



Roger León  
Superintendent

# 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

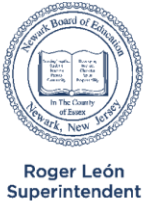
## Social Emotional Learning Curriculum Rethink Ed Scope and Sequence - Grades K-12

### 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	<b>Self-Knowledge</b> 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	<b>** Mental Health Reducing the Risk of Suicide</b> Week of 9/6 is Suicide Prevention Week 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	<b>Growth Mindset</b> 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	

### 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	<b>** Social Skills Respect Week of Respect</b> 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	<b>Values</b> 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	<b>** Social Awareness Safe &amp; Ethical Behavior Week of Safe Schools</b> 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>Wants and Needs</b> 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



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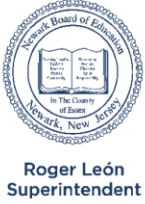
## Social Emotional Learning Curriculum Rethink Ed Scope and Sequence - Grades K-12 (cont'd)

### 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	<b>Goal Setting</b> 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		<b>** Social Awareness Empathy</b> Week of 11/13 is National Hunger/Homeless Awareness 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	
			<b>Self-Control</b> 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	

### 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	
			<b>NO SCHOOL Winter Break</b>	



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### 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		
<b>Lesson Titles</b>	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-Growling 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		
<b>Lesson Titles</b>	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		



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### 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	<b>NO SCHOOL Spring Break</b>	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?	



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### 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
<b>Focus Area</b>	<b>Self-Efficacy</b> Aligns with Mental Health Awareness Month		<b>Optimism</b> Aligns with Mental Health Awareness Month	
<b>Lesson Titles</b>	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

<b>SEL Fall Check in Window</b> <b>September 11<sup>th</sup>, 2023 – October 31<sup>st</sup>, 2023</b> SEL Check In should be assigned and completed by all students who are able to complete the check in during this window.	<b>SEL Spring Check in Window</b> <b>April 8<sup>th</sup>, 2023 – May 24<sup>th</sup>, 2023</b> SEL Check In should be assigned and completed by all students who are able to complete the check in during this window.
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### 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

<b>SEL Lessons:</b> 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. <b>Week One:</b> <ul style="list-style-type: none"> <li>Present students with the Learn Video to introduce the topic and follow up with discussion questions from the lesson plan.</li> <li>Present Practice Activity for Students and send <i>Home Connections</i> letter home. Home connections letters can be found in Spanish in My Resources.</li> </ul> <b>Week Two:</b> <ul style="list-style-type: none"> <li>Present students with Dive Deeper Activities</li> </ul> <b>Click here to access the educator getting started guide for platform functionality support: <a href="#">Educator Getting Started Guide SEL &amp; Mental Health</a></b> <ul style="list-style-type: none"> <li>For additional support reach out to <a href="mailto:megan@rethinkd.com">megan@rethinkd.com</a> or <a href="mailto:beth.gautier@rethinkd.com">beth.gautier@rethinkd.com</a></li> </ul>
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