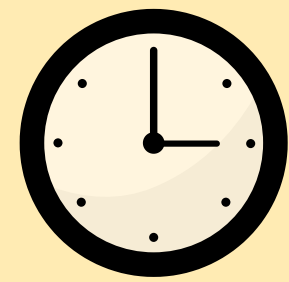


**TORNILLO ISD - 2022-2023**

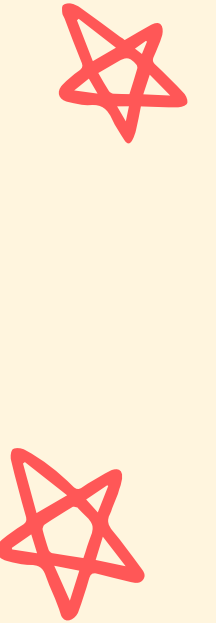


# SEL- RethinkEd

**DISTRICT WIDE CURRICULUM**



**Relaxed teachers teach better.  
Relaxed students learn better.”  
Carla Tantillo Philiberta**



# RETHINK ED SEL STUDENT CURRICULUM



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# SEL LESSONS AND OBJECTIVES

rethink**Ed**

## Social & Emotional Learning Lessons and Objectives

### Awareness of Self & Others

This series aligns with CASEL competencies: Self-Awareness, Social Awareness and Relationship Skills.

#### SELF-KNOWLEDGE

Self-knowledge is the ability to understand one's own interests and strengths, as well as learning and relating styles. Self-knowledge is the starting point for all social and emotional learning. In fact, self-knowledge influences all areas of SEL including self-management, social awareness, relationship skills, and responsible decision-making. The more a student understands him or herself, the better he or she will grow and adapt in all areas of life.

#### EMOTIONS

Emotions are a natural part of what makes us human. They have the power to enrich our lives and the power to hinder our lives. As humans, we have the capacity to feel a myriad of emotions. They drive our feelings, thoughts, and behaviors and impact our self-esteem and social interactions. In the Awareness of Self and Others Series, students identify emotions and learn how emotions impact their behavior and affect their bodies and their relationships. Strategies for managing emotions are addressed in the Self-Management Series.

#### VALUES

Values are a person's principles and standards of behavior. Simply put, values are what a person believes to be important. Our values shape our thoughts, behaviors, and decisions. Studies indicate that people are happier when they act according to their values. A person's values can be observed in how he or she spends his or her time, money, energy, or other resources. As children, people begin to form their values based on their family's values. As students become more independent, they begin to shape their values based on new information gathered from peers, the media, and their own experiences. Some family values remain, while new values may emerge.

#### WANTS & NEEDS

Psychologist, Abraham Maslow studied what motivates people to achieve. From his research he theorized that to reach one's potential, certain needs must be met and that some needs take precedence over others. Maslow's theory has been illustrated using a pyramid model with the basic needs for survival and safety at the core or base level. The next two levels include psychological needs such as the need for love and self-esteem. Finally, Maslow theorizes that once the physical and psychological needs are met, people can grow cognitively, aesthetically, and spiritually, allowing them to reach their full potential.

#### LEARNING SKILLS

*If you give a man a fish, you feed him for a day. If you teach a man to fish, you feed him for a lifetime.* Likewise, teaching students how the brain learns, helps them become lifelong learners. In recent years, research has determined that the brain is much more flexible and capable of learning new things than once believed. Understanding how the brain processes information, helps students feel more in control of their ability to learn. Having strategies to take in and organize the information also helps students become better learners.

#### GROWTH MINDSET

Through her research, psychologist Carol Dweck determined that a student's belief in his or her ability to learn had a greater impact on the student's academic success than his or her intelligence. Students with a fixed mindset believe that intelligence is determined at birth; whereas students with a growth mindset believe that anyone can learn through hard work and effort. Science supports the growth mindset theory. Helping students understand how they learn and how they can develop a growth mindset, positions every student on path for greater academic success.

# SEL LESSONS AND OBJECTIVES

## Awareness of Self & Others

This series aligns with CASEL competencies: Self-Awareness, Social Awareness and Relationship Skills.

## Self-Management

This series aligns with CASEL competencies: Self-Awareness, Self-Management and Responsible Decision-Making. Learning outcomes include:

## Social Skills

This series aligns with CASEL competencies: Social Awareness, Relationship Skills and Self-Awareness. Learning outcomes include:

## Social Awareness

This series aligns with CASEL competencies: Social Awareness, Self-Awareness and Responsible Decision-Making.

## Self-Care

This series aligns with CASEL competencies: Self-Awareness, Self-management and Responsible Decision-Making.



