

4th 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 4 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
Profile of a Bully	Objective: Students will understand the profile of a bully and strategies for preventing bullying.

September Lesson 1

Online Safety

Lesson Video	Learning Objectives
Be Kind Online	Objective: Students will develop strategies to stay safe online and be kind online.

September Lesson 2

Social Awareness: *Actions and Consequences*

Lesson Video	Learning Objectives
THINK and Be Honest	Objective: Students will identify consequences for being honest.

September Lesson 3

Self-Management: *Self-Control*

Lesson Video	Learning Objectives
Freeze!	Objective: Students will practice strategies for changing a feeling, thought, or behavior in a stressful situation.

September Lesson 4

Awareness of Self & Others: *Learning Skills*

Lesson Video	Learning Objectives
Remember This!	Objective: Students will learn and demonstrate memory skills.

September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
Trying My Best	Objective: Students will identify the relationship between learning practice, and hard work.

October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
Ways to Solve a Problem	Objective: Students will learn a variety of problem-solving strategies.

October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
The Resilient Kid	Objective: Students will identify characteristics of resilient people.

October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
Martian Mind	Objective: Students will practice mindfulness by changing the way they look at something.

October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
Kindness to Myself	Objective: Students will develop self-compassion by being kind to themselves.

November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
Believe It!	Objective: Students will identify the importance of belief in reaching a goal.

November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
What's Your Superpower?	Objective: Students will identify their character strengths.

December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
Feelings, Thoughts, and Behaviors	Objective: Students will practice strategies for changing a feeling, thought, or behavior in stressful situations.

December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
Who Do You Turn To?	Objective: Students will identify a support system that extends beyond the family when they need help or support.

January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
Planning for Success	Objective: Students will identify an academic goal and the steps to achieve it.

January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
Keep Focused	Objective: Students will learn how distractions affect focus and practice strategies to stay focused.

January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
Getting the Help I Need	Objective: Students will learn what self-advocacy is and how to get the help they need.

January Lesson 4

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
I Belong	Objective: Students will identify the need to belong and the groups to which they belong.

February Lesson 1

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
My Values, My Choices	Objective: Students will identify how their families' values impact their choices.

February Lesson 2

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
Everyone Is Different	Objective: Students will learn how to show respect to individuals with a disability.

February Lesson 3

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
Making School a Better Place	Objective: Students will learn the importance of contributing to their school.

February Lesson 4

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
Showing Empathy	Objective: Students will learn strategies for showing empathy to another person.

March Lesson 1

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
Actions Speak Louder Than Words	Objective: Students will understand how body language communicates respect or disrespect.

March Lesson 2

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
The I-Message	Objective: Students will use constructive strategies for communicating their perspective in conflict.

March Lesson 3

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
Great Responsibility	Objective: Students will identify and explain their rights and the rights of others at school.

March Lesson 4

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
Do Your Part!	Objective: Students will learn strategies for doing their part when working with groups.

April Lesson 1

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
A Good Fiend Is...	Objective: Students will identify traits of a good friend.

April Lesson 2

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
Be A Good Neighbor	Objective: Students will identify and practice ways to be a good neighbor.

April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
Boundaries	Objective: Students will recognize what a boundary is and different ways a boundary can be crossed.

April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
Emotions Action!	Objective: Students will identify how emotions impact behavior.

May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
Challenge That Thought	Objective: Students will identify situations that cause anxiety and strategies for managing anxiety.

May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
Caring for Emotions	Objective: Students will practice strategies for talking to someone about a big emotion and identify ways to care for their emotions.

May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
My Unique Strengths	Objective: Students will identify and celebrate the strengths they bring to their communities and explore ways to make a difference.

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
Attitude of Gratitude	Objective: Students will use gratitude to cultivate optimism.