



Elementary School Schedule




Week of October 23	Project KIND Kickoff	
Oct. 30-Nov. 3	Gratitude	Week 1
Nov. 6-10	Gratitude	Week 2
Nov. 13-17	Gratitude	Week 3
Nov. 27-Dec.1	Gratitude	Week 4
Dec. 4-8	Empathy	Week 1
Dec. 11-15	Empathy	Week 2
Dec. 18-22	Empathy	Week 3
Jan. 8-12	Perseverance	Week 1
Jan 15-19	Perseverance	Week 2
Jan. 22-26	Perseverance	Week 3
Jan. 29- Feb 2	Perseverance	Week 4
Feb. 5-9	Honesty	Week 1
Feb. 12-16	Honesty	Week 2
Feb. 19-23	Honesty	Week 3
Feb. 26- Mar. 1	Honesty	Week 4
Mar. 4-8	Cooperation	Week 1
Mar. 18-22	Cooperation	Week 2
Mar. 25-29	Cooperation	Week 3
Apr. 1-5	Courage	Week 1
Apr. 8-12	Courage	Week 2
Apr. 15-19	Courage	Week 3
Apr. 22-26	Courage	Week 4
Apr. 29- May 3	Creativity	Week 1
May 6-10	Creativity	Week 2
May 13-17	Creativity	Week 3
May 20-23	Creativity	Week 4



Scope & Sequence

Purposeful
People

PK - 5th Grade

	 Be Kind social skills	 Be Strong executive functioning	 Be Well emotion regulation
Pre-K/ Kinder	Listening - Understand the importance of listening and practice Strong Listening . <ul style="list-style-type: none"> • Our eyes are ready • Our ears are listening • Our brains are focused • Our hearts are caring 	Following Directions - The ability to follow what an adult is telling you to do and practice following a 3-step instruction model : <ul style="list-style-type: none"> • Pay attention • Ask questions for understanding • Follow directions the first time 	Identifying Emotions -: The ability to notice & name my own emotions. Focus skills: <ul style="list-style-type: none"> • Name and use 4 emotion words
1st grade	Friendship - The ability to make and keep friends. Skills: <ul style="list-style-type: none"> • Understanding how my actions impact others • Communicating with Kindness 	Focusing - Focusing: Maintain attention and effort until a task is complete. Strategies: <ul style="list-style-type: none"> • Strong Listening • Ignoring distractions • Thought awareness 	Emotion Awareness -: Understand what I feel and how it impacts myself or others. Skills: <ul style="list-style-type: none"> • Identify body cues and physical feelings • Use emotion vocabulary correctly
2nd grade	Understanding Conflict Resolution - Identify a conflict and work towards solving it. Strategies: <ul style="list-style-type: none"> • Is the conflict big or small? • Name your emotion • Talk it out, move it out, breathe it out 	Engagement - Being an active participant in school. Skills: <ul style="list-style-type: none"> • Leading, contributing, & collaborating in groups • School and community involvement • Building positive relationships 	Emotion Regulation - The ability to manage and respond to situations that trigger emotions. Strategies: <ul style="list-style-type: none"> • Breathe It Out • Move It Out • Talk It Out
3rd grade	Perspective-Taking - To consider a situation from another person's point of view. Skills: <ul style="list-style-type: none"> • Work to understand others' thoughts & feelings • Consider how to respond after understanding other people's point of view 	Flexible Thinking: The ability to adapt to new situations and challenges. Skills: <ul style="list-style-type: none"> • Finding multiple solutions to problems • Handling unplanned changes in schedules or situations 	Emotion Advocacy: To appropriately share how I feel and ask for what I need. Skills: <ul style="list-style-type: none"> • I-Statements: I feel ___ when ___ and I would like ___. • Use emotion vocabulary correctly
4th grade	Practicing Conflict Resolution: The ability to find peaceful solutions. Skills: <ul style="list-style-type: none"> • Identify and determine size of problem • Communicate emotion • Make a choice to resolve the conflict 	Organization: Keeping track of time, tasks, and things (using the 3T's model-Time, Tasks, Things). Skills: <ul style="list-style-type: none"> • Time management (prioritize & plan) • Organizing materials 	Positive Self-Talk: Turn unhelpful thoughts into more helpful thoughts. Skills: <ul style="list-style-type: none"> • Notice the unhelpful thoughts in response to a situation • Turn them into more helpful thoughts
5th grade	Leadership: The ability to positively influence and support others. Skills: <ul style="list-style-type: none"> • Positively influence others • Role model what it looks like to be a positive member of the class or school. 	Goal Setting: Setting an important target that you can work towards. Skills: <ul style="list-style-type: none"> • Target - Set a goal and visualize the result • Obstacles - Anticipate and plan for them • Plan - Plan at least 3 action steps 	Stress Management: Learn and use strategies for coping with stress. Skills: <ul style="list-style-type: none"> • Notice the body's reaction to feeling stress • Create plans and practice strategies to regulate stress amd/or prevent stress