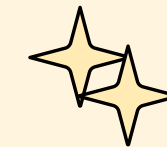
# LESSONS



## Awareness of Self and Others

Learning Skills  
Growth Mindset  
Self-Knowledge  
Emotions\ Values  
Wants and Needs

## Social Skills



Fairness  
Respect  
Friendship  
Relationships  
Conflict Resolution  
Cooperation

## Self-Management

Self-Control  
Stress Management  
Problem Solving  
Resilience  
Focus

## Social Awareness

Cultural Competence  
Empathy  
Safe & Ethical Behavior  
Support Systems  
Social Contributions  
Actions & Consequences

# LESSONS



## **Self-Care**

**Mindfulness  
Self-Efficacy  
Optimism  
Self-Compassion  
Healthy Boundaries**

## **SEL & EQUITY**



**Culturally Responsive Teaching  
Addressing Injustice  
Leveraging SEL to Promote Equity  
The Impact of Implicit Biases**


## **Trauma - Counselors only**

**Helping Students Cope with Trauma  
Coping with Trauma**

## **SEL LESSONS**

**T1 & T2 Lessons - Teachers  
T3 Lessons - Counselors  
Counselors will focused on House  
Bill Mandated Lessons  
Each Counselor have a calendar to  
follow each topic**


# SEL SCOPE AND SEQUENCE



TORNILLO ISD

SEL INSTRUCTIONAL SCOPE AND SEQUENCE

2022-2023



Week 1	Week 2	Week 3	Week 4	Week 5
8/1-8/5	8/9-8/12	8/15-8/19	8/22-8/26	8/29-9/2
Awareness of Self and Others	Awareness of Self and Others	Social Skills	Awareness of Self and Others	Self-Management
Learning Skills	Growth Mindset	Respect	Emotions	Goal Setting
PK-K: "Learning with Our Senses"	PK-K: "I'm Growing!"	PK-K: "Spreading Kindness"	PK-K: "it's A Feeling"	PK-K: "Say the Goal!"
1 <sup>st</sup> : "Whole Body Listening"	1 <sup>st</sup> : "I Can Do It!"	1 <sup>st</sup> : "Mind Your Manners"	1 <sup>st</sup> : "My Feelings Monster"	1 <sup>st</sup> : "Steps to the Goal"
2 <sup>nd</sup> : "How We Learn"	2 <sup>nd</sup> : "Mistake Masterpieces"	2 <sup>nd</sup> : "Show Some Respect!"	2 <sup>nd</sup> : "Feeling Detectives"	2 <sup>nd</sup> : "Set a Goal"
3 <sup>rd</sup> : "My Best Brain"	3 <sup>rd</sup> : "My Curious Mind"	3 <sup>rd</sup> : "Say it With a Smile!"	3 <sup>rd</sup> : "Super Emotions!"	3 <sup>rd</sup> : "Make a Plan"
4 <sup>th</sup> : "Remember This!"	4 <sup>th</sup> : "Hard Work Pays Off"	4 <sup>th</sup> : "Actions Speak Louder Than Words"	4 <sup>th</sup> : "Emotions: Actions!"	4 <sup>th</sup> : "Planning for Success"
5 <sup>th</sup> : "Let's CREATE!"	5 <sup>th</sup> : "Beyond Boredom!"	5 <sup>th</sup> : "Social Cues"	5 <sup>th</sup> : "Expressing Emotions"	5 <sup>th</sup> : "Reach Your Goals"
6 <sup>th</sup> : "ASK Quality Questions"	6 <sup>th</sup> : "A Tale of Two Brains"	6 <sup>th</sup> : "Ripple of Respect"	6 <sup>th</sup> : "Sparks of Emotions"	6 <sup>th</sup> : "Get SMART!"
7 <sup>th</sup> : "Attention to Learning"	7 <sup>th</sup> : "Growing from Feedback"	7 <sup>th</sup> : "Let's Communicate"	7 <sup>th</sup> : "My Emotions"	7 <sup>th</sup> : "SMART Goals"
8 <sup>th</sup> : "My Study Skills"	8 <sup>th</sup> : "A Good Mistake"	8 <sup>th</sup> : "The 7 C's"	8 <sup>th</sup> : "My Emotional Brain"	8 <sup>th</sup> : "Plan SMART"
9 <sup>th</sup> : "Getting Organized"	9 <sup>th</sup> : "Failure is an Option"	9 <sup>th</sup> : "Respect Yourself"	9 <sup>th</sup> : "Waves of Emotion"	9 <sup>th</sup> : "Work the Plan"
10 <sup>th</sup> : "Study Smarter"	10 <sup>th</sup> : "Beyond Failure"	10 <sup>th</sup> : "SALT Shaker"	10 <sup>th</sup> : "Shades of Emotion"	10 <sup>th</sup> : "Make a Comeback"
11 <sup>th</sup> : "Cure a Negative Mindset"	11 <sup>th</sup> : "From Failures to Inventions"	11 <sup>th</sup> : "Roles and Respect"	11 <sup>th</sup> : "Accepting Emotions"	11 <sup>th</sup> : "Got GRIT?"
12 <sup>th</sup> : "Lifelong Learning"	12 <sup>th</sup> : "Mind Your Mindset"	12 <sup>th</sup> : "Respect, Relationships, and You"	12 <sup>th</sup> : "My Emotional Intelligence"	12 <sup>th</sup> : "Grow Your Goal"



