

3rd Grade Scope and Sequence

Let's Get Started

This is a suggested implementation plan with resources from RethinkEd's SEL curriculum to teach social-emotional learning on your campus. These lessons have been selected to support students by fostering SEL skills, with the educator and school year cadence in mind. To view the rationale for this scope please [click here](#).

Step 1

- Open the RethinkEd platform through [Schoology](#) or Clever.

Step 2

- Find the current month and week below, then click the link to access the 2-5 minute lesson video.
- Show the video to your students.

Step 3

After the video, click on the discussion questions (left side of page) and facilitate a conversation amongst your students.

For detailed instructions and tutorials visit the curated [LAUSD Resources Landing Page](#).

Log into RethinkEd via Schoology to UNLOCK access to the hyperlinks.

Staff Resources

[Grade 3 SEL Educator's Guide](#)

[Educator PD Videos](#)

August – Fall Assessment

Student SEL Self-Assessment

Have students log in to their RethinkEd student portal to take the SEL Student Self-Assessment.

August Lesson 1

Social Awareness: *Safe and Ethical Behavior*

Lesson Video	Learning Objectives
Be a Buddy, Not a Bully	Objective: Students will identify bullying situations and strategies to prevent bullying.

September Lesson 1

Online Safety

Lesson Video	Learning Objectives
Time to Unplug	Objective: Students will develop strategies to stay safe online and unplug from online activities.

September Lesson 2

Social Awareness: *Actions and Consequences*

Lesson Video	Learning Objectives
STOP Before You Say It	Objective: Students will learn that words have consequences and choose kind words.

September Lesson 3

Self-Management: *Self-Control*

Lesson Video	Learning Objectives
Keep Calm!	Objective: Students will practice strategies to pause and calm themselves.

September Lesson 4

Awareness of Self & Others: *Learning Skills*

Lesson Video	Learning Objectives
My Best Brain	Objective: Students will learn how the brain learns new information and strategies to help them learn.

September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
My Curious Mind	Objective: Students will identify the importance of curiosity for growing.

October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
Let's Brainstorm!	Objective: Students will learn brainstorming as a strategy for finding multiple solutions to a problem.

October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
Be Resilient	Objective: Students will learn strategies for managing emotions to build resilience.

October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
Mindfulness	Objective: Students will practice mindfulness through breathing and focused listening.

October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
Give Yourself a Break!	Objective: Students will develop self-compassion by reframing their mistakes as proof they are learning.

November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
Belief Builders	Objective: Students will develop self-efficacy by affirming themselves.

November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
My Kind of Strong	Objective: Students will identify their own strengths.

December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
Change It!	Objective: Students will identify stressful situations and identify a feeling, thought, or behavior that they can change.

December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
Be a BUD	Objective: I can turn to my friends for support and be a supportive friend.

January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
Make a Plan	Objective: Students will identify a goal and steps to achieve it.

January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
Improving My Focus	Objective: Students will learn strategies to increase time focused on task.

January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
Speaking Up to Meet My Needs	Objective: Students will communicate assertively to get their needs met.

January Lesson 4

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
We Need to Have Fun	Objective: Students will learn about the need to belong.

February Lesson 1

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
Understanding Family Values	Objective: Students will identify character values that are important to their families and themselves.

February Lesson 2

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
Celebrating Our Differences	Objective: Students will show respect for the diversity among peers.

February Lesson 3

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
Acts of Kindness	Objective: Students will practice random acts of kindness to contribute to the happiness of others.

February Lesson 4

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
From Another Perspective	Objective: Students will take the perspective of another person.

March Lesson 1

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
Inspire Respect	Objective: Students will understand how facial expressions can show both respect and disrespect.

March Lesson 2

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
Calm the Conflict	Objective: Students will learn how to use the I-message when resolving conflict.

March Lesson 3

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
Make It Fair!	Objective: Students will understand and demonstrate fairness.

March Lesson 4

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
Two Heads Are Better!	Objective: Students will incorporate the opinions and ideas of others in a group activity.

April Lesson 1

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
Be a Friend	Objective: Students will recognize the importance of being a friend.

April Lesson 2

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
Being a Good Student	Objective: Students will learn and practice ways to be successful members of their school community.

April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
Okay, Not Okay	Objective: Students will recognize it's not okay to hurt others or be hurt.

April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
My Kind of Strong	Objective: Students will identify their own strengths.

May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
Check In, Be Calm	Objective: Students will identify how anxiety affects the body and ways to calm the body.

May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
My Emotion Superpowers	Objective: Students will identify a range of emotions and ways to care for their emotions.

May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
Our Stories	Objective: Students will share stories about themselves and celebrate the stories of others.

May – Spring Assessment

Student SEL Self-Assessment

Have students log in to their RethinkEd student portal to take the SEL Student Self-Assessment.

June Lesson 1

Self-Care: *Optimism*

Lesson Video	Learning Objectives
Give a Little Happiness	Objective: Students will learn strategies for affirming others.