Pre-K

Scope & Sequence

Trait	Week 1	Week 2	Week 3	Week 4
Respect	<u>Classroom Respect Agreement</u> Students will create a classroom agreement on how to show Respect.	<u>Whole Body Listening</u> Students will show Respect by practicing Whole Body Listening with a partner.	<u>Respect Role Playing Game</u> Students will practice showing Respect in different scenarios through role-playing.	<u>Respect Location Cards</u> Students will discuss how to show Respect in different locations of the school
Responsibility	<u>Be Responsible</u> Students will identify Responsibility by showing what following directions looks like, sounds like, and feels like.	<u>Follow the Responsible Leader</u> Students will practice Responsibility by reviewing Whole Body Listening and playing a game.	<u>Question Mania</u> Students will practice asking questions for understanding.	<u>Stop & Start: Responsible Choices</u> Students will demonstrate Responsibility by following directions the first time.
Gratitude	<u>Gratitude Journal</u> Students will identify things they are Grateful for and the emotions they feel about them.	<u>Grateful for Emotions</u> Students will practice identifying and showing emotions.	<u>Emotion Charades</u> Students will build their emotion vocabulary and learn to interpret the feelings of others.	<u>Gratitude Surprise</u> Students will surprise someone in the school to show them Gratitude.
Empathy	<u>Listening with Terra</u> Students will demonstrate Whole Body Listening with Empathy.	<u>4 Kind Corners</u> Students will identify a variety of ways to show Kindness to each other.	<u>Our Empathy Book</u> Students will create an Empathy book that shows how classmates show Empathy.	<u>What Can You Say?</u> Students will practice Empathy by using Whole Body Listening and Kind words.
Perseverance	<u>Balancing Act</u> Students will identify Perseverance by planning what to do when they are stuck.	<u>Made by Mistakes</u> Students will grow in Perseverance by turning mistakes into opportunities.	<u>The Floor is Lava</u> Students will use Perseverance by overcoming obstacles.	<u>Do 3 Things</u> Students will show Perseverance by practicing following 3-step directions.
Honesty	<u>Honest "I-Statements"</u> Students will practice identifying and sharing emotions.	<u>Honest Roll</u> Students will practice identifying and sharing emotions using Honest I-Statements.	<u>Colors of Emotion</u> Students will explore Honesty by recognizing and sharing emotions with others.	<u>Red Light, Green Light</u> Students will review the trait Honesty and play a game to practice telling the truth.
Cooperation	<u>Classroom Cooperation Circle</u> Students will use Cooperation to work together to keep balloons from touching the ground.	<u>Cooperative Counting Game</u> Students will work together to practice listening and Cooperation in a counting game.	<u>Cooperate to Pass the Ball</u> Students will use Cooperation skills to problem-solve and move a ball around the circle.	<u>Cooperation Artwork Challenge</u> Students will practice paying attention and Cooperating as a class to create a piece of art.
Courage	<u>Badge of Courage</u> Students will recognize Courage when trying new things.	<u>I Spy Some Courage</u> Students will show Courage by learning how to ignore distractions and pay attention.	<u>Superhero Courage</u> Students will explore how they feel when using Courage by demonstrating their own Superhero Courage.	<u>Courage In Our Community</u> Students will attribute Courage to making a difference in our community by Following Directions for including others.
Creativity	<u>Illustrate Emotions</u> Students will focus on emotions as they practice Creativity through drawing.	<u>Emotive Animals</u> Students will practice their Creativity while pretending to be different animals experiencing a variety of emotions.	<u>Complete the Picture</u> Students will practice their Creativity by drawing a picture with 2 given lines.	<u>Creative Thinking</u> Students will practice their Creativity by imagining what else objects could be.

