

SEL Outline_Part 1

Session & Focus	Warm Up Activity	Skill Review	Story & Discussion	Read-Aloud/Video	Writing & Wrap-up
Session 1 <i>Skills for Learning: Focus Attention</i>	Check-in: How are you feeling? Brain Builder: My turn, your turn	Puppet - Pete the Puppy Tell the puppet the 4 listening rules Listening Song	Picture Card: Abraham <i>Focus your attention</i>	Cookie Monster: Whole body listening -pause video to discuss cookie monster actions	How can cookie monster focus his attention? Skill-Practice My turn, your turn

Session	Warm Up Activity	Skill Review	Story & Discussion	Read-Aloud/Video	Writing & Wrap-up
Session 2 <i>Skills for Learning: Following Directions</i>	Check-in: How are you feeling? Brain Builder: My turn, your turn	Puppet - Pete the Puppy & Sammy the Snail Puppets review 4 listening skills Listening Song	Picture Card: Brianna <i>Following Directions</i>	Oh no, George! Cause - Effect Activity	How can you follow directions? Skill-Practice My turn, your turn

Session & Focus	Warm Up Activity	Skill Review	Story & Discussion	Read-Aloud/Video	Writing/Wrap-up
Session 3 <i>Skills for Learning: Self-Talk</i>	Check-in: How are you feeling? Brain Builder: My turn, your turn	Puppet - Pete the Puppy Tell the puppet the 4 listening rules Listening Song	Picture Card: Will <i>Self Talk: Ignoring Distractions</i>	My Mouth is a Volcano Cause & Effect activity	How can you use self-talk to ignore distractions? Skill-Practice My turn, your turn

Session & Focus	Warm Up Activity	Skill Review	Story & Discussion	Read-Aloud/Video	Writing/Wrap-up
Session 4 <i>Skills for Learning: Being Assertive</i>	Check-in: How are you feeling? Brain Builder: Think and Share	Puppet - Pete the Puppy & Sammy the Snail Puppet - Ask the teacher Listening Song	Picture Card: Tiffany <i>Being Assertive</i> Puppet - models how to ask for help	Noni Speaks Up	How did Noni speak up? Skill-Practice Asking for help

Session & Focus	Warm Up Activity	Skill Review	Story & Discussion	Read-Aloud/Video	Writing/Wrap-up
Session 5 <i>Empathy: Identifying Feelings</i>	Check-in: How are you feeling? Brain Builder: Think and Share	Puppet - Pete the Puppy & Sammy the Snail Show Assertiveness Feelings Song	Picture Card: Jharell <i>Identify your feelings</i>	The Way I Feel	I feel happy when... Skill-Practice Feelings Game

Session & Focus	Warm Up Activity	Skill Review	Story & Discussion	Read-Aloud/Video	Writing/Wrap-up
Session 6 <i>Empathy: Looking for More Cues</i>	Check-in: How are you feeling? Brain Builder: Simon Says	Puppet - Pete the Puppy & Sammy the Snail Body Language Feelings Song	Picture Card #1: Julian Picture Card #2: Rita <i>Focus your attention</i>	The Invisible Boy	How can you be kind to others? Skill-Practice Feelings scenario game Empathy Poster

Session & Focus	Warm Up Activity	Skill Review	Story & Discussion	Read-Aloud/Video	Writing/Wrap-up
Session 7 <i>Empathy: Similarities and Differences</i>	Check-in: How are you feeling? Brain Builder: Simon Says	Empathy Poster with puppets Feelings Song Similarities and Differences	Video: Louisha and Sally <i>Similarities and Differences</i>	I'm Happy-Sad Today Or Jabari Jumps (feelings change)	Compare and contrast chart Skill-Practice Feelings scenario game

Session & Focus	Warm Up Activity	Skill Review	Story & Discussion	Read-Aloud/Video	Writing/Wrap-up
Session 8 <i>Empathy: Feelings Change</i>	Check-in: How are you feeling? Brain Builder: Simon Says	Puppet - Pete the Puppy & Sammy the Snail How are the puppets the same and different? Listening Song	Video: Sally & Louisha <i>Feelings Change</i>	Be Kind	How can you be kind to friends at school? Skill-Practice Feelings Scenario

Session & Focus	Warm Up Activity	Skill Review	Story & Discussion	Read-Aloud/Video	Writing/Wrap-up
Session 9 <i>Empathy: Accidents</i>	Check-in: How are you feeling? Brain Builder: Clap and Wait	Puppet - Pete the Puppy & Sammy the Snail Puppet Accidents Feelings Song	Picture Card: Angelo and Will <i>Accidents</i>	It's Okay to Make Mistakes	How can you apologize? Skill-Practice Feelings scenario

Session & Focus	Warm Up Activity	Skill Review	Story & Discussion	Read-Aloud/Video	Writing/Wrap-up
Session 10 <i>Empathy: Showing Care and Concern</i>	Check-in: How are you feeling? Brain Builder: Clap and Wait	Puppet - Pete the Puppy & Sammy the Snail Puppet Compassion Feelings Song	Picture Card: Ben and Dara <i>Showing Care and Concern</i>	Be Kind	Hand Drawing - how can you be kind? Skill-Practice Feelings scenario

Materials Needed

- White Board
- Marker
- OR Paper and Pencil
- Pencil
- Crayons or Colored Pencils
- Scissors
- Glue

*This is a general outline of the activities. Depending how the class responds, we may get through all the listed activities or we may need to slow down to review the concepts. We also may need to adjust based on student interest and need. Any changes will be noted and communicated.