

# Grade 1

## Unit 1: Growth Mindset & Goal-Setting

**CASEL Core Competencies:** Self-Awareness, Self-Management

Lesson Title	Objectives Students will be able to:
<b>Lesson 1</b> Time to Pay Attention	Demonstrate how they pay attention
<b>Lesson 2</b> Everyone Gets Distracted	Name behaviors that would help them pay attention when distracted
<b>Lesson 3</b> You Did It!	Describe how they have gotten better at one skill they've learned
<b>Lesson 4</b> Helpful Thoughts	Suggest helpful thoughts to encourage themselves to keep trying
<b>Lesson 5</b> We Can Do It!	Demonstrate practicing and paying attention—despite mistakes and distractions—to learn something new

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## Unit 2: Emotion Management

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness

Lesson Title	Objectives Students will be able to:
<b>Lesson 6</b> Noticing Feelings	Name one way they can guess how someone feels
<b>Lesson 7</b> Sometimes We Feel Worried	Name a reason for why they think someone feels worried
<b>Lesson 8</b> Feeling Calm	Name a reason for why they think someone feels calm
<b>Lesson 9</b> Feeling Frustrated	Name a reason for why they think someone feels frustrated
<b>Lesson 10</b> Noticing Clues	Label feelings using behavioral and contextual clues and demonstrate a way to feel calm

## Unit 3: Empathy & Kindness

**CASEL Core Competencies:** Self-Awareness, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
<b>Lesson 11</b> The Power of Kind Acts	Describe how kind acts can help people feel good
<b>Lesson 12</b> Ways to Be Kind	Demonstrate two kind acts: asking "Are you okay?" and offering their company
<b>Lesson 13</b> Offering Kind Acts	Demonstrate two kind acts: offering to help and inviting to join
<b>Lesson 14</b> Practicing Kind Acts	With adult support, demonstrate at least one kind act they could do for others
<b>Lesson 15</b> Demonstrating Kind Acts	Demonstrate at least one kind act they could do for others

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## Unit 4: Problem-Solving

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 16</b> How to Say the Problem	State a problem respectfully
<b>Lesson 17</b> Was It an Accident?	Identify problems caused by accidents and demonstrate an appropriate response
<b>Lesson 18</b> Ask for What You Need	Describe what they would want and need to solve a problem
<b>Lesson 19</b> We Can Make It Better	Identify ways to make amends to solve a problem
<b>Lesson 20</b> Solving Problems	Suggest one way to solve a problem