Kindergarten

Scope & Sequence

Trait	Week 1	Week 2	Week 3	Week 4
Respect	<u>What does Respect Mean to Us?</u> Students will learn Whole Body Listening skills and create a classroom Respect agreement.	<u>Kindness Mission</u> Students will review Whole Body Listening and create cards of Kindness and Respect.	<u>How Well Can We Listen?</u> Students will review and practice Whole Body Listening to complete an independent project.	<u>Differences Among Us</u> Students will practice showing Respect to those that are different from them.
Responsibility	<u>Thumbs Up, Move Up</u> Students will show Responsibility by learning what following directions looks like, sounds like, and feels like.	<u>Responsible Listening</u> Students will practice Responsibility by following directions using their listening skills through guided drawing.	<u>20 Questions</u> Students will practice Responsibility by demonstrating how to ask questions for understanding.	<u>Rolling Responsibility</u> Students will practice following 2 and 3-step directions working with a partner.
Gratitude	<u>Moving Emotions</u> Students will identify what emotion they might feel in different situations.	<u>Gratitude Roll</u> Students will understand emotions associated with Gratitude, practicing Gratitude through a variety of prompts.	<u>Gratitude Surprise</u> Students will surprise someone in the school to show them Gratitude.	<u>Gratitude Wall</u> Students will show what they have learned about Gratitude by making a Gratitude Wall.
Empathy	<u>Picture It</u> Students will identify and practice the traits of an Empathetic Listener.	<u>Kindness Jerseys</u> Students will discuss what Kindness looks, sounds, and feels like and create personal Kindness goals.	<u>Listening To People's Feelings</u> Students will practice Whole Body Listening to connect with other people's feelings.	<u>Empathy Detectives</u> Students will practice identifying emotions and putting Empathy into action.
Perseverance	<u>Perseverance or Not?</u> Students will hear scenarios and determine if the person showed Perseverance or not.	<u>Maze Mania</u> Students will work as a class to find the correct path on a maze and learn that mistakes are opportunities to learn.	<u>The Perseverance Push</u> Students will learn about Persevering through obstacles as they work together through different stations.	<u>Musical Chairs</u> Students will follow the directions of musical chairs and use Perseverance as they work to stay in the game.
Honesty	<u>Being Bree</u> Students will practice identifying and showing emotions.	<u>Re-mEmber</u> Students will learn 4 emotion vocabulary words and practice showing Honesty when sharing their feelings.	<u>Sad and Glad</u> Students will discuss 8 emotion vocabulary words and create visuals of those emotions with a partner.	<u>Honesty Review</u> Students will determine if a situation is Honest or dishonest and identify emotions one might feel in situations.
Cooperation	<u>Secret Agent Listening Game</u> Students will practice their listening skills as they Cooperate to pass along a secret message.	<u>Silent Toss</u> Students will put Cooperation skills like communication and attention into practice in a ball-toss challenge.	<u>Cooperation Scavenger Hunt</u> Students will Cooperate in teams to complete a scavenger hunt.	<u>Paper Chain Challenge</u> Students will use Cooperation skills and serve in specific group roles in order to create a paper chain as a team.
Courage	<u>Courage Up</u> Students will follow directions as they learn ways to use Courage to try new things.	<u>The Courage to Ignore</u> Students will practice skills to handle distractions while following directions.	<u>Courageous Talk</u> Students will practice using Courage to ask for help from others.	<u>Courage to Include</u> Students will show Courage by practicing the three steps to include others.
Creativity	<u>What If</u> Students will identify emotions they might feel in various scenarios and plan their reactions.	<u>Creative Feelings</u> Students will practice identifying emotions with a partner by Creatively drawing a picture.	<u>Emotion Motion</u> Students will review emotions while practicing Creativity through art and dance.	<u>Do-dads & Tinkers</u> Students will create something with a small group that can be used to help others and identify their emotions during different stages of the task.

