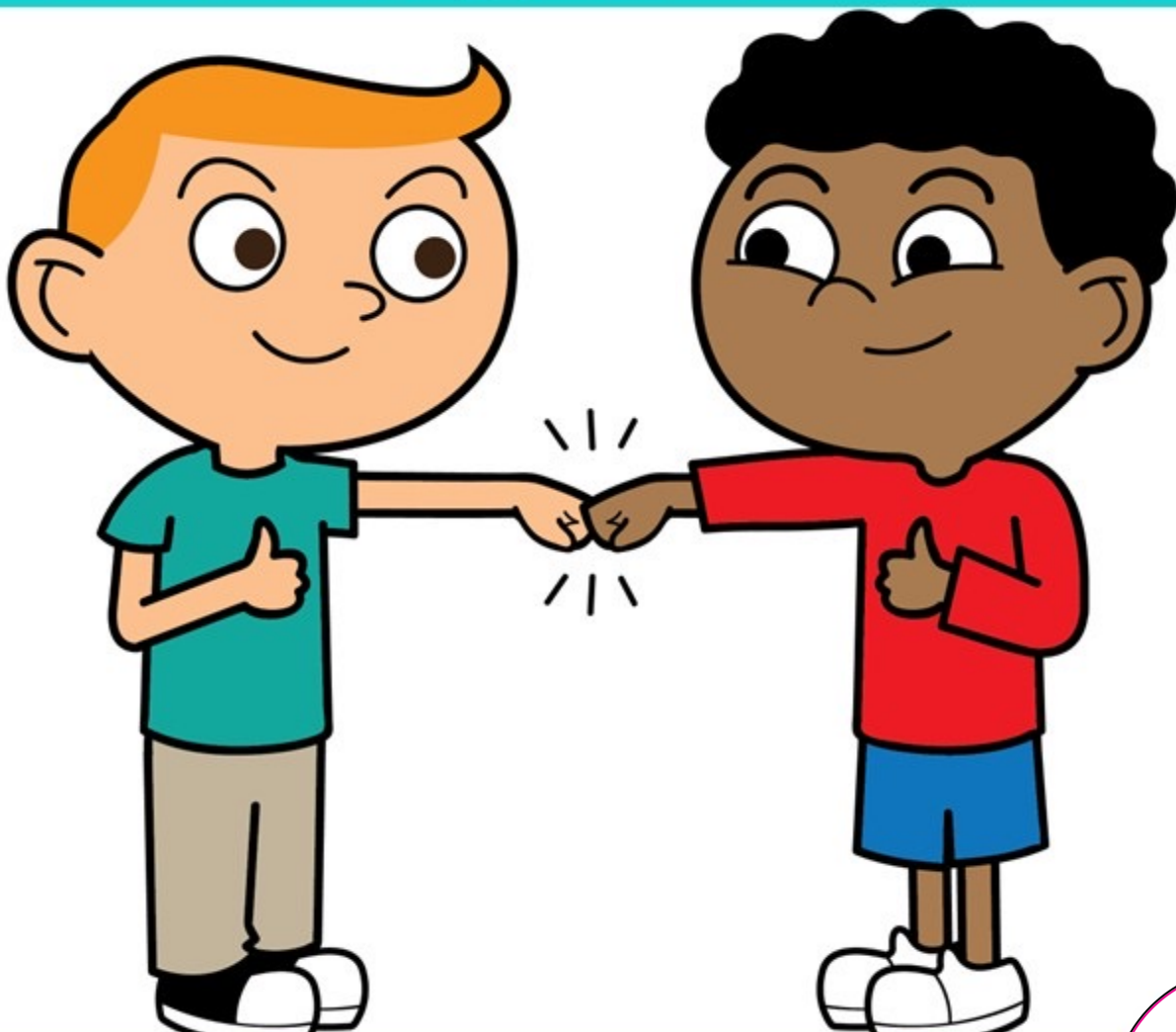


SOCIAL-EMOTIONAL LEARNING

CURRICULUM




9 SEL Lessons



A purple spiral notebook with a silver metal spiral binding is shown in the top right corner. A purple pencil is visible on the left side of the notebook.

NINE SEL LESSONS:

- 1) Identifying Feelings**
 - 2) Coping Skills**
 - 3) Listening Skills**
 - 4) Self-Control**
 - 5) Conflict Resolution**
 - 6) Growth Mindset**
 - 7) Goal-Setting**
 - 8) Test-Taking Tips**
 - 9) Mindfulness**
- 
- A purple pencil is positioned vertically on the right side of the notebook page.

LESSON 1: Identifying Feelings



FRUSTRATED

IN MY MIND I FEEL

- I can't do it
- I'm not enough
- I'm being ignored
- I want to give up
- Overwhelmed

I feel frustrated because I can't figure out this puzzle.

Happy

The boys wouldn't let you sit with them at lunch.

