



Woodside Elementary School District: Whole Child Scope and Sequence

[Kindergarten](#)

[1st Grade](#)

[2nd Grade](#)

[3rd Grade](#)

[4th Grade](#)

[5th Grade](#)

[6th Grade](#)

[7th Grade](#)

[8th Grade](#)

Kindergarten

CASEL Competencies:

- Self-Awareness ●
- Self-Management ●
- Responsible Decision-Making ●
- Relationship Skills ●
- Social Awareness ●

DEI Theme Calendar	Community <i>Inclusion, Friendships/ Relationships</i>	Responsibility / Kindness <i>Accountability, Agency</i>	Gratitude <i>Compassion, Perspective Shifting, Humility</i>	Celebration <i>Diversity/ Identity, Traditions</i>	Growth <i>Introspection, Reflection</i>	Respect <i>Peace, Boundaries</i>	Action <i>Equity, Justice, Courage</i>	Dedication <i>Perseverance, Vulnerability</i>	Inspiration <i>Hope, Growth Mindset</i>
	T1			T2			T3		
Core Skills	Lesson			Lesson			Lesson		
Teamwork	<ul style="list-style-type: none"> ● Teamwork Tower Building ● 								
Communication	<ul style="list-style-type: none"> ● Inner Circle/Outer Circle ● ● How to ask a friend to play/ How to play at recess ● ● “I Message”/How to say “Sorry” ●●● 						<ul style="list-style-type: none"> ● Assertive Voice vs Passive/Aggressive ●● 		
Identifying Emotions	<ul style="list-style-type: none"> ● Building emotional vocabulary ● ● How to Check-In ● 			<ul style="list-style-type: none"> ● What bugs me (identifying anger) ● ● Layers of Feelings ● 			<ul style="list-style-type: none"> ● Emotional Thermometer ● ● Make your own check-in chart for home ●● 		
Self-Motivation	<ul style="list-style-type: none"> ● Active Listening ● 								
Relationship Building	<ul style="list-style-type: none"> ● Bucket Filling ● 			<ul style="list-style-type: none"> ● “Somebody Loves You, Mr. Hatch” bucket filling ● 			<ul style="list-style-type: none"> ● Simon’s Hook ●●(teasing/bullying) 		
Recognizing				<ul style="list-style-type: none"> ● Self-affirmations ● 					

Strengths			
Stress Management		<ul style="list-style-type: none"> • Ways to cool off   	<ul style="list-style-type: none"> • Relaxation & Breathing exercises 
Social Engagement	<ul style="list-style-type: none"> • The Group Plan   		
Respect for Others		<ul style="list-style-type: none"> • Personal Boundaries  	<ul style="list-style-type: none"> • Put ups vs. Put downs 
Empathy		<ul style="list-style-type: none"> • What is Empathy?  	
Self-Discipline		<ul style="list-style-type: none"> • Flexi-Brain  	<ul style="list-style-type: none"> • Escalate/De-escalate 
Ethical Responsibility			<ul style="list-style-type: none"> • Honesty/Telling the Truth 
Solving Problems		<ul style="list-style-type: none"> • Win-win Solutions  	<ul style="list-style-type: none"> • Earth gratitude letter 
Accurate Self-Perception			<ul style="list-style-type: none"> • Just Right Engine  • The Power of Yet  • Friendly vs. Unfriendly Voice

1st Grade

CASEL Competencies:

- Self-Awareness ●
- Self-Management ●
- Responsible Decision-Making ●
- Relationship Skills ●
- Social Awareness ●

DEI Theme Calendar	Community <i>Inclusion, Friendships/ Relationships</i>	Responsibility / Kindness <i>Accountability, Agency</i>	Gratitude <i>Compassion, Perspective Shifting, Humility</i>	Celebration <i>Diversity/ Identity, Traditions</i>	Growth <i>Introspection, Reflection</i>	Respect <i>Peace, Boundaries</i>	Action <i>Equity, Justice, Courage</i>	Dedication <i>Perseverance, Vulnerability</i>	Inspiration <i>Hope, Growth Mindset</i>
	T1			T2			T3		
Core Skills	Lesson			Lesson			Lesson		
Relationship Building (Friendship)	<ul style="list-style-type: none"> ● Bucket filling ● ● Rules and friendship ● 			<ul style="list-style-type: none"> ● Unfriendly Friends ● ● Friendship Metaphors ● 			<ul style="list-style-type: none"> ● Put-ups ● 		
Communication	<ul style="list-style-type: none"> ● Rock brain vs. Flexi-Brain ● ● Win-win ● ● I-messages ● 			<ul style="list-style-type: none"> ● Boundary Bubble ● ● Silent drawing ● (cooperation) 			<ul style="list-style-type: none"> ● Appreciation ● 		
Identifying Emotions	<ul style="list-style-type: none"> ● Glitch, Bummer, Disaster ● ● Check-in ● 			<ul style="list-style-type: none"> ● Spinning Inward (guided relaxation) ● 			<ul style="list-style-type: none"> ● Hidden Voice ● 		
Impulse Control	<ul style="list-style-type: none"> ● Glitch, Bummer, Disaster ● ● Smart fish ● ● Active listening ● 			<ul style="list-style-type: none"> ● Boundary Bubble ● 			<ul style="list-style-type: none"> ● Cooling off ● 		
Self-discipline	<ul style="list-style-type: none"> ● Engine program ● 								

