

10th 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 10 SEL Educator's Guide](#)

[Educator PD Videos](#)

August – Fall Assessment

Student SEL Self-Assessment

Please have students log in to their RethinkEd student portal to complete the SEL Student Self-Assessment. If you have questions about the student requirements on your campus, please check with your administrator.

August Lesson 1

Social Awareness: *Safe and Ethical Behavior*

Lesson Video	Learning Objectives
Values and Behavior	Objective: Students will consider how their values inform their understanding of safe and ethical behavior.

September Lesson 1

Online Safety

Lesson Video	Learning Objectives
Respectful Online	Objective: Students will develop strategies to protect themselves and others online and engage respectfully online.

September Lesson 2

Social Awareness: *Actions and Consequences*

Lesson Video	Learning Objectives
Online Consequences	Objective: Students will evaluate actions and consequences online.

September Lesson 3

Self-Management: *Self-Control*

Lesson Video	Learning Objectives
Developing Healthy Habits	Objective: Students will apply the steps for changing a habit to practice self-control.

September Lesson 4

Awareness of Self & Others: *Learning Skills*

Lesson Video	Learning Objectives
Study Strategies	Objective: Students will learn strategies for organizing their study time.



September Lesson 5

Awareness of Self and Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
Effort Is Key	Objective: Students will apply a growth mindset to increase their effort towards addressing challenges in learning.

October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
Facts and Feelings	Objective: Students will apply strategies for addressing facts and feelings.

October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
Focus on the Big Picture	Objective: Students will analyze challenging situations to build resilience.

October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
Practicing Mindfulness	Objective: Students will understand the science of mindfulness and practice mindfulness.

October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
Reflecting on Self-Compassion	Objective: Students will practice self-compassion to process challenging situations.

November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
Belief to Reach a Goal	Objective: Students will develop self-efficacy to reach a goal.

November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
Sense of Purpose	Objective: Students will explore their sense of purpose.

December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
Got Stress?	Objective: Students will evaluate strategies to help them manage stress.

December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
Learning From Support Systems	Objective: Students will practice strategies to learn from their support system.

January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
Make a Comeback	Objective: Students will apply resilience to overcome setbacks to reach a goal.

January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
Staying Focused	Objective: Students will evaluate and apply strategies for staying focused.

January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
Benefits of Self-Advocacy	Objective: Students will analyze the benefits of self-advocacy.

January Lesson 4

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
Cultivating Curiosity	Objective: Students will practice strategies to explore their curiosity to build self-actualization.

February Lesson 1

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
Values and Decisions	Objective: Students will evaluate how their values influence personal decisions.



February Lesson 2

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
Responding to Discrimination	Objective: Students will identify discrimination and apply strategies for responding to it.

February Lesson 3

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
Make a Difference	Objective: Students will make a plan to contribute to the world.

February Lesson 4

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
Resolving Conflicts with Empathy	Objective: Students will practice using empathy to resolve conflicts in relationships.

March Lesson 1

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
Respect for All	Objective: Students will demonstrate worth and value in every human being through respect.

March Lesson 2

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
When Conflicts Spark	Objective: Students will apply communication strategies for resolving conflict.

March Lesson 3

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
Fairness in School	Objective: Students will practice strategies to advocate for fairness in school.

March Lesson 4

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
Cooperating in Groups	Objective: Students will practice cooperating to reach a goal.



April Lesson 1

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
Friendship Boundaries	Objective: Students will identify and evaluate friendship needs and boundaries.

April Lesson 2

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
Reciprocity and Relationships	Objective: Students will practice strategies to maintain balance in relationships.

April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
Beliefs, Values, and Boundaries	Objective: Students will use their values and beliefs to set boundaries.

April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
Degrees of Emotion	Objective: Students will learn how emotions are experienced.

May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
Stop the Stigma: Anxiety	Objective: Students will identify and counter stigma surrounding anxiety and practice strategies for showing empathy to others who may be experiencing anxiety.

May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
Mental Wellness Supports	Objective: Students will research mental wellness strategies and make a mental wellness plan.

May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
Identity Messages	Objective: Students will notice and reflect on messages about their personal and social identities.



May - Spring Assessment

Spring Student Self-Assessment

Please have students log in to their RethinkEd student portal to complete the SEL Student Self-Assessment. If you have questions about the student requirements on your campus, please check with your administrator.

June Lesson 1

Self-Care: *Optimism*

Lesson Video	Learning Objectives
Focus on Optimism	Objective: Students will apply strategies to focus on optimism in challenging situations.