# SEL SCOPE AND SEQUENCE

Week 6	Week 7	Week 8	Week 9	Week 10
9/6-9/9	9/12-9/16	9/19-9/23	9/26-9/30	9/17-9/21
Self-Management	Self-Management	Awareness of Self and Others	Social Skills	Social Awareness
Self-Control	Resilience	Self-Knowledge	Conflict Resolution	Safe & Ethical Behavior
PK-K: "Breathe In, Breathe Out"	PK-K: "Get It Done!"	PK-K: "I Like It!"	PK-K: "Getting Along"	PK-K: "Telling and Tattling"
1 <sup>st</sup> : "Wait for It!"	1 <sup>st</sup> : "Bounce Back!"	1 <sup>st</sup> : "You Are Special!"	1 <sup>st</sup> : "I'm Sorry!"	1 <sup>st</sup> : "Rules, Rules, Rules"
2 <sup>nd</sup> : "Take 5!"	2 <sup>nd</sup> : "Challenge Accepted!"	2 <sup>nd</sup> : "No One is You-er Than You"	2 <sup>nd</sup> : "Let's Get Along"	2 <sup>nd</sup> : "A Buddy or a Bully?"
3 <sup>rd</sup> : "Keep Calm!"	3 <sup>rd</sup> : "Be Resilient"	3 <sup>rd</sup> : "My Kind of Strong"	3 <sup>rd</sup> : "Calm the Conflict"	3 <sup>rd</sup> : "Be a Buddy, Not a Bully"
4 <sup>th</sup> : "Freeze!"	4 <sup>th</sup> : "The Resilient Kid"	4 <sup>th</sup> : "What is Your Superpower?"	4 <sup>th</sup> : "The I-Message"	4 <sup>th</sup> : "Profile of a Bully"
5 <sup>th</sup> : "Stop. Think. Decide"	5 <sup>th</sup> : "If at First You Don't Succeed..."	5 <sup>th</sup> : "My Creative Strengths"	5 <sup>th</sup> : "ICE Rumors and Gossip"	5 <sup>th</sup> : "Be an Upstander"
6 <sup>th</sup> : "Stress Solutions"	6 <sup>th</sup> : "Reframe It!"	6 <sup>th</sup> : "Social Strengths"	6 <sup>th</sup> : "Resolving the Conflict"	6 <sup>th</sup> : "Bullies Bully"
7 <sup>th</sup> : "Self-Control: It's Magic!"	7 <sup>th</sup> : "Bend, Not Break"	7 <sup>th</sup> : "You Got Style"	7 <sup>th</sup> : "Conflict Happens!"	7 <sup>th</sup> : "Stand Up Against Bullying!"
8 <sup>th</sup> : "Let's Delay"	8 <sup>th</sup> : "Everyday Courage"	8 <sup>th</sup> : "Ignite Your Passion"	8 <sup>th</sup> : "Conversations to Resolve Conflict"	8 <sup>th</sup> : "Speak Out!"
9 <sup>th</sup> : "Weathering the Whirlwind"	9 <sup>th</sup> : "Strength from Support"	9 <sup>th</sup> : "You Got Personality"	9 <sup>th</sup> : "Win-Win Solutions"	9 <sup>th</sup> : "THINK Before Your Post"
10 <sup>th</sup> : "Habit Help"	10 <sup>th</sup> : "Everyday Resilience"	10 <sup>th</sup> : "What's Your Purpose?"	10 <sup>th</sup> : "Conflict Communication"	10 <sup>th</sup> : "Risk Taking"
11 <sup>th</sup> : "To Delay or Not to Delay"	11 <sup>th</sup> : "Out of Your Control?"	11 <sup>th</sup> : "Accepting Ourselves"	11 <sup>th</sup> : "Reaching Consensus"	11 <sup>th</sup> : "Words Can Hurt"
12 <sup>th</sup> : "In the Driver's Seat"	12 <sup>th</sup> : "Overcoming Adversity"	12 <sup>th</sup> : "Know Thyself"	12 <sup>th</sup> : "Resolve. Restore. Repeat."	12 <sup>th</sup> : "Bullying and Harassment"