2nd Grade

CASEL Competencies:

- Self-Awareness ●
- Self-Management ●
- Responsible Decision-Making ●
- Relationship Skills ●
- Social Awareness ●

DEI Theme Calendar	Community <i>Inclusion, Friendships/ Relationships</i>	Responsibility / Kindness <i>Accountability, Agency</i>	Gratitude <i>Compassion, Perspective Shifting, Humility</i>	Celebration <i>Diversity/ Identity, Traditions</i>	Growth <i>Introspection, Reflection</i>	Respect <i>Peace, Boundaries</i>	Action <i>Equity, Justice, Courage</i>	Dedication <i>Perseverance, Vulnerability</i>	Inspiration <i>Hope, Growth Mindset</i>
	T1			T2			T3		
Core Skills	Lesson			Lesson			Lesson		
Teamwork	<ul style="list-style-type: none"> Read Aloud, You Are Finally Here, Letter from a 2nd Grader 								
Identifying Emotions	<ul style="list-style-type: none"> Check-In ● 								
Self-motivation				<ul style="list-style-type: none"> Growth Mindset ● 					
Recognizing Strengths	<ul style="list-style-type: none"> Courage Book ● Superhero ● 						<ul style="list-style-type: none"> Heroes and Leaders ● 		
Social Engagement	<ul style="list-style-type: none"> <u>Red, a Crayon's Story</u> - book 								

Respect for others	<ul style="list-style-type: none"> • Read Aloud, Do Unto Otters ● 	<ul style="list-style-type: none"> • Traditions ● • Celebrations • A New Year, A New You 	
Empathy		<ul style="list-style-type: none"> • Invisible Boy Book ● 	
Solving Problems	<ul style="list-style-type: none"> • Read Aloud, Going Places, After the Fall ● 		
Accurate self-perception	<ul style="list-style-type: none"> • 8 Smarts ● 		

3rd Grade

CASEL Competencies:

- Self-Awareness ●
- Self-Management ●
- Responsible Decision-Making ●
- Relationship Skills ●
- Social Awareness ●

DEI Theme Calendar	Community <i>Inclusion, Friendships/ Relationships</i>	Responsibility / Kindness <i>Accountability, Agency</i>	Gratitude <i>Compassion, Perspective Shifting, Humility</i>	Celebration <i>Diversity/ Identity, Traditions</i>	Growth <i>Introspection, Reflection</i>	Respect <i>Peace, Boundaries</i>	Action <i>Equity, Justice, Courage</i>	Dedication <i>Perseverance, Vulnerability</i>	Inspiration <i>Hope, Growth Mindset</i>
	T1			T2			T3		
Core Skills	Lesson			Lesson			Lesson		
Identifying Problems	<ul style="list-style-type: none"> • Kind Deeds (game) ● • PE - similarities and differences “I Like My Neighbor” ● PE - Compliments and Encouraging Words ● 			<ul style="list-style-type: none"> • Resolutions (growth) ● • Black History Month biographies, 6 word memoirs, slide shows (respect) ● • 6 word memoirs (reflection, growth) ● • Identity ● 			<ul style="list-style-type: none"> • Opinion essays (action, dedication) ● • Design a Room ● 		
Analyzing Situations	<ul style="list-style-type: none"> • Stand Tall Molly Lou Mellon (kindness) ● 			<ul style="list-style-type: none"> • Silent Line Up Challenge ● ● ● • Two Truths and a Lie ● ● • Bummer, Glitch, Disaster ● 			<ul style="list-style-type: none"> • Identity (What’s in the Bag) ● • Leaving Scars Activity (kind words matter) ● ● • Mom Posters 		
Solving Problems	<ul style="list-style-type: none"> • One by Kathryn Otoshi ● ● • Mindful Breathing Techniques ● 			<ul style="list-style-type: none"> • Mumball (cooperation) ● ● • Emotional Thermometer ● ● 			<ul style="list-style-type: none"> • Hatching Chickens (leadership, empathy, responsibility, dedication) ● ● ● • Yes, And... game (inclusion, encouragement) ● ● 		
Evaluating	<ul style="list-style-type: none"> • Thumb-o-meter ● 			<ul style="list-style-type: none"> • Rosebud/Thorn ● ● 			<ul style="list-style-type: none"> • Identity (I am Poem) ● 		