1st Grade		Scope & Sequence		
Trait	Week 1	Week 2	Week 3	Week 4
Respect	<u>Classroom Respect Agreement</u> Students will learn and practice listening skills and create a classroom Respect agreement.	<u>Classroom Puzzle</u> Students will discover the importance of individuality and how they come together to make a connected group.	<u>Red, Yellow, Green Light</u> Students analyze scenarios to determine if they are bad signs, warning signs, or good signs in a friendship.	<u>Wrinkled Heart</u> Students will identify how words and actions affect others in a positive or negative way.
Responsibility	<u>EveryBODY is Responsible</u> Students will learn ways to practice Responsibility with their hands, feet, ears, eyes, and mouths.	<u>Distraction Action</u> Students will explore what it feels and looks like to manage distractions.	<u>Distraction Decision</u> Students will practice anticipating and overcoming distractions to better focus on Responsibilities.	<u>Shapes & Self-Monitoring</u> Students will identify and describe ways to be Responsible by self-monitoring to stay focused on important tasks.
Gratitude	<u>Musical Emotion Cards</u> Students will practice identifying and communicating how they would feel in different scenarios.	<u>Give Gratitude a Hand</u> Students will identify and share different things they are Grateful for.	<u>Emotion Commotion</u> Students will make a plan for how to respond and act when feeling certain emotions.	<u>Attitude of Gratitude</u> Students will reflect on a time they have felt Grateful and identify their emotions during that time.
Empathy	<u>How Is My Friend Feeling?</u> Students will discuss and practice recognizing how other people could feel in different situations.	<u>The Friendship Chain</u> Students will create a list of friendship skills and reflect on their own strengths and areas to grow.	<u>Friendship BINGO</u> Students will practice showing Empathy during conflict with friends.	<u>Share the Stage</u> Students will practice positive listening skills with friends.
Perseverance	<u>Memory Madness</u> Students will explore different Focusing strategies, then put their Focusing abilities to the test in a memory game.	<u>Picking Up Perseverance</u> Students will discuss different types of distractions, then practice overcoming distractions using Perseverance.	<u>Learning from Our Mistakes</u> Students will practice learning from mistakes as they face a challenge	<u>Persevere with Perseverance!</u> Students will demonstrate Perseverance and focus while working with a team to correctly spell the word Perseverance.
Honesty	<u>Honesty Tic-Tac-Toe</u> Students will share examples of Honesty and how it makes them feel while playing a game.	<u>Stop or Go</u> Students will identify whether or not a scenario is Honest and discuss ways to show Honesty.	<u>Honest-I</u> Students will practice using I-Statements to be Honest about their feelings.	<u>Filter Out Unkind Words</u> Students will decide whether certain Honest thoughts should be kept inside their minds or said out loud.
Cooperation	<u>Build A Story</u> Students will work Cooperatively to help each other create a story from an image.	<u>Just Listen, Don't Look!</u> Students will practice Cooperation by focusing on communication skills such as giving clear instructions & listening.	<u>The Ant and the Dove</u> Students will Cooperate in a way that helps others achieve a common goal.	<u>Sneak a Peek</u> Students will practice the communication skills needed to Cooperate with others.
Courage	<u>Going on a Focused Bear Hunt</u> Students will learn to apply focusing strategies by Going on a Bear Hunt.	<u>Would You Rather</u> Students will choose between different situations that require Courage and explain their responses.	<u>Super Courage</u> Students will set a Courage goal to try something new and share it with a partner.	<u>Courage Showcase</u> Students will create a class art piece that demonstrates everything they have learned about Courage and focusing.
Creativity	<u>3D Emotions</u> Students will review emotion awareness and work in groups to Creatively show their understanding.	<u>Emotion Map</u> Students will identify emotions using Creativity to design an Emotion Map.	<u>Learning To Love Limits</u> Students will produce Creative works of art using limiting instructions.	<u>This is a What?</u> Students will practice Creative thinking and problem solving.