# SEL SCOPE AND SEQUENCE

TORNILLO ISD				
SEL INSTRUCTIONAL SCOPE AND SEQUENCE				
2022-2023				
rethinkEd				
Week 11	Week 12	Week 13	Week 14	Week 15
9/24-9/28	10/31-11/4	11/7-11/11	11/14-11/18	11/28-12/2
Self-Management	Social Skills	Self-Management	Social Skills	Self-Care
Problem Solving	Fairness	Stress Management	Relationships	Mindfulness
PK-K: "Say the Problem"	PK-K: "Let's Play Fair"	PK-K: "My Recipe for Happiness"	PK-K: "People We Meet"	PK-K: "Notice with Your Senses"
1 <sup>st</sup> : "Whose Problem Is It?"	1 <sup>st</sup> : "Tattling Trouble"	1 <sup>st</sup> : "Feelings Booster"	1 <sup>st</sup> : "Kindness Kaleidoscope"	1 <sup>st</sup> : "The Big Breath"
2 <sup>nd</sup> : "What's the Problem?"	2 <sup>nd</sup> : "That's Not Fair!"	2 <sup>nd</sup> : "My Stress Thermometer"	2 <sup>nd</sup> : "Be a Good Classmate"	2 <sup>nd</sup> : "My Mindful Body"
3 <sup>rd</sup> : "Let's Brainstorm!"	3 <sup>rd</sup> : "Make it Fair!"	3 <sup>rd</sup> : "Change It!"	3 <sup>rd</sup> : "Being a Good Student"	3 <sup>rd</sup> : "Mindfulness"
4 <sup>th</sup> : "Ways to Solve a Problem"	4 <sup>th</sup> : "Great Responsibility"	4 <sup>th</sup> : "Feeling, Thoughts, and Behaviors"	4 <sup>th</sup> : "Be a Good Neighbor"	4 <sup>th</sup> : "Martian Mind"
5 <sup>th</sup> : "Think of Solutions"	5 <sup>th</sup> : "Right On, Rights!"	5 <sup>th</sup> : "You Can Change Its!"	5 <sup>th</sup> : "Character Counts"	5 <sup>th</sup> : "Quiet Your Brain"
6 <sup>th</sup> : "Think Solution!"	6 <sup>th</sup> : "Our Rights and Responsibilities"	6 <sup>th</sup> : "Don't Stress"	6 <sup>th</sup> : "No "I" In Team"	6 <sup>th</sup> : "Practice Gratitude"
7 <sup>th</sup> : "From Problem to Solution"	7 <sup>th</sup> : "Self-Control: It's Magic!"	7 <sup>th</sup> : "Stinking Thinking"	7 <sup>th</sup> : "Peering Into Relationships"	7 <sup>th</sup> : "Focus NOW"
8 <sup>th</sup> : "Evaluate the Solutions"	8 <sup>th</sup> : "Speak Out for Fairness"	8 <sup>th</sup> : "Find the Funny"	8 <sup>th</sup> : "KISS Peer Pressure Goodbye"	8 <sup>th</sup> : "In the Moment"
9 <sup>th</sup> : "Pick the Best Solutions"	9 <sup>th</sup> : "Fair vs. Equal"	9 <sup>th</sup> : "Face Your Fear."	9 <sup>th</sup> : "Groups or Cliques"	9 <sup>th</sup> : "Being Mindful"
10 <sup>th</sup> : "Facts, Not Feelings"	10 <sup>th</sup> : "Our Human Rights"	10 <sup>th</sup> : "Got Stress?"	10 <sup>th</sup> : "Roles and Relationships"	10 <sup>th</sup> : "Practicing Mindfulness"
11 <sup>th</sup> : "Stretch Yourself"	11 <sup>th</sup> : "Empathy and Human Rights"	11 <sup>th</sup> : "Balancing Stress"	11 <sup>th</sup> : "Shifting Relationships"	11 <sup>th</sup> : "Choose PEACE"
12 <sup>th</sup> : "Higher-Order Solutions"	12 <sup>th</sup> : "Human Rights: Whose Responsibility?"	12 <sup>th</sup> : "Be Your Own CEO"	12 <sup>th</sup> : "EI Leadership"	12 <sup>th</sup> : "SEE from a New Perspective"

