-Culture Change 12-Cultural Competence
	<b>Weeks 33 &amp; 34 (5/2-5/13)</b>		<b>Weeks 35 &amp; 36 (5/16-5/27)</b>	
Domain	Self-Care		Self-Care	
Focus Area	Optimism		Self-Compassion	
Lesson Titles	K- Proud to Be Me! 1- Turn That Frown Upside Down 1- Level Up Your Mood 2- Give a Little happiness 3- Attitude of Gratitude 4- Good News, Bad News 5- Random Acts 6- Optimistic Thinking 7- Look for the Good 8- Becoming an Optimist 9- Focus Optimism 10-Look on the Lighter Side 11- Leading with Optimism		K- Look What I Can Do! 1- I Like Me! 2- What I Like About Me 3- Give Yourself a Beak! 4- Kindness to Myself 5- Me: My Compassionate Friend 6- Be Kind To Yourself 7- Quiet the Inner Critic 8- Break Through It 9- Self-Compassion 10- Accepting Yourself 11- Take Care of You 12- Loving Yourself	
<b>SEL Student Self-Assessment Assignment and Administration Dates</b>				
<b>SEL Fall Assessment</b> September 15, 2021: Assign Fall Assessment October 1-15, 2021: Administer Fall Assessment			<b>SEL Spring Assessment</b> April 22 <sup>nd</sup> , 2022: Assign Spring Assessment May 1-15, 2022: Administer Spring Assessment	

October 29, 2021: Data Analysis and Action Planning

June 10, 2022: Data Analysis and Action Planning for next school year

### SEL Student Lesson Implementation Guidelines

**SEL Lessons:**

Watch Professional Development for Focus Area before teaching

**Week One:**

- a. Present students with the Learn Video to introduce the topic and follow up with discussion questions
- b. Present Practice Activity for Students and send *Home Connections* letter home

**Week Two:**

- c. Dive Deeper Activities for Students