2nd Grade

Scope & Sequence

Trait	Week 1	Week 2	Week 3	Week 4
Respect	<u>Create a Class Respect Agreement</u> Students will create detailed guidelines based on Respect to build a positive classroom environment.	<u>Solve the Size</u> Students will practice naming the conflict and recognizing the size of the conflict.	<u>Communication Connection</u> Students will practice communicating with Respect using I-Statements.	<u>Apples Don't Fall Far From the Tree of Choices</u> Students will identify ways to resolve conflict using the Tree of Choices.
Responsibility	<u>Community Circle Agreements</u> Students will discuss and demonstrate what a Responsible community circle looks like.	<u>Engage in Community Circle</u> Students will show Responsibility by reviewing community circle agreements and engaging in a community circle.	<u>ResponsiBINGO</u> Students will come up with actions that demonstrate Responsibility at school.	<u>Team Scavenger Hunt</u> Students will demonstrate how having a specific Responsibility impacts others.
Gratitude	<u>Grateful Guessing</u> Students will practice expressing Gratitude as a way to regulate emotions.	<u>Grateful To Be Me</u> Students will identify different things they are Grateful for and proud of within themselves.	<u>Gratitude Collage</u> Students will express what they are Grateful for by making a Gratitude Collage.	<u>Gratitude Balloon</u> Students will understand how feelings of Gratitude can help them balance out big emotions.
Empathy	<u>Sort the Situation</u> Students will identify a problem and determine if it is big or small.	<u>Grow with Kindness</u> Students will identify what grows Kindness and what does not.	<u>Partner Drawing</u> Students will practice Empathy with each other when working through challenges.	<u>What's the Solution?</u> Students will practice using Empathy to resolve conflict.
Perseverance	<u>Decision Time</u> Students will show engagement by being active learners of the character trait Perseverance.	<u>Improving our World!</u> Students will reflect on ways to engage in the world to make it a better place and create a plan with a partner.	<u>Exploring Roles</u> Students will engage in small groups with specific roles to create a mascot for Perseverance.	<u>A Structure of Perseverance</u> Students will Persevere and engage in group roles to build the tallest structure they can.
Honesty	<u>What's Your Superpower?</u> Students will identify ways to show Honesty by evaluating strengths they can use to feel more confident and focused.	<u>Honest with Our Emotions</u> Students will practice Honesty while identifying emotions and discussing strategies to regulate emotions.	<u>Redesign Regulation</u> Students will identify emotions that make it hard to be Honest and practice strategies to regulate those emotions.	<u>Emotional Regulation Game</u> Students will learn about and try out different strategies that would help with regulating emotions.
Cooperation	<u>Collaborative Drawing</u> Students will practice Cooperation skills like sharing ideas and taking turns while drawing collaboratively.	<u>Music To My Ears</u> Students will Cooperate to create music using different sounds.	<u>Animal Cooperation</u> Students will Cooperate while working with classmates to create a new animal.	<u>Chain of Strength</u> Students will create a chain to showcase their individual strengths.
Courage	<u>Gallery of Courage</u> Students will use visualization skills to create a Gallery of Courage that shows each student engaging in something Courageous.	<u>Tower of Courage</u> Students will engage in a small group challenge by sharing their ideas and encouraging others.	<u>Engaging with Powerline</u> Students will evaluate their overall classroom engagement, then work together to create fun reminders to improve engagement.	<u>Courage Charades</u> Students will engage in Courage Charades through acting out and identifying different acts of Courage.
Creativity	<u>Not a Box</u> Students will think Creatively to generate unique coping strategies.	<u>Statues of Strategies</u> Students will identify and practice using movement regulation strategies.	<u>Labyrinths & Long Exhales</u> Students will identify and practice breathing regulation strategies.	<u>Emotion Elements Theater</u> Students will act out the different emotional elements and ways to regulate emotions.

