

Monthly Life Skills and Wellness Scope and Sequence

With  **RethinkEd**

September: Relationship Skills				
Cooperation				
Grade	Cooperation	Wants and Needs	Relationship Skills	Optimism
K	Let's Cooperate!	What We Need	People We Meet	Proud to Be Me!
1	Fair Is Fun	Balancing Wants and Needs	Kindness Kaleidoscope	Turn That Frown Upside Down
2	Work Together	Getting My Needs Met	Be a Good Classmate	Level Up Your Mood
3	Two Heads Are Better!	I Belong	Being a Good Student	Give a Little Happiness
4	Do Your Part!	Where We Belong	Be a Good Neighbor	Attitude of Gratitude
5	Together for the Goal!	We Gotta Have Fun!	Character Counts	Good News, Bad News
6	Giving & Receiving Feedback	Safe Boundaries	Collaborative Relationships	Optimism as Self-Care
7	Think Collectively	Belonging Needs	Needs and Relationships	Building Optimism
8	Strengths and Responsibilities	Know Your Worth	Peer Pressure in Relationships	Practicing Gratitude
9	Trust and Cooperation	My Contributions	Healthy Social Groups	Optimistic Self-Talk
10	Cooperating in Groups	Cultivating Curiosity	Reciprocity and Relationships	Focus on Optimism
11	Wired for Cooperation	Exploring Creativity	Shifting Relationships	Respond with Optimism
12	Group Decision-Making	The World We Need	Building Healthy Relationships	Leading with Optimism

October: Resiliency				
Responsibility				
Grade	Growth Mindset	Learning Skills	Goal Setting	Focus
K	I'm Growing	Learning with Our Senses	Say the Goal!	Following Instructions
1	I Can Do It!	Whole Body Listening	Steps to the Goal	Hocus Pocus: Focus!
2	Mistake Masterpieces	How We Learn	Set a Goal	The Focus Toolbox
3	My Curious Mind	My Best Brain	Make a Plan	Improving My Focus
4	Hard Work Pays Off	Remember This!	Planning for Success	Keep Focused
5	Beyond Boredom!	Let's CREATE	Reach Your Goals	Focus First!
6	What's in a Mindset?	Ask Quality Questions	S.M.A.R.T. Goals	Focus at Home
7	Growing from Feedback	Attention to Learning	Setting Academic Goals	Focus With Active Listening
8	A Good Mistake	My Study Skills	Plan S.M.A.R.T.	Visualize Your Success
9	Challenge Accepted	Getting Organized	Work the Plan	Overcoming Distractions
10	Effort is Key	Study Strategies	Make a Comeback	Staying Focused
11	Growing from Setbacks	Nourishing a Positive Mindset	Persevere Towards the Goal	Self-Care for Focus
12	Your Growth is My Growth	Lifelong Learning	Grow Your Goal	Reach Your Goals

November: Resiliency				
Citizenship				
Grade	Problem Solving	Mindfulness	Self-Advocacy	Stress Management
K	Say the Problem	Notice with Your Senses	Ask for Help	My Recipe for Happiness
1	Whose Problem Is It?	The Big Breath	Speak Up and Ask!	Feelings Booster
2	What's the Problem?	My Mindful Body	Get Your Needs Met	My Stress Thermometer
3	Let's Brainstorm!	Mindfulness	Speaking Up to Meet My Needs	Change It!
4	Ways to Solve a Problem	Martian Mind	Getting the Help I Need	Feelings, Thoughts, and Behaviors
5	Think of Solutions	Quiet Your Brain	Speak Up with Confidence	You Can Change It!
6	Think Solution!	Focus on Mindfulness	Speaking Up for Your Needs	Making Stress Work for You
7	From Problem to Solution	In the Moment	Self-Advocacy Needs	Negative Thinking
8	Evaluate Your Options	Practicing Non-Judgment	Communicate with Confidence	Find the Funny
9	Effective Solutions	Being Mindful	Self-Advocacy for All	Facing Your Fears
10	Facts and Feelings	Practicing Mindfulness	Benefits of Self-Advocacy	Got Stress?
11	Cognitive Flexibility	Choose PEACE	Advocate for You	Balancing Stress
12	Higher-Order Thinking	A New Perspective	Self-Advocacy in Adulthood	Be Your Own CEO

December: Relationship Skills		
Kindness		
Grade	Conflict Resolution	Healthy Boundaries
K	Getting Along	Safety First
1	I'm Sorry!	What's That Feeling?
2	Let's Get Along	STOP!
3	Calm the Conflict	Okay, Not Okay
4	The I-Message	Boundaries
5	ICE Rumors and Gossip	Ready, SET, SEE
6	Resolving Conflicts	Setting Social Boundaries
7	Conflict Happens	Healthy Physical Boundaries
8	Healthy Conflict	Protecting Your Boundaries
9	Seeking Compromise	Responding to Boundaries
10	When Conflicts Spark	Beliefs, Values, and Boundaries
11	Reaching Consensus	The Balancing Act
12	Resolve. Restore. Repeat.	My Boundaries

January: Respect		
Self-Awareness		
	Identifies one's strengths in areas of improvement	Demonstrating honesty and integrity
Grade	Respect	Values
K	Spreading Kindness	My Family
1	Mind Your Manners	Being Together
2	Show Some Respect!	Spot Our Family Values
3	Say It With a Smile!	Character Values
4	Actions Speak Louder Than Words	My Values, My Choices
5	Social Cues	Our School's Values
6	Ripples of Respect	My Personal Values
7	Respect With Active Listening	Values in the Media
8	Respectful Communication	Reflecting on Values
9	Respect Yourself	Respecting Values
10	Respect for All	Values and Decisions
11	Understanding Respect	My Values, My Passions
12	Navigating Respect	My Life Compass

