

5th 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.

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| Staff Resources |
| Grade 5 SEL Educator's Guide |
| Educator PD Videos |

August - Fall Assessment

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| 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

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|---|---|
| Social Awareness: <i>Safe and Ethical Behavior</i> | |
| Lesson Video | Learning Objectives |
| Our Responsibility | Objective: Students will learn the strategies for being an upstander when witnessing a bullying situation. |

September Lesson 1

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| Online Safety | |
| Lesson Video | Learning Objectives |
| Be AWARE Online | Objective: Students will develop strategies to stay safe online and identify the validity and accuracy of information online. |

September Lesson 2

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|--|---|
| Social Awareness: <i>Actions and Consequences</i> | |
| Lesson Video | Learning Objectives |
| Choices and Consequences | Objective: Students will choose an action after considering the consequences of the choices. |

September Lesson 3

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|---|---|
| Self-Management: <i>Self-Control</i> | |
| Lesson Video | Learning Objectives |
| Stop. Think. Decide | Objective: Students will learn the importance of stopping and thinking before making a decision. |

September Lesson 4

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|---|---|
| Awareness of Self & Others: <i>Learning Skills</i> | |
| Lesson Video | Learning Objectives |
| Let's CREATE | Objective: Students will learn creative thinking strategies. |

September Lesson 5

| Awareness of Self & Others: <i>Growth Mindset</i> | |
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| Lesson Video | Learning Objectives |
| Beyond Boredom! | Objective: Students will learn strategies for growing and moving beyond boredom. |

October Lesson 1

| Self-Management: <i>Problem Solving</i> | |
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| Lesson Video | Learning Objectives |
| Think of Solutions | Objective: Students will identify a problem and multiple solutions. |

October Lesson 2

| Self-Management: <i>Resilience</i> | |
|---------------------------------------|--|
| Lesson Video | Learning Objectives |
| Practicing Resilience | Objective: Students will practice strategies for persistence. |

October Lesson 3

| Self-Care: <i>Mindfulness</i> | |
|-----------------------------------|--|
| Lesson Video | Learning Objectives |
| Floating Thoughts | Objective: Students will practice noticing their thoughts and releasing them. |

October Lesson 4

| Self-Care: <i>Self-Compassion</i> | |
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| Lesson Video | Learning Objectives |
| Me: My Compassionate Friend | Objective: Students will practice self-compassion by perceiving themselves as a compassionate friend. |

November Lesson 1

| Self-Care: <i>Self-Efficacy</i> | |
|---------------------------------|---|
| Lesson Video | Learning Objectives |
| I Believe in Me | Objective: Students will develop strategies for building belief to reach a goal. |

November Lesson 2

| Awareness of Self & Others: <i>Self-Knowledge</i> | |
|---|---|
| Lesson Video | Learning Objectives |
| My Creative Strengths | Objective: Students will identify their character strengths. |

December Lesson 1

| Self-Management: <i>Stress Management</i> | |
|---|--|
| Lesson Video | Learning Objectives |
| You Can Change It! | Objective: Students will learn strategies for changing feelings, thoughts, and behaviors in stressful situations. |

December Lesson 2

| Social Awareness: <i>Support Systems</i> | |
|--|---|
| Lesson Video | Learning Objectives |
| Be a Bud | Objective: Students will identify when to ask an adult for help. |

January Lesson 1

| Self-Management: <i>Goal Setting</i> | |
|--------------------------------------|---|
| Lesson Video | Learning Objectives |
| Reach Your Goals | Objective: Students will identify a personal goal and the steps to achieve it. |

January Lesson 2

| Self-Management: <i>Focus</i> | |
|---------------------------------|--|
| Lesson Video | Learning Objectives |
| Focus at School | Objective: Students will identify distractions and advocate for themselves in order to focus better in class. |