3rd Grade

Scope & Sequence

Trait	Week 1	Week 2	Week 3	Week 4
Respect	<u>Create a Class Respect Agreement</u> Students will work collaboratively to create a classroom Respect Agreement.	<u>Respectful Recipe</u> Students will discover and identify how to show Respect through creating a recipe.	<u>See The Good</u> Students will practice Respect by identifying the good in others.	<u>Guess & Check</u> Students will practice perspective-taking by guessing someone else's point of view and then checking their guess.
Responsibility	<u>Responsibility in All Forms</u> Students will identify a variety of ways in which they can show Responsibility in specific situations.	<u>Responsibility TOPs the Charts</u> Students will explore TOP goals and create a Mountain TOP Goal for themselves.	<u>Response – Ability</u> Students will identify obstacles or challenges related to goal setting and practice flexible thinking.	<u>Plan Into Action</u> Students will work in groups to create skits about flexible thinking, goal setting, and Responsibility.
Gratitude	<u>Collaborative Drawing</u> Students will identify emotions and explain why they are Grateful for their emotions.	<u>Moving the Scale to Gratitude</u> Students will find reasons for Gratitude in disappointing situations.	<u>What's In My Control?</u> Students will understand how they have control over big emotions and can advocate for help.	<u>Gratitude Scavenger Hunt</u> Students will create a poster of Gratitude using I-statements to express what they are thankful for.
Empathy	<u>Read the Cues</u> Students will practice understanding and connecting with other people's feelings.	<u>A Map of Kindness</u> Students will create a school map of Kindness that includes how they will show Kindness around the school.	<u>The Other Side</u> Students will explore and identify different perspectives and understand perspective-taking.	<u>Climbing the Tree of Choices</u> Students will apply Perspective-Taking to conflict resolution strategies in the Tree of Choices.
Perseverance	<u>Personal Best</u> Students will practice Perseverance by breaking down goals and action items.	<u>Grouping Game</u> Students will implement ideas on what to do when they are stuck while working on a challenging task.	<u>Persevere or Procrastinate?</u> Students will contrast Perseverance with procrastination, then use flexible thinking to adjust plans as needed.	<u>Toss Across</u> Students will integrate Perseverance with flexible thinking to adapt to new challenges in a game.
Honesty	<u>Fiery Feelings</u> Students will build emotion vocabulary by analyzing the feelings associated with Fire & create I-Statements.	<u>My Earthy Essence</u> Students will build emotion vocabulary by analyzing the feelings associated with Earth & create I-Statements.	<u>Up in the Air</u> Students will get Honest about their feelings by creating and sharing I-Statements on paper airplanes.	<u>Water Ways</u> Students will explore the Water emotions, evaluate situations, and create an I-Statement.
Cooperation	<u>Spiderman vs. Superman</u> Students will look at other people's perspectives and practice Respectful, persuasive communication skills.	<u>Collaborative Storybooks</u> Students will Cooperate and share their perspectives to create a picture and story to go with it.	<u>Cooperation Relay</u> Students will practice Cooperation by completing challenges to get the from point A to point B.	<u>Hot Seat</u> Students will Cooperate with one another in order to help their teammates guess hidden words.
Courage	<u>Courage Comic Strip Adventures</u> Students will develop flexible thinking skills to help us demonstrate Courage to do what is right, even when it's hard.	<u>Courage With Change</u> Students will explore how Courage and Flexible Thinking skills can be used when they experience change.	<u>Connections: Comfort or Courage?</u> Students will use Courage and Flexible Thinking when stepping outside of their comfort zone in social connections.	<u>Mountain TOP Goals</u> Students will set Courageous character TOP goals and make a plan for flexible thinking.
Creativity	<u>Creative Solutions</u> Students will apply a formula for Creative problem-solving, empowering them to advocate for their needs.	<u>Mixed Up Emotions</u> Students will learn about mixed emotions and how to Creatively express how they feel.	<u>Creative Categories</u> Students will show Creativity advocating for themselves after the game.	<u>Creative Expression</u> Students will create an emotion mind map and share it with a small group.

