

# Grade 4

## Unit 1: Growth Mindset & Goal-Setting

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

Lesson Title	Objectives Students will be able to:
<b>Lesson 1</b> Setting a Good Goal	Use criteria to identify a class goal
<b>Lesson 2</b> Making a Plan	Make an effective plan to reach a class goal
<b>Lesson 3</b> Checking Our Progress	Evaluate progress toward a class goal so they can make adjustments if needed
<b>Lesson 4</b> Reflecting On Our Journey	Reflect on the goal-setting process
<b>Lesson 5</b> Ready, Set, Goal!	Apply the goal-setting process to a new group goal and reflect on how it went

Grade 4

## Unit 2: Emotion Management

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

Lesson Title	Objectives Students will be able to:
<b>Lesson 6</b> The Balanced Brain	Explain why it is important to manage strong emotions
<b>Lesson 7</b> What Is Rethinking?	Describe the benefits of rethinking a situation
<b>Lesson 8</b> How to Rethink	Use questions to help them rethink given situations
<b>Lesson 9</b> Take Another Look	Rethink a situation they have personally experienced
<b>Lesson 10</b> Rethink It!	Rethink a variety of situations

## Unit 3: Empathy & Kindness

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

Lesson Title	Objectives Students will be able to:
<b>Lesson 11</b> The Same, But Different	Explain different points of view in a given situation
<b>Lesson 12</b> Ask, Listen, Learn	Generate questions a person could ask to better understand someone's point of view
<b>Lesson 13</b> Seeing It Differently	Ask questions to better understand someone's point of view
<b>Lesson 14</b> Changing Your Mind	Explain how understanding someone's point of view could change their own thinking or actions
<b>Lesson 15</b> A New Point of View	Demonstrate taking another person's point of view

Grade 4

## 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> A Good Problem-Solver	Explain what they can do to be a better problem-solver
<b>Lesson 17</b> Saying It Respectfully	Describe a given problem from each person's point of view
<b>Lesson 18</b> Exploring Outcomes	Evaluate possible solutions to a given problem
<b>Lesson 19</b> A Good Solution	Evaluate which solution best solves a problem
<b>Lesson 20</b> STEP into Problem-Solving	Apply the STEP process to solve a problem from each person's point of view