January Lesson 3

| Self-Care: <i>Self-Advocacy</i> | |
|--|--|
| Lesson Video | Learning Objectives |
| Speak Up with Confidence | Objective: Students will learn strategies for developing confidence in order to advocate for themselves |

January Lesson 4

| Awareness of Self & Others: <i>Wants and Needs</i> | |
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| Lesson Video | Learning Objectives |
| Where We Belong | Objective: Students will learn to recognize the need for fun, play, and laughter. |

February Lesson 1

| Awareness of Self & Others: <i>Values</i> | |
|---|---|
| Lesson Video | Learning Objectives |
| Our School's Values | Objective: Students will identify their school's values. |

February Lesson 2

| Social Awareness: <i>Cultural Competence</i> | |
|--|---|
| Lesson Video | Learning Objectives |
| Expanding Culture | Objective: Students will broaden their understand of people from different cultures. |

February Lesson 3

| Social Awareness: <i>Social Contributions</i> | |
|---|---|
| Lesson Video | Learning Objectives |
| Kind Is Cool | Objective: Students will help a younger child learn something new. |

February Lesson 4

| Social Awareness: <i>Empathy</i> | |
|---|--|
| Lesson Video | Learning Objectives |
| Taking the Perspective of Another | Objective: Students will learn the benefits and strategies for showing empathy. |

March Lesson 1

| Social Skills: <i>Respect</i> | |
|-------------------------------|---|
| Lesson Video | Learning Objectives |
| Social Cues | Objective: Students will identify social cues and respectful behavior. |

March Lesson 2

| Social Skills: <i>Conflict Resolution</i> | |
|---|--|
| Lesson Video | Learning Objectives |
| ICE Rumors and Gossip | Objective: Students will identify what rumors and gossip are and strategies for responding to them. |

March Lesson 3

| Social Skills: <i>Fairness</i> | |
|---|---|
| Lesson Video | Learning Objectives |
| Rights and Responsibilities | Objective: Students will identify and explain the rights of self and others. |

March Lesson 4

| Social Skills: <i>Cooperation</i> | |
|--|--|
| Lesson Video | Learning Objectives |
| Together for the Goal! | Objective: Students will learn about roles and responsibilities when working in groups. |

April Lesson 1

| Social Skills: <i>Friendship</i> | |
|------------------------------------|--|
| Lesson Video | Learning Objectives |
| COOL Communication | Objective: Students will learn strategies for communicating with friends. |

April Lesson 2

| Social Skills: <i>Relationships</i> | |
|-------------------------------------|---|
| Lesson Video | Learning Objectives |
| Character Counts | Objective: Students will determine character traits that are important for good relationships. |

April Lesson 3

| Self-Care: <i>Healthy Boundaries</i> | |
|--|---|
| Lesson Video | Learning Objectives |
| Setting Healthy Boundaries | Objective: Students will set their own boundaries and use empathy to respect the boundaries of others. |

April Lesson 4

| Awareness of Self & Others: <i>Emotions</i> | |
|---|---|
| Lesson Video | Learning Objectives |
| Expressing Emotions | Objective: Students will learn strategies for using words to express their emotions. |

May Lesson 1

| Anxiety | |
|---|---|
| Lesson Video | Learning Objectives |
| Change It With Compassion | Objective: Students will identify signs that they or someone else may have anxiety and learn strategies to show compassion to themselves and others. |

May Lesson 2

| Mental Wellness | |
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| Lesson Video | Learning Objectives |
| Empathy for Emotions | Objective: Students will identify strategies for caring for their emotions and ways to show empathy for others. |

May Lesson 3

| Healthy Identities | |
|-------------------------------------|--|
| Lesson Video | Learning Objectives |
| Values and Identity | Objective: Students will recognize where their values come from and respect the values of others. |

May - Spring 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.

June Lesson 1

Self-Care: *Optimism*

| Lesson Video | Learning Objectives |
|-------------------------------------|---|
| Good News, Bad News | Objective: Students will focus on the positive in a negative situation |