4th Grade

Scope & Sequence

Trait	Week 1	Week 2	Week 3	Week 4
Respect	<u>Create A Class Respect Agreement</u> Students will create detailed guidelines based on Respect to build a positive classroom environment.	<u>Respect, Lights, Camera, Action!</u> Students will create a skit or a graphic novel page that shows how to resolve conflict Respectfully.	<u>The Power in Our Differences</u> Students will practice appreciating, learning from, and Respecting other people's opinions and ideas.	<u>A Scenario of Respect</u> Students will use scenarios to discuss how to show Respect to others during conflict.
Responsibility	<u>How Organized Are You?</u> Students will assess the importance of organization and learn the 3 T's model.	<u>Telling Time</u> Students will put time-management skills into practice to grow in Responsibility.	<u>All of the Things!</u> Students will determine the importance of organizing their things and choose organization strategies.	<u>Big Goals, Small Steps</u> Students will learn how to organize tasks to achieve their goals.
Gratitude	<u>Talking to Ourselves...About Gratitude</u> Students will use positive self-talk to put Gratitude into practice.	<u>Gratitude for Me and You</u> Students will express Gratitude to others and to themselves, creating tools for practicing positive self-talk.	<u>Mirror, Mirror, Flip!</u> Students will practice reframing negative self-talk to positive self-talk.	<u>Posting Positivity</u> Students will share Gratitude and positive self-talk with others in the school community.
Empathy	<u>Resolving Conflict with the Tree of Choices</u> Students will learn to use the 3 steps in The Tree of Choices to resolve conflict.	<u>Fingerprints of Kindness</u> Students will learn about and plan 3 ways to practice meaningful Kindness.	<u>I-Statements</u> Students will learn how to use I-Statements to communicate emotions.	<u>Resolving Conflicts In Action</u> Students will learn that we may have different opinions and that at times we must agree to disagree.
Perseverance	<u>Over the Top Organization</u> Students will practice breaking down large goals into smaller action items.	<u>Let's Play 3T's!</u> Students will learn and practice the If...Then strategy for facing organizational obstacles by playing a game.	<u>Top Priority</u> Students will practice organizing tasks by learning to prioritize.	<u>3T's - Your Way</u> Students will synthesize organization skills and Perseverance to create their own 3T's game.
Honesty	<u>Who To Listen To?</u> Students will play a game to practice choosing helpful, Honest thoughts that lead to positive actions.	<u>Act it Out with Honesty</u> Students will determine how to respond to various situations with positive self-talk and Honesty.	<u>Reframe It!</u> Students will work together to reframe negative thoughts.	<u>Positively Honest</u> Students will practice positive Honesty by creating posters that encourage others.
Cooperation	<u>Cooperation Cup Challenge</u> Students will Cooperate and apply conflict resolution strategies to complete a challenge as a team.	<u>Cooperative Act It Out</u> Students will work in groups to complete a short skit about Cooperation using I-statements to resolve conflict.	<u>Cooperation Flag</u> Students will work Cooperatively to create a flag representing each group member as well as something they have in common.	<u>Let's Play the Conflict Game!</u> Students will work Cooperatively to answer questions during an interactive game resolving conflicts.
Courage	<u>Courage to Dream</u> Students will identify how Courage is used to reach their Character goals by creating and executing a plan.	<u>Creating Time For Others</u> Students will organize their time to create space to grow relationships with others.	<u>Time = Values</u> Students will use Courage by planning a schedule that reflects their values.	<u>Let's Get Organized</u> Students will help create a rubric for organizing their things, then put their skills into practice.
Creativity	<u>Looking Back to Look Ahead</u> Students will create a collage of memories from their lives and add positive self-talk statements to each.	<u>Positive Self-Talk Project</u> Students will use Creativity to create a positive self-talk project.	<u>Creatively Positive</u> Students will use Creativity to make a positive self-talk tool.	<u>Timelines</u> Students will practice using positive self-talk by creating a project for their future selves.