February: Honesty			
Relationship Skills			
	Developing Positive Relationships	Communicating Effectively	Practicing Teamwork and Collaborative Problem Solving
Grade	Friendship	Actions and Consequences	Self-Knowledge
K	Fun with Friends	Fix Your Mistake	I Like It!
1	Let's Be Friends	Actions and Consequences	You Are Special!
2	Filling Buckets	STOP Then Decide	No One is You-er Than You
3	Be a Friend	STOP Before You Say It	My Kind of Strong
4	A Good Friend Is...	THINK and Be Honest	What's Your Superpower?
5	COOL Communication	Choices and Consequences	My Creative Strengths
6	Supportive Friendships	Actions and Consequences	Social Strengths
7	Peer Pressure	Intent vs. Impact	Learning Strategies
8	Honesty in Friendships	Setting New Patterns	Ignite Your Spark
9	Quality Friendship	Decisions, Decisions, Decisions	Our Personalities
10	Friendship Boundaries	Online Consequences	Sense of Purpose
11	Healthy Friendships	The Long and Short of It	Accepting Ourselves
12	Lasting Friendships	Decision-Making	Knowing Our SELVES

March: Self-Control			
Self-Management			
	Using planning and organizational skills Demonstrating personal and collective agency	Showing the courage to take the initiative. Exhibiting self-discipline and self-motivation	Managing one's emotions. Identifying and using stress-management strategies
Grade	Self-Control	Resilience	Emotions
K	Breathe In, Breathe Out	Get It Done!	It's a Feeling
1	Wait for It!	Bounce Back!	My Feelings Monster
2	Take 5!	Challenge Accepted!	Feelings Detectives
3	Keep Calm!	Be Resilient	Super Emotions!
4	Freeze!	The Resilient Kid	Emotions: Action!
5	Stop. Think. Decide	If at First You Don't Succeed...	Expressing Emotions
6	Managing Stress	Building Resilience	Sparks of Emotion
7	Goals With Self-Control	Recognizing Agency	My Emotions
8	Let's Delay	Connect to Your Values	My Emotional Brain
9	Take Control	Strength from Support	Waves of Emotion
10	Developing Healthy Habits	Focus on the Big Picture	Degrees of Emotion
11	Self-Control and Resilience	Growing Resilience	Accepting Emotions
12	In the Driver's Seat	Overcoming Challenges	My Emotional Intelligence

April: Tolerance		
Responsible Decision Making		
	Recognizing how critical thinking skills are useful both inside and outside of school.	Anticipating and Evaluating the Consequences of One's Actions
Grade	Support Systems	Safe and Ethical Behavior
K	Ask Kindly	Telling or Tattling
1	My Family, My Support	Rules, Rules, Rules
2	Help at School	A Buddy or A Bully?
3	Be a BUD	Be a Buddy, Not a Bully
4	Who Do You Turn To?	Profile of a Bully
5	Asking for Help	Be an Upstander
6	My Support System	Being an Upstander
7	Building a Support System	Address Cyberbullying
8	Access Support	Upstander Culture
9	Supporting Emotional Needs	Safe and Ethical Online
10	Learning From Support Systems	Values and Behavior
11	Giving Support	Bullying & Harassment
12	Supporting Your Goals	Stopping Harassment

May: Tolerance		
Relationship Skills		
	Demonstrating empathy and compassion. Showing concern for the feelings of others.	Taking Others' Perspective Recognizing Strengths in Others
Grade	Empathy	Cultural Competence
K	My Feelings, Your Feelings	Me and You
1	How Someone Else Might Feel	Our Families
2	The Case of Caring	Cultures Around the World
3	From Another Perspective	Celebrating Our Differences
4	Showing Empathy	Everyone Is Different
5	Taking the Perspective of Another	In Someone Else's Shoes
6	Listening With Empathy	Understanding Culture
7	Empathy for Connection	Culture and Values
8	Developing Empathy	Celebrating Culture
9	Empathy Busters	Opposing Stereotypes
10	Resolving Conflicts with Empathy	Responding to Discrimination
11	Care to Care	Valuing All Cultures
12	Empathy and Social Change	Reflecting on Culture

June: Tolerance			
Responsible Decision Making			
	Reflecting on one's role to promote personal, family, and community well-being.	Demonstrating curiosity and open-mindedness.	Learning how to make reasoned judgments after analyzing information, data, and facts. Identifying solutions for personal and professional problems.
Grade	Social Contributions	Optimism	Fairness
K	I Can Help!	Proud to Be Me!	Let's Play Fair
1	I Spy a Helper	Turn That Frown Upside Down	Tattling Trouble
2	I Can Help My Family	Level Up Your Mood	That's Not Fair!
3	Acts of Kindness	Give a Little Happiness	Make It Fair!
4	Making School a Better Place	Attitude of Gratitude	Great Responsibility
5	Kind Is Cool	Good News, Bad News	Right On, Rights!
6	Passions to Contribute	Optimism as self-care	Reflecting on Fairness
7	Aligning Social Contributions	Building Optimism	Fairness and Rights
8	Community Contributions	Practicing Gratitude	Promoting Fairness
9	Passion to CARE	Optimistic Self-Talk	Understanding Fairness
10	Make a Difference	Focus on Optimism	Fairness in School
11	Take Action, Make a Difference	Respond With Optimism	Fairness in Communities
12	Changemakers	Leading with Optimism	Achieving Fairness