

	TOPIC 1	TOPIC 2	TOPIC 3	TOPIC 4	TOPIC 5	TOPIC 6	TOPIC 7	TOPIC 8
UNIT 1: A POSITIVE LEARNING COMMUNITY	Making Introductions SEL Component: Self-awareness Skill: Accurate self-perception, self-confidence, clarifying your values	Establishing Classroom Agreements SEL Component: Self-management Skill: Impulse control	Building Relationships and Community SEL Component: Relationship skills Skills: Communication, social engagement, building relationships, working cooperatively					
UNIT 2: PERSONAL DEVELOPMENT	Clarifying Your Values SEL Component: Self-awareness Skills: Accurate self-perception, recognizing strengths	Assessing Strengths and Growth Opportunities SEL Component: Self-awareness Skill: Accurate self-perception	Building Self-Confidence and Self-Respect SEL Component: Self-awareness Skill: Self-confidence	Motivating Yourself SEL Component: Self-management Skill: Self-motivation	Setting Positive Goals SEL Component: Self-management Skill: Goal setting	Labeling Your Emotions SEL Component: Self-awareness Skill: Resolving conflicts	Managing Stress and Strong Emotions SEL Component: Self-management Skills: Stress management, impulse control, self-discipline	Recognizing the Thoughts, Emotions, & Action Connection SEL Component: Self-management Skills: Impulse control, self-discipline
UNIT 3: SOCIAL DEVELOPMENT	Listening SEL Component: Relationship skills Skill: Communication	Respecting Others SEL Component: Social awareness Skills: Empathy, respect for others, perspective-taking, appreciating diversity	Communicating with “What, Why, and How” messages SEL Component: Social awareness, relationship skills Skills: Empathy, seeking help	Working Together SEL Component: Relationship skills Skill: Working cooperatively	Building Healthy Relationships SEL Component: Relationship Skills Skill: Social engagement	Handling Conflict in Relationships SEL Component: Relationship skills Skill: Resolving conflicts	Dealing with Bullying Behavior SEL Component: Relationship skills Skills: Communication, resolving conflicts, seeking help	Dealing with Bullying Behavior SEL Component: Relationship skills Skills: Communication, resolving conflicts, seeking help
UNIT 4: HEALTH AND PREVENTION	Choosing Healthy Living SEL Component: Responsible decision making Skills: Ethical responsibility, problem identification, situation analysis	PreK – 2: Staying Away from Poison Substances 3 – 8: Staying Away from Alcohol SEL Component: Responsible decision making Skills: Problem identification, situation analysis, problem solving	Growing in Responsibility SEL Component: Responsible decision making Skill: Ethical responsibility	PreK – 2: Being Careful Around Medicines 3 – 8: Staying Away from Tobacco SEL Component: Responsible decision making Skill: Problem identification, situation analysis, problem solving	Making Good Decisions - Part 1 SEL Component: Responsible decision making Skill: Problem solving	PreK-2: Making Good Decisions – Part 2 3 – 8: Staying Away from Other Drugs SEL Component: Responsible decision making Skill: Problem identification, situation analysis, problem solving	Standing Up to Social Pressure SEL Component: Responsible decision making Skill: Problem identification, situation analysis, problem solving	6 – 8 only: Reinforcing and Modeling a Healthy, Drug-Free Lifestyle SEL Component: Responsible decision making Skill: Problem identification, situation analysis, problem solving
UNIT 5: LEADERSHIP AND SERVICE	Serving Your School and Community SEL Component: Relationship skills, responsible decision making Skills: Helping/seeking help, ethical responsibility	Assessing Classroom Assets and Interests for Service-Learning SEL Component: Relationship skills, responsible decision making skills Skills: Communication skills, working together, problem solving,	Identifying Classroom, School, and Community Issues and Needs SEL Component: Relationship skills, responsible decision making Skills: Communication, helping/seeking help, problem identification, situation analysis, problem solving	Deciding Together on a Service-Learning Project SEL Component: Relationship skills, responsible decision making Skills: Communication, helping/seeking help, problem identification, situation analysis, problem solving	Planning a Service-Learning Project to Meet School or Community Needs SEL Component: Relationship skills, responsible decision making Skills: Communication, helping/seeking help, problem identification, situation analysis, problem solving	Implementing the Service-Learning Project SEL Component: Relationship skills Skills: Communication, social engagement, building relationships, working cooperatively, resolving conflicts, helping and seeking help	Reflecting on and Demonstrating the Service-Learning Project SEL Component: Responsible decision making Skill: Reflection	Demonstrating Service SEL Component: Relationship skills, responsible decision making Skills: Social engagement, reflection, evaluation
UNIT 6: REFLECTION AND CLOSURE	Reflecting on Learning, Experience, and Goals SEL Component: Responsible decision making Skills: Reflection, evaluation	Celebrating Class Successes and Acknowledging Contributions SEL Component: Responsible decision making Skills: Reflection, evaluation						