

Grade 3

Unit 1: Growth Mindset & Goal-Setting

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Changing Your Brain	State what happens in their brain when they learn a new skill
Lesson 2 Getting Better with Practice	Describe the connection between their own practice and effort and the changes that happened in their brain
Lesson 3 More Than Practice	Name two additional actions they can take to improve a skill
Lesson 4 Planning for Practice	Make a practice plan with a partner
Lesson 5 Make a Practice Plan	Use a handout to make a practice plan for a skill they want to get better at

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Unit 2: Emotion Management

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 6 Why Emotions?	Suggest an example of information that emotions give them
Lesson 7 How Angry?	Differentiate feeling annoyed, angry, and furious through contextual and behavioral clues
Lesson 8 Take a Break	Recognize when and how to take a break to regulate a strong emotion
Lesson 9 How Happy?	Differentiate feeling content, happy, and excited through contextual and behavioral clues
Lesson 10 Strength of Feelings	Recognize differences between levels of intensity of similar emotions

Unit 3: Empathy & Kindness

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

Lesson Title	Objectives Students will be able to:
Lesson 11 Kindness and Friendship	Identify kind acts that can build a new friendship
Lesson 12 Building a Friendship	Identify kind acts that can make existing friendships stronger
Lesson 13 My Kind of Kindness	Describe different ways people prefer to be shown kindness
Lesson 14 Asking Questions	Ask questions to determine how someone else feels and identify a kind act they might want
Lesson 15 Do Something Kind	Generate kind acts they can do to build a friendship

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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:
Lesson 16 STEP by Step	Recall a process they can use to solve problems (STEP)
Lesson 17 S: Say the Problem	Restate the wants and needs of each person involved in a given problem
Lesson 18 T: Think and E: Explore	Identify whose wants and needs are met by possible solutions
Lesson 19 P: Pick a Solution	Pick a solution for a given problem and explain why they chose it
Lesson 20 Solving a Problem	Solve a given problem using the STEP process