

1st 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 [Schoolology](#) 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 1 SEL Educator's Guide	
Educator PD Videos	

August Lesson 1

Social Awareness: <i>Safe and Ethical Behavior</i>	
Lesson Video	Learning Objectives
Ripples of Kindness	Objective: Students will understand rules and the need for rules.

September Lesson 1

Online Safety	
Lesson Video	Learning Objectives
I Can Unplug	Objective: Students will develop strategies to be safe and kind online.

September Lesson 2

Social Awareness: <i>Actions and Consequences</i>	
Lesson Video	Learning Objectives
What Could Happen?	Objective: Students will recognize that actions have consequences.

September Lesson 3

Self-Management: <i>Self-Control</i>	
Lesson Video	Learning Objectives
Wait for It!	Objective: Students will learn strategies to help them wait.

September Lesson 4

Awareness of Self & Others: <i>Learning Skills</i>	
Lesson Video	Learning Objectives
Whole Body Listening	Objective: Students will learn and demonstrate whole-body listening.

September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
Marvelous Mistakes	Objective: Students will understand how mistakes help them learn.

October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
Whose Problem Is It?	Objective: Students will identify a problem and whose problem it is.

October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
Helpful Thoughts	Objective: Students will identify challenges in everyday life and strategies to overcome the challenges.

October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
The Big Breath	Objective: Students will practice mindfulness through breathing deeply.

October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
I Like Me!	Objective: Students will develop self-compassion by feeling happy about themselves.

November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
Believe!	Objective: Students will change their beliefs to reach a goal.

November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
You Are Unique!	Objective: Students will identify things they like to do.

December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
Feelings Booster	Objective: Students will learn strategies for boosting feelings.

December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
My Family, My Support	Objective: Students will identify their support system within their families and ask for help.

January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
Steps to the Goal	Objective: Students will state a goal and determine steps needed to take to reach the goal.

January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
Hocus Pocus: Focus!	Objective: Students will learn and demonstrate focus skills.

January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
Speak Up and Ask!	Objective: Students will identify a need and speak out to get their need met.

January Lesson 4

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
Balancing Wants and Needs	Objective: Students will identify the difference between wants and needs.

February Lesson 1

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
Being Together	Objective: Students will identify the things they do with their families.

February Lesson 2

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
Our Families	Objective: Students will identify differences and similarities between their families and the families of others.

February Lesson 3

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
I Spy a Helper	Objective: Students will show appreciation to people who help them.

February Lesson 4

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
How Someone Else Might Feel	Objective: Students will identify what another person might be feeling.

March Lesson 1

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
What is Respect?	Objective: Students will be able to understand how good manners show respect.

March Lesson 2

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
I'm Sorry!	Objective: Students will learn the importance of an apology and how to apologize.

March Lesson 3

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
Understanding Tattling	Objective: Students will learn some alternatives to tattling.

March Lesson 4

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
Fair is Fun	Objective: Students will learn to play fair in groups.

April Lesson 1

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
Let's Be Friends	Objective: Students will recognize that friends have fun together.

April Lesson 2

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
Kindness Kaleidoscope	Objective: Students will learn and practice ways to show their families kindness.

April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
What's That Feeling?	Objective: Students will identify comfortable and uncomfortable feelings.

April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
My Feelings Monster	Objective: Students will identify and label emotions.

May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
My Fears and Worries	Objective: Students will identify situations that cause fear and worry and strategies for developing self-compassion.

May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
Happy Feelings	Objective: Students will identify what helps them feel happy and learn what helps others feel happy.

May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
My Unique Interests	Objective: Students will identify and celebrate their interests and the interests of others.

May Lesson 4

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
Turn That Frown Upside Down	Objective: Students will practice thinking positively.