Sad

Micah kept ignoring you..

Excited

Kenny asked you to play sports with him.

DeMario took turns with you on the slide.

You forgot to study for your test!

IDENTIFYING FEELINGS

Happy	Sad	Angry	Frustrated
Nervous	Proud	Surprised	Shocked
Confused	Curious	Confident	Disappointed
Disappointed	Excited	Scared	

NERVOUS

IN MY MIND I FEEL

- Worried
- Scared
- Unsure
- Like I want to escape
- Uncomfortable

IN MY BODY I FEEL

- Sweaty
- Shallow, quick breaths
- My hands shaking
- Cold and clammy
- Butterflies in my tummy

I feel nervous because I have a big test this morning.

LESSON 2: Coping Skills



COPING SKILLS

Help Me with BIG Feelings

Take deep breaths.



Count to 10.



Use fidgets and sensory tools.



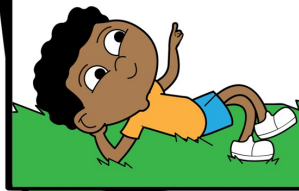
Take a break



Breathe



Relax in nature



Go to Calm Corner



What are COPING SKILLS?

Strategies and techniques to control BIG feelings. calm our body and mind.

TAKE DEEP BREATHS



Take deep breaths. Breathe in through your nose and out through your mouth.

LESSON 3

3

Listening Skills



9 Ways To Be A GREAT LISTENER



Name: Ellie May

LISTENING

Listening looks like:



3 ways to be a great listener:

- ✓ Look at the person
- ✓ Ask questions
- ✓ Nod and say "yes"

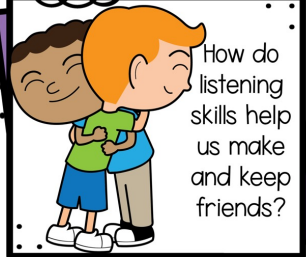
How do listening skills help us learn?



Great listening means:

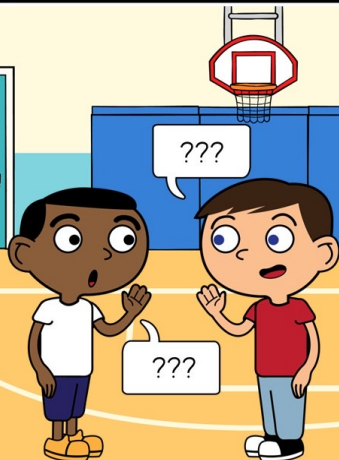
Focusing your eyes on the speaker, not interrupting, waiting your turn, and showing the other person you're listening by asking questions.

How do listening skills help us make and keep friends?



9 Ways To Be A GREAT LISTENER

Ask questions when you don't understand.



GREAT LISTENERS



Wait their turn to share. They do not interrupt.

LESSON 4: Self-Control



How to Practice SELF-CONTROL

<p>Wait your turn to play.</p>	<p>Ignore distractions.</p>	<p>Focus and try your best.</p>
<p>Take deep breaths.</p>	<p>Use a fidget toy.</p>	<p>Count to 10.</p> <p>...8, 9, 10!</p>
<p>Take a break.</p>	<p>Try being present.</p>	<p>Use a timer.</p>

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Carmen interrupted her parents.

Mariah took a break in the Calm Corner.

What is SELF-CONTROL?

The ability to manage your

<p>THOUGHTS</p>	<p>FEELINGS</p>
<p>CHOICES</p>	

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A...

B!

Mario thought it through before speaking.

Laurel caught a bubble in the hallway.

LESSON 5: Conflict Resolution



12 Ways to Resolve CONFLICTS

Calm your body and mind before resolving conflict.



Be an active listener.



Be empathic. Imagine others feel.

CONFLICT RESOLUTION



Use coping skills

Tell them to stop



Forgive others

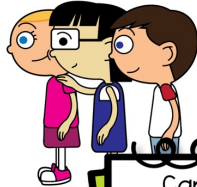
Share, take turns



Try another game

Use I-Messages

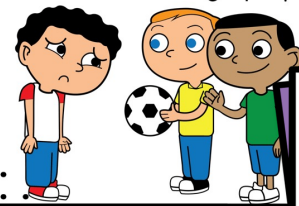
Mei got into Kaily and Finn's personal space.



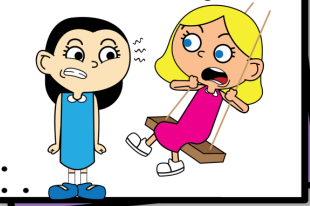
Use an I-Message.



Carlos and August wouldn't let George play.



Carla wouldn't take turns on the swings.



HOW TO RESOLVE CONFLICTS



Calm your body and mind before resolving a conflict. Breathe and use your coping skills.