5th Grade

Scope & Sequence

Trait	Week 1	Week 2	Week 3	Week 4
Respect	<u>Respect Agreements</u> Students will create detailed guidelines based on Respect to build a positive classroom environment.	<u>Respect For Self and Others Online</u> Students will reflect on how they can show Respect while using social media.	<u>Our Words Stick</u> Students will learn how words can impact others & apply the 3-1 rule to outweigh negative words with positive.	<u>The Compliment Project</u> Students will practice how to give effective, meaningful compliments as a leadership strategy.
Responsibility	<u>Mountain TOP</u> Students will explore TOP Goals and create a Mountain TOP Goals poster	<u>Co-Climbing The Mountain</u> Students will work in groups to create a TOP Goals plan for achieving various Responsibility goals.	<u>A Matter of Time</u> Students will evaluate the way they spend their time and build time-management skills.	<u>You Can Count on Me</u> Students will create meaningful TOP Goals and establish accountability partners.
Gratitude	<u>Cooking Up Some Calm</u> Students will evaluate stress management tools by creating a Gratitude recipe for coping with stress.	<u>Unexpected Gratitude</u> Students will practice Gratitude as a way to manage stressful situations.	<u>Who's Your Person?</u> Students will each identify and show Gratitude for a person who can help them manage their stress.	<u>Stress Supports PSA</u> Students will work together to create a Public Service Announcement to communicate ways to manage stress.
Empathy	<u>Leadership Line Up</u> Students will learn to identify the qualities of a good leader and build awareness of their own strengths and areas of growth.	<u>Make Kindness Normal</u> Students will strategize ways to lead the charge to make Kindness normal at school.	<u>Goals that Matter!</u> Students will set goals that will utilize their strengths and interests as leaders to make a difference in the world.	<u>Leading at Home and School</u> Students will practice leadership skills by responding with Empathy to other people's problems.
Perseverance	<u>Overcoming Obstacles</u> Students will demonstrate Perseverance by creating If...Then plans for overcoming obstacles.	<u>Big Plans!</u> Students will learn to make goals more attainable by breaking them into smaller goals.	<u>BHAGs with Purpose, Part 1</u> Students practice Perseverance by setting Big Goals and creating a timeline.	<u>BHAGs with Purpose, Part 2</u> Students will plan for practicing Perseverance by setting Big Goals and creating a timeline.
Honesty	<u>Preventing Stress Honestly</u> Students will understand the connection between stress and dishonesty, using Honesty as a stress-prevention tool.	<u>Honesty With Peers</u> Students will analyze how stress impacts us and discuss how they might manage stress in various situations..	<u>Balancing Act</u> Students will analyze the impact of various stressors and work with a partner to choose a management tool for each.	<u>Lighten Up!</u> Students will explore how stress and dishonesty feel and brainstorm tools for stress management.
Cooperation	<u>A Leader in Action</u> Students will work in groups to create a Profile of a Leader showcasing what a true leader looks like.	<u>Leading Through Conflict</u> Students will collaborate to lead others through positive resolutions to potential conflicts.	<u>Leadership Project, Part 1</u> Students will Cooperate to create recess activities for a younger grade level.	<u>Leadership Project, Part 2</u> Students will Cooperate to create recess activities for a younger grade level.
Courage	<u>Character: Courage or Comfort Zone?</u> Students will reflect on their level of Courage or comfort in a variety of situations that require character.	<u>Corners of Courage</u> Students will explore strategies for practicing Courage to stand up for others.	<u>TOP Character Goals</u> Students will use the TOP Goal model for building out their character goals.	<u>Courage to Try New Things</u> Students will grow in Courage by setting goals around trying new things.
Creativity	<u>Creative Stress-Relief</u> Students will engage in Creative activities of their choice that can help manage stress.	<u>Creating Solutions</u> Students will work together to Creatively solve problems to manage stress proactively and reactively.	<u>Creation Rotation Stations, Part 1</u> Students will rotate through stations to practice critical thinking, Creativity, and stress management strategies.	<u>Creation Rotation Stations, Part 2</u> Students will rotate through stations to practice critical thinking, Creativity, and stress management strategies.