# SEL SCOPE AND SEQUENCE

Week 16	Week 17	Week 18	Week 19	Week 20
12/5-12/9	12/12-12/16	1/9-1/13	1/17-1/20	1/23-1/27
Social Skills	Self-Care	Awareness of Self and Others	Social Awareness	Social Awareness
Cooperation	Self-Compassion	Wants and Needs	Cultural Competence	Support Systems
PK-K: "Let's Cooperate!"	PK-K: "Look What I Can Do!"	PK-K: "What We Need"	PK-K: "Me and You"	PK-K: "Ask Kindly"
1 <sup>st</sup> : "Fair is Fun!"	1 <sup>st</sup> : "I Like Me!"	1 <sup>st</sup> : "Balancing Wants and Needs"	1 <sup>st</sup> : "Our Families"	1 <sup>st</sup> : "My Family, My Support"
2 <sup>nd</sup> : "Work Together"	2 <sup>nd</sup> : "What I Like About Me"	2 <sup>nd</sup> : "Getting My Needs Met"	2 <sup>nd</sup> : "Cultures Around the World"	2 <sup>nd</sup> : "Help at School"
3 <sup>rd</sup> : "Two Heads Are Better"	3 <sup>rd</sup> : "Give Yourself a Break!"	3 <sup>rd</sup> : "I Belong"	3 <sup>rd</sup> : "Celebrating Our Differences"	3 <sup>rd</sup> : "Be a BUD"
4 <sup>th</sup> : "Do Your Part!"	4 <sup>th</sup> : "Kindness to Myself"	4 <sup>th</sup> : "Where We Belong"	4 <sup>th</sup> : "Everyone is Different"	4 <sup>th</sup> : "Who Do You Turn To?"
5 <sup>th</sup> : "Together for a Goal!"	5 <sup>th</sup> : "Me: My Compassionate Friend"	5 <sup>th</sup> : "We Gotta Have Fun!"	5 <sup>th</sup> : "In Someone Else's Shoes"	5 <sup>th</sup> : "Asking for Help"
6 <sup>th</sup> : "THINK in Groups"	6 <sup>th</sup> : "Be Kind to Yourself"	6 <sup>th</sup> : "Building My Self-Esteem"	6 <sup>th</sup> : "Be Cool: INCLUDE"	6 <sup>th</sup> : "Who Supports You?"
7 <sup>th</sup> : "Let It SLIDE!"	7 <sup>th</sup> : "Quiet the Inner Critic"	7 <sup>th</sup> : "High Esteem"	7 <sup>th</sup> : "Challenge Prejudice"	7 <sup>th</sup> : "Support Systems"
8 <sup>th</sup> : "Operation: Cooperation"	8 <sup>th</sup> : "Breathe Through It"	8 <sup>th</sup> : "Building Self-Esteem"	8 <sup>th</sup> : "SPOT the Stereotype"	8 <sup>th</sup> : "My TRIBE"
9 <sup>th</sup> : "Giving and Receiving Feedback"	9 <sup>th</sup> : "Self-Compassion"	9 <sup>th</sup> : "Reaching My Potential"	9 <sup>th</sup> : "STOP Stereotyping"	9 <sup>th</sup> : "Stress Busters!"
10 <sup>th</sup> : "Make the Dream Work"	10 <sup>th</sup> : "Accepting Yourself"	10 <sup>th</sup> : "CREATE!"	10 <sup>th</sup> : "Cultural Competence"	10 <sup>th</sup> : "Support Systems and Role Models"
11 <sup>th</sup> : "Wired for Cooperation"	11 <sup>th</sup> : "Take Care of Yourself"	11 <sup>th</sup> : "Aesthetic Expressions"	11 <sup>th</sup> : "Culture Change"	11 <sup>th</sup> : "Giving Support"
12 <sup>th</sup> : "Group Decision-Making"	12 <sup>th</sup> : "Loving Yourself"	12 <sup>th</sup> : "My Unique Potential"	12 <sup>th</sup> : "Cultural Competence"	12 <sup>th</sup> : "Your Support System"

# SEL SCOPE AND SEQUENCE

TORNILLO ISD				
SEL INSTRUCTIONAL SCOPE AND SEQUENCE				rethinkEd
2022-2023				
Week 21	Week 22	Week 23	Week 24	Week 25
1/30-2/2	2/6-2/10	2/13-2/17	2/20-2/24	2/27-3/3
Self-Management	Social Skills	Social Awareness	Social Awareness	Social Awareness
Focus	Friendship	Empathy	Social Contributions	Actions & Consequences
PK-K: "Following Instructions"	PK-K: "Fun with Friends"	PK-K: "My Feelings, Your Feelings"	PK-K: "I Can Help!"	PK-K: "Fix Your Mistake"
1 <sup>st</sup> : "Hocus Pocus: Focus!"	1 <sup>st</sup> : "Let's Be Friends"	1 <sup>st</sup> : "Our Families"	1 <sup>st</sup> : "I Spy a Helper"	1 <sup>st</sup> : "Actions and Consequences"
2 <sup>nd</sup> : "The Focus Toolbox"	2 <sup>nd</sup> : "Filing Buckets"	2 <sup>nd</sup> : "Cultures Around the World"	2 <sup>nd</sup> : "I Can Help My Family"	2 <sup>nd</sup> : "STOP Then Decide"
3 <sup>rd</sup> : "Improving My Focus"	3 <sup>rd</sup> : "Be a Friend"	3 <sup>rd</sup> : "From Another Perspective"	3 <sup>rd</sup> : "Acts of Kindness"	3 <sup>rd</sup> : "STOP Before You Say It"
4 <sup>th</sup> : "Keeping Focused"	4 <sup>th</sup> : "A Good Friend Is..."	4 <sup>th</sup> : "Showing Empathy"	4 <sup>th</sup> : "Making School a Better Place"	4 <sup>th</sup> : "THINK and Be Honest"
5 <sup>th</sup> : "Focus First!"	5 <sup>th</sup> : "COOL Communication"	5 <sup>th</sup> : "Taking the Perspective of Another"	5 <sup>th</sup> : "Kind is Cool"	5 <sup>th</sup> : "Choices and Consequences"
6 <sup>th</sup> : "Focus to Study"	6 <sup>th</sup> : "Lean on Me"	6 <sup>th</sup> : "ACTIVE Listening"	6 <sup>th</sup> : "Be the Change"	6 <sup>th</sup> : "OWN Your Actions"
7 <sup>th</sup> : "Visualize It!"	7 <sup>th</sup> : "Friends and Peer Pressure"	7 <sup>th</sup> : "Reflective Listening"	7 <sup>th</sup> : "Plan to Do Your Part"	7 <sup>th</sup> : "Actions Have Consequences"
8 <sup>th</sup> : "Visualizing for Success"	8 <sup>th</sup> : "Be Yourself"	8 <sup>th</sup> : "Developing Empathy"	8 <sup>th</sup> : "C's the Opportunity"	8 <sup>th</sup> : "Positive Patterns"
9 <sup>th</sup> : "Over coming Distractions"	9 <sup>th</sup> : "Be a Good Friend"	9 <sup>th</sup> : "Empathy Busters"	9 <sup>th</sup> : "Passion to CARE"	9 <sup>th</sup> : "Decisions, Decisions, Decisions"
10 <sup>th</sup> : "Value of Choice"	10 <sup>th</sup> : "Circles of Friendship"	10 <sup>th</sup> : "Resolving Conflicts with Empathy"	10 <sup>th</sup> : "Make a Difference"	10 <sup>th</sup> : "Cyber Consequences"
11 <sup>th</sup> : "Self-Care for Focus"	11 <sup>th</sup> : "Fast Friendship"	11 <sup>th</sup> : "Care to Care"	11 <sup>th</sup> : "CAUSE We Care!"	11 <sup>th</sup> : "Decision-Making ESP"
12 <sup>th</sup> : "Eye of the Goal"	12 <sup>th</sup> : "Lasting Friendship"	12 <sup>th</sup> : "Empathy and Social Change"	12 <sup>th</sup> : "Change Makers"	12 <sup>th</sup> : "Decision-Making"