LESSON

6:

Growth Mindset



FIXED MINDSET

sounds and feels like:

I'm just not good enough.

I avoid challenges -- I'm afraid to fail!

What if I make a mistake? I won't be able to do it!

This is too hard -- I give up!

I stick to things I'm comfortable with.

I'll never be able to do that!

There's too many obstacles in my way!

I can't do this YET, but I will soon!

I face challenges head on.

I won't give up!

I use my imagination!

I can do anything I set my mind to!

Nothing can stop me! I've got this!

I can achieve my goals!

I am motivated!

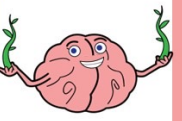
FIXED MINDSET



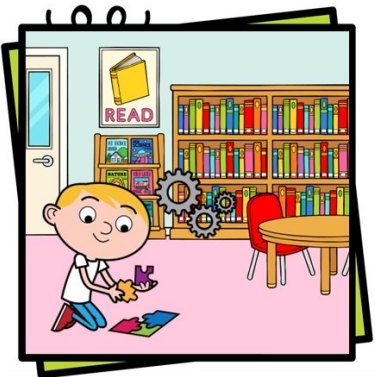
"I avoid challenges...I'm afraid to fail!"



GROWTH MINDSET



"I face challenges head on so that I can learn and grow!"



GROWTH MINDSET

sounds and feels like:

I can't do this YET, but I will soon!

I face challenges head on.

Mistakes help me learn and grow!

I won't give up!

I use my imagination!

I can do anything I set my mind to!

Nothing can stop me! I've got this!

I can achieve my goals!

I am motivated!

GROWTH OR FIXED MINDSET?

I'm afraid to make a mistake.

GROWTH OR FIXED MINDSET?

What if I fail?

GROWTH OR FIXED MINDSET?

I can do anything I set my mind to.

GROWTH OR FIXED MINDSET?

I stick to things I'm comfortable with.

LESSON 7: Goal-Setting



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What is GOAL-SETTING?

Choosing a dream or wish that you want to achieve. Then, making a plan to get there.

Was Joshua's goal realistic? Why or why not?

Illustration of a boy in a blue shirt holding a soccer ball and a gold trophy.

Goal-Setting Step 6: MEASURE PROGRESS

Track your progress. Try a simple chart, a to-do list, or a journal.

Name 2 of Jamal's 9 steps to...

Illustration of a boy in a white shirt holding a clipboard.

Goal-Setting Step 4: BREAK IT DOWN

Break down your goal into smaller steps. This makes it easier to work on and track progress, without getting overwhelmed.

9 Steps to GOAL-SETTING

BRAINSTORM 	CHOOSE 	BE CLEAR
BREAK DOWN 	SET TIMELINE 	MEASURE
CELEBRATE 	BE POSITIVE 	ACHIEVE IT!

How did Jamal help Joshua?

Illustration of two boys, one in a blue shirt and one in a white shirt, talking.

What was one of the steps that Joshua took to achieve his goal?


Illustration of a boy in a blue shirt standing next to a step chart with a target at the top.

Illustration of a boy in a green shirt sitting at a desk, thinking. A thought bubble above him contains a target icon. In the background, there are yellow lockers and a door.

LESSON 8: Test-Taking Tips



Test-Taking Tip #1
GET ENOUGH SLEEP
 Go to bed on time the night before a big test.

What are two positive thoughts that can help you during a test?


Test-Taking Tip #4
READ DIRECTIONS
 Read the test directions very carefully.


What helps you feel more confident about taking tests?



Test-Taking Tip #6
STAY ORGANIZED
 Keep your desk space tidy and organized.

TEST-TAKING TIPS

 Get enough sleep	 Eat breakfast	 Be on time	 Read directions
 Easy questions first	 Stay organized	 Ask questions	 Drink water
 Calm your nerves	 Take breaks	 Think positive	 Look for key words
 Eliminate wrong answers	 Take your time	 Check your work	 Put in perspective

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What do you do if you don't know an answer to a question on a test?


What are some things you do to prepare for a test?




LESSON 9: Mindfulness



What is MINDFULNESS?
The practice of being present in the "here and now."

Ways to Practice MINDFULNESS

- Focus on what you see around you.
- Pay attention to your breathing.
- Focus on what you hear around you.
- Admire the world around you.
- Practice yoga and stretch.
- Journal and write.
- Draw, paint, create.
- Focus on what you smell around you.
- Take a deep breath in. Then, take a long, gentle breath out as if you were blowing a bubble.
- Take in the beauty of nature.
- Focus on your senses. What do you hear around you?
- Pretend that your finger is a candle. "Smell" the candle and breathe in and out.
- Pay special attention to your breathing.
- Draw a rainbow. Trace each color with your finger. Breathe in and out as you change colors.
- Draw or paint. Focus your mind on creativity and color.
- Focus on your senses. What do you see around you?

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