

Social Emotional Learning Lesson Information

In an effort to ensure that Central Elementary School parents/guardians have all of the information needed regarding Social Emotional Learning(SEL) lessons being taught, we are providing lesson topics by grade level below. If you feel uncomfortable with any of the lesson topics, it is your right as a parent/guardian to opt your child out of that particular lesson. If you choose to opt your child out of a lesson, please be sure to communicate this decision with your child's teacher. We encourage parents/guardians to discuss with their children what they are learning through the SEL lessons. For the first 13 days, in conjunction with the lessons each day, your child will be adding to their SEL Toolkit. You are an integral part of your child's education, and we appreciate your support in this process.

Week of September 14-18, 2020

Grade Level	Date or Subject	Topic
PK-2	September 14	Respect for Others/Relationship Building
PK-2	September 15	Respect for Others/Relationship Building/Empathy
PK-2	September 16	Relationship Building/Teamwork
PK-2	September 17	Identifying Emotions
3-5	September 14	Respect for Others/Relationship Building
3-5	September 15	Respect for Others/Relationship Building
3-5	September 16	Respect for Others/Relationship Building/Empathy
3-5	September 17	Respect for Others/Relationship Building/Empathy

Week of September 21-25, 2020

Grade Level	Date or Subject	Topic
PK-2	September 21	Regulating Emotions/Stress Management
PK-2	September 22	Identifying Emotions/Empathy
PK-2	September 23	Identifying Emotions/Respect for Others
PK-2	September 24	Empathy/Relationship Building
3-5	September 21	Regulating Emotions/Stress Management
3-5	September 22	Relationship Building/Teamwork
3-5	September 23	Identifying Emotions
3-5	September 24	Empathy/Relationship Building/Respect for Others

K-2 SEL Toolkit Components

- Design your own cubby
- Emotions wheel
- 5 competencies and “I will” statements
 - Self-Awareness
 - Self-Management
 - Social Awareness
 - Relationship Skills
 - Responsible Decision-Making
- Coping skills
- Understanding others’ feelings
- SEL superhero shield

3-5 SEL Toolkit Components

- Virtual cubby
- Feelings chart
- 5 competencies & “I will” statements
 - Self-Awareness
 - Self-Management
 - Social Awareness
 - Relationship Skills
 - Responsible Decision-Making
- Understanding others’ feelings
- Coping strategies challenge
- SEL superhero shield