# SEL SCOPE AND SEQUENCE

Week 26	Week 27	Week 28	Week 29	Week 30
3/20-3/24	3/27-3/31	4/3-4/6	4/10-4/14	4/17-4/21
Self-Care	Self-Care	Awareness of Self and Others	Self-Care	Self-Care
Self-Efficacy	Optimism	Values	Self-Advocacy	Healthy Boundaries
PK-K: "Mistakes Are a Part of Learning"	PK-K: "Proud to Be Me!"	PK-K: "My Family"	PK-K: "Ask for Help"	PK-K: "Safety First"
1 <sup>st</sup> : "Believe!"	1 <sup>st</sup> : "Turn That Frown Upside Down"	1 <sup>st</sup> : "Being Together"	1 <sup>st</sup> : "Speak Up and Ask!"	1 <sup>st</sup> : "What's That Feeling?"
2 <sup>nd</sup> : "You Can Do It!"	2 <sup>nd</sup> : "Level Up Your Mood"	2 <sup>nd</sup> : "Spot Your Family Values"	2 <sup>nd</sup> : "Get Your Needs Met"	2 <sup>nd</sup> : "STOP!"
3 <sup>rd</sup> : "Belief Builders"	3 <sup>rd</sup> : "Give a Little Happiness"	3 <sup>rd</sup> : "Character Values"	3 <sup>rd</sup> : "Speaking Up to Meet My Needs"	3 <sup>rd</sup> : "Okay, Not Okay"
4 <sup>th</sup> : "Believe It!"	4 <sup>th</sup> : "Attitude of Gratitude"	4 <sup>th</sup> : "My Values, My Choices"	4 <sup>th</sup> : "Getting the Help I Need"	4 <sup>th</sup> : "Boundaries"
5 <sup>th</sup> : "I Believe in Me"	5 <sup>th</sup> : "Good News, Bad News"	5 <sup>th</sup> : "Our School's Values"	5 <sup>th</sup> : "Speak Up with Confidence"	5 <sup>th</sup> : "Ready, SET, SEE"
6 <sup>th</sup> : "Build Your Belief"	6 <sup>th</sup> : "Random Acts"	6 <sup>th</sup> : "My Personal Values"	6 <sup>th</sup> : "Speak Up for Fairness"	6 <sup>th</sup> : "Setting Boundaries to Be Yourself"
7 <sup>th</sup> : "Be Positive"	7 <sup>th</sup> : "Optimistic Thinking"	7 <sup>th</sup> : "Mind Your Media"	7 <sup>th</sup> : "Be Your Own Advocate"	7 <sup>th</sup> : "Healthy Boundaries"
8 <sup>th</sup> : "Who Believes in You?"	8 <sup>th</sup> : "Look for the Good"	8 <sup>th</sup> : "Our Values"	8 <sup>th</sup> : "Get What You Need"	8 <sup>th</sup> : "Too Much of a Good Thing?"
9 <sup>th</sup> : "Let Go of Limiting Beliefs"	9 <sup>th</sup> : "Becoming an Optimist"	9 <sup>th</sup> : "Respecting Our Values"	9 <sup>th</sup> : "Advocate for Yourself"	9 <sup>th</sup> : "Personal Boundaries"
10 <sup>th</sup> : "Belief to Reach a Goal"	10 <sup>th</sup> : "Focus on Optimism"	10 <sup>th</sup> : "Value of Choice"	10 <sup>th</sup> : "It's Up to You"	10 <sup>th</sup> : "Beliefs, Values, and Boundaries"
11 <sup>th</sup> : "Visualize to Realize"	11 <sup>th</sup> : "Look on the Lighter Side"	11 <sup>th</sup> : "Trust Your Gut"	11 <sup>th</sup> : "Advocate for Your Rights"	11 <sup>th</sup> : "The Balancing Act"
12 <sup>th</sup> : "Build Your Self-Efficacy"	12 <sup>th</sup> : "Leading with Optimism"	12 <sup>th</sup> : "My Life Compass"	12 <sup>th</sup> : "Adulting"	12 <sup>th</sup> : "My Boundaries"
STEPS TO LOG IN:				

