

Grade 5

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 The Right Goal for Me	Identify a personal goal and explain why it is right for them
Lesson 2 My Plan	Make an effective plan to reach a personal goal
Lesson 3 Changing My Plan	Evaluate their progress toward a personal goal so they can adjust their plan if needed
Lesson 4 Time to Reflect	Reflect on their experience of working toward a personal goal
Lesson 5 My 10-Minute Goal	Apply the goal-setting process to a new personal goal and reflect on how it went

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Unit 2: Emotion Management

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

Lesson Title	Objectives Students will be able to:
Lesson 6 Strong Emotions	Give an example of a recurring situation that causes them to feel strong emotions
Lesson 7 What Is Stress?	Identify signs and causes of stress in themselves
Lesson 8 Planning for Change	Identify what a person can think or do differently to manage their strong emotion in a recurring situation
Lesson 9 What Can I Change?	Identify what they can think or do differently to manage strong emotions in a recurring situation
Lesson 10 Making a Change	Identify two things they can change in a recurring personal situation to preemptively manage strong 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 Empathy in the Community	Describe how people used empathy to identify and address a community problem
Lesson 12 What's the Problem?	Identify problems in their community and the people affected
Lesson 13 A Different Point of View	Describe different points of view to build empathy for the people affected by a community problem
Lesson 14 Community Solutions	Evaluate possible solutions to a community problem
Lesson 15 Your Solution	Explain how their solution meets the wants and needs of the people affected by a community problem

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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 Beginning to STEP	Explain how to begin the STEP problem-solving process
Lesson 17 When? Where? Who?	Identify when, where, and with whom to work on different problems
Lesson 18 Solutions Web	Predict whether a potential solution will be successful based on the points of view of everyone involved
Lesson 19 Let's Reflect	Evaluate the outcome of a solution based on how it affected everyone involved
Lesson 20 Putting It All Together	Apply the STEP process and consider the context in which they might best solve the problem