

Empowering Minds: A Social-Emotional Learning Curriculum

Scope and Sequence

Lesson	Lower Elementary (K-2)	Upper Elementary (3-5)	Middle School (6-8)
1st Semester			
1	Coping Skills	I-Statements	I-Statements
2	I-Statements	Mindful Body	Mindful Body
3	Mindful Body	Mindful Listening	Mindful Listening
4	Mindful Listening	Active Listening	Active Listening In Conversations
5	Solving Problems Peacefully	Conflict Resolution: Restorative Questions	Conflict Resolution: Restorative Circles
6	Breathing Buddies	Breathing Basics	The Power of Deep Breathing
7	Mindful Breathing	Mindful Breathing	Mindful Breathing
8	Lizard-Wizard Brain	Lizard-Wizard Brain	The Adolescent Brain
9	Emotional Literacy: Naming Feelings	Emotional Literacy and Mindfulness	Emotional Literacy: Expanding Emotional Vocabulary
10	Body Maps	Mind and Matter	Mind-Body Connection
11	Gratitude	Gratitude	Gratitude
12	Stretch and Grow Your Brain	Neuroplasticity	Neuroplasticity
13	Growth Mindset	Mindset: Fixed vs Growth	Mindset: Fixed vs Growth
14	Mindful Eating	Mindful Eating	Mindful Eating
15	Mind-In-A-Jar	Coping Skills	Coping Skills
2nd Semester			
16	Setting Goals	SMART Goals	Goal Setting: Defining Your Purpose
17	Kindness and Compassion	Compassion for Others	Meeting Injustice with Compassion
18	Self-Compassion	Self-Compassion	Self-Compassion
19	Smart Choices	Cognitive Triad: Reframing Negative Thoughts	Cognitive Triad: Thought Records
20	Positive and Negative Self-Talk	Teflon and Velcro: The Neuroscience Behind Self-Talk	Savoring Positive Experiences: Taking in the Good
21	Growing Your Roots	Dropping Your Anchor	Flow State and Peak Experiences
22	Active Listening	Thoughts, Mindfulness, and Letting Go	Thoughts, Mindfulness, and Letting Go
23	Cooperation	We're All in This Together	Team Building
24	Small Steps to Reach Big Goals	Progress Monitoring Goals	Growth Mindsets for Goal Setting
25	Fair vs. Equal: Celebrating Differences	Fairness and Equality	Neurodiversity and Needs
26	Recognizing Bullying	Dealing with Bullying	Take a Stand on Bullying
27	Mindful Friendships	Social Justice: Examining Privilege	Social Justice: Examining Privilege
28	Saying Goodbye	Healthy Goodbyes	Healthy Goodbyes
29	Mindful Coloring	Mindful Coloring	Mindful Coloring
30	Take Mindfulness with You	Create A Personal Power Phrase	Create Your Own Mindfulness Practice