# Our Invention

**BIC/ANNOUNCEMENTS/SEL LESSON**

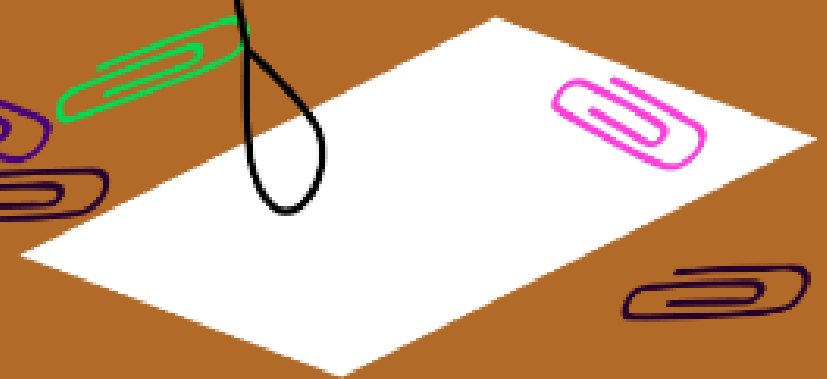
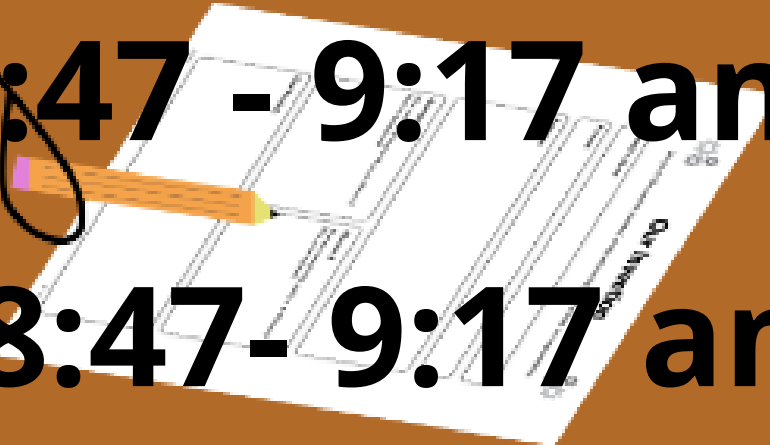
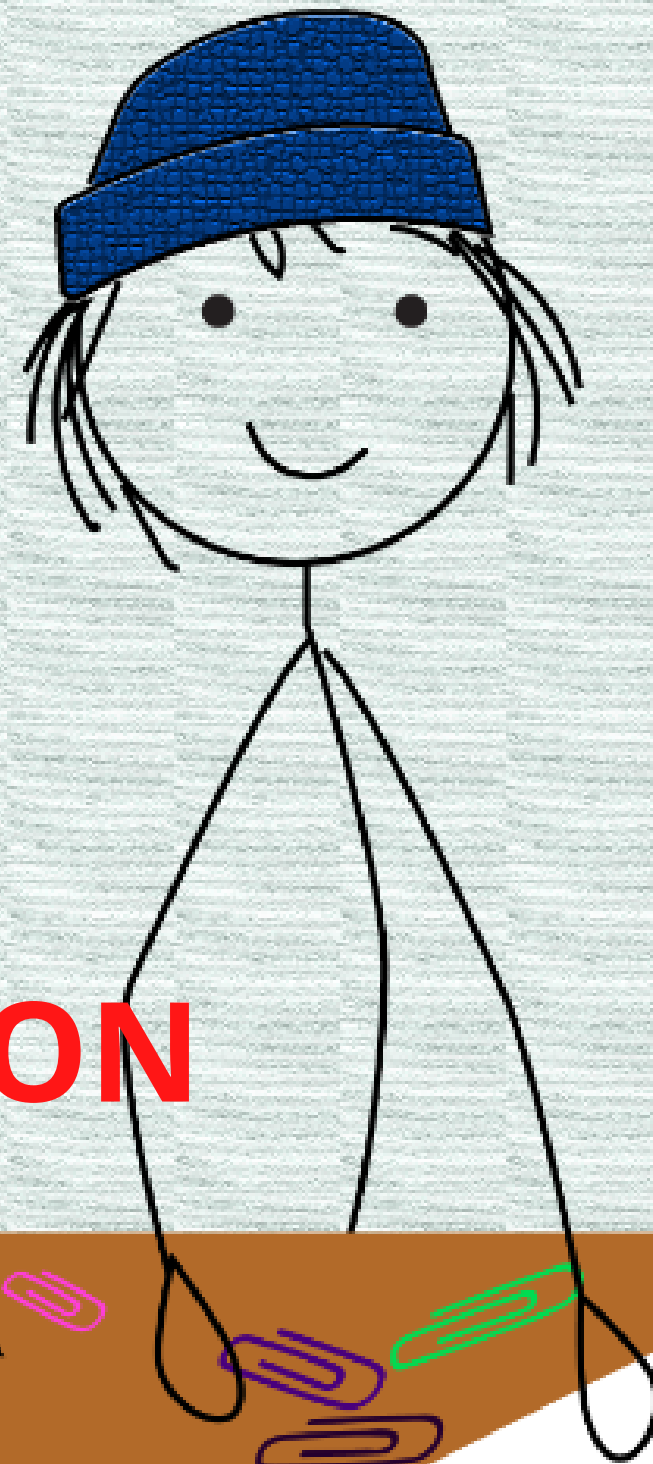
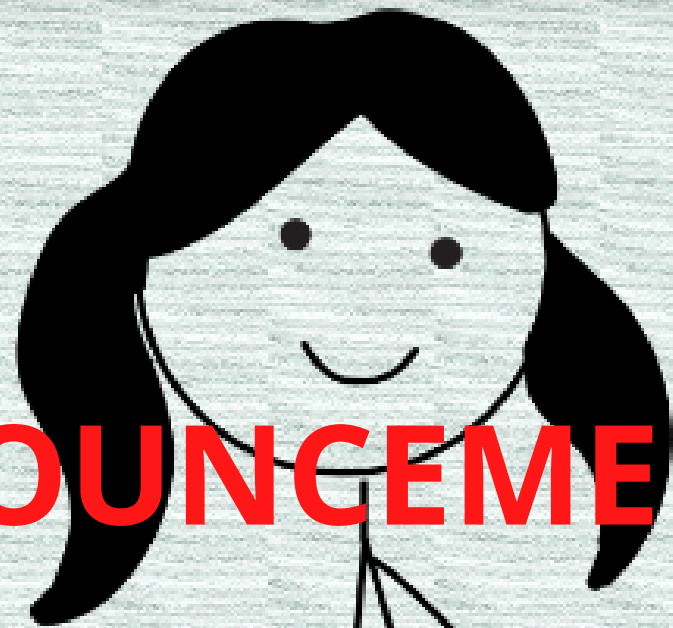
**Pk-2nd Grade - 7:50 - 8:20 am**

**3rd-5th Grade - 7:50 - 8:20 am**

**6th-8th Grade - 8:47 - 9:17 am**

**9th-12th Grade - 8:47 - 9:17 am**

**SEL LESSONS**





# SEL IN ACTION

LOG IN TO:

<https://www.rethinked.com/login>

## STEP 1

Click on: PROGRAM TOOLS

## STEP 2

Click on: LIBRARY

## STEP 3

On Search TYPE : LESSON NAME

EX. Reframe it

## STEP 4

Click; TEACH LESSON

Excel Document with link lessons will be provided  
by email

## One Lesson Per week

1st day: Kick off Video, Discussion Circle time

2nd day: Video, Circle time

3rd day: PRACTICE: Video, activities

4th day: DIVE DEEPER: Activities, circle time

5th day: REFLECTION TIME: Circle time , Discussion

## WHAT'S YOUR PERSONALITY TYPE?

Number the descriptions in each row in the order they describe you.

Number the descriptions in each row in the order they describe you. Then add the numbers in each column.

1 - MOSTLY DESCRIBES YOU	2 - SOMEWHAT DESCRIBES YOU	3 - NOT MUCH DESCRIBES YOU
...decisive	...fun-loving	...sympathetic
...competitive	...friendly	...open-minded
...demanding	...motivated	...easy-going
...outgoing	...calm	...good listener
...productive	...not going	...dependable
...driven	...unlabeled	...organized
...responsible	...the worker	...brave
...leader	...encouraging	...loyal
...effective	...positive	...fun
...impatient	...spontaneous	...patient
...challenging	...drastic	...likes to learn
...confident	...happy	...TOTAL
...TOTAL	...TOTAL	...TOTAL

The highest number is your dominant personality type.



# SEL IN ACTION- CIRCLE TIME

## Circle Format

- Introduction
- Review the Circle Agreements
- Circle Questions
- Agreements moving forward (If needed)
- Closing



# SEL IN ACTION- CIRCLE TIME

## Community Circles

**Tier 1: Universal**

**Builds and strengthens relationships in school community**

### **Structured conversation**

- Talking piece
- Physical circle

### **Breaks down barriers**

- between staff and students
  - authentic dialogue
- make personal connections



# THANK YOU!

Tornillo Independent School District Counseling Team

Maria Hernandez - Tornillo Elementary School Counselor

Alicia Alvarado - Tornillo Intermediate School Counselor

Arlene Portillo - Tornillo Middle School School Counselor

Claudia Beanes - Tornillo High School Counselors

For questions about the RethinkEd SEL implementation program  
please contact

Mrs. Angie Morales -District At Risk Coordinator 915-765-3285