Reflecting	<ul style="list-style-type: none"> • Bagel Buddy Breakfast (leadership, gratitude) ● • Morning Meeting (community) ●● • Check In ●● • Heart Art (all about me) ● • Human Bingo ●● • Venn Diagram with a Buddy ●● 	<ul style="list-style-type: none"> • Appreciations ●● • Notes to one another/ reflection of peers attributes (respect) ●● • Resolutions (growth) ● • I like my neighbor who... (gratitude) ●● • 6 word memoirs (reflection, growth) ●● • Heart of Notes from classmates (Valentine's Day) ●● 	<ul style="list-style-type: none"> • Letters to future 3rd graders (inspiration) ●●● • Letters of Gratitude ●●
Ethical Reasoning	<ul style="list-style-type: none"> • Acts of Kindness ●●● • Kindness Boomerang ●●● • Garden Clean Up ●● • Row Sham Bo Battle ● 	<ul style="list-style-type: none"> • Women's History Month biographies, presentations (respect) ● 	<ul style="list-style-type: none"> • Hatching Chickens (leadership, empathy, responsibility, dedication) ●●●

4th Grade

CASEL Competencies:

- Self-Awareness ●
- Self-Management ●
- Responsible Decision-Making ●
- Relationship Skills ●
- Social Awareness ●

DEI Theme Calendar	Community <i>Inclusion, Friendships/ Relationships</i>	Responsibility / Kindness <i>Accountability, Agency</i>	Gratitude <i>Compassion, Perspective Shifting, Humility</i>	Celebration <i>Diversity/ Identity, Traditions</i>	Growth <i>Introspection, Reflection</i>	Respect <i>Peace, Boundaries</i>	Action <i>Equity, Justice, Courage</i>	Dedication <i>Perseverance, Vulnerability</i>	Inspiration <i>Hope, Growth Mindset</i>
	T1			T2			T3		
Core Skills	Lesson			Lesson			Lesson		
Recognizing Strengths	<ul style="list-style-type: none"> ● “Beautiful Hands” story and hand creation ● 								
Respect for Others	<ul style="list-style-type: none"> ● Cultural Graffiti Wall ● ● SPED inclusion, respecting neurodiversity ● ● Appreciation ● 						<ul style="list-style-type: none"> ● Human Knot ● ● The Clock ● 		
Analyzing Situations				<ul style="list-style-type: none"> ● Stop-Think-Act ● ● Check-ins ● 					
Impulse Control	<ul style="list-style-type: none"> ● Go Noodle movement Breaks ● 			<ul style="list-style-type: none"> ● Self-Reflection and Handling Corrections ● ● “Family” Game ● ● Mindfulness Meditation ● 					
Communication	<ul style="list-style-type: none"> ● Growth Mindset: Math Focus ● ● Check-ins ● 						<ul style="list-style-type: none"> ● Trust Circle ● ● Cooperative Games ● 		

5th Grade

CASEL Competencies:

- Self-Awareness ●
- Self-Management ●
- Responsible Decision-Making ●
- Relationship Skills ●
- Social Awareness ●

DEI Theme Calendar	Community <i>Inclusion, Friendships/ Relationships</i>	Responsibility / Kindness <i>Accountability, Agency</i>	Gratitude <i>Compassion, Perspective Shifting, Humility</i>	Celebration <i>Diversity/ Identity, Traditions</i>	Growth <i>Introspection, Reflection</i>	Respect <i>Peace, Boundaries</i>	Action <i>Equity, Justice, Courage</i>	Dedication <i>Perseverance, Vulnerability</i>	Inspiration <i>Hope, Growth Mindset</i>
	T1			T2			T3		
Core Skills	Lesson			Lesson			Lesson		
Identity	<ul style="list-style-type: none"> Family History Interview Project ● Manner of the Week ● ● ● Identity mapping ● 			<ul style="list-style-type: none"> Restorative circles ● ● ● ● Check-ins (object check in, meme check in, appreciations, etc) ● Manner of the Week ● ● ● 			<ul style="list-style-type: none"> End of Year Reflections ● Manner of the Week ● ● ● 		
Independence	<ul style="list-style-type: none"> Classroom Needs and Wants and then create Class Agreements ● ● Halloween Carnival ● ● 								
Inclusion	<ul style="list-style-type: none"> Mychel Navales- Guest speaker ● ● Class Agreement ● Monthly thank you note ● ● “Do you know..?” posters- Hispanic Heritage Month ● 			<ul style="list-style-type: none"> Monthly thank you note ● ● Secret Elf Activity (Inclusion/Giving) ● “Do you know..?” posters- Black history month ● 			<ul style="list-style-type: none"> Monthly thank you note ● ● <i>Each Kindness</i> book ● ● ● ● “Do you know..?” posters-AAPI month ● 		

6th Grade

CASEL Competencies:

- Self-Awareness ●
- Self-Management ●
- Responsible Decision-Making ●
- Relationship Skills ●
- Social Awareness ●

DEI Theme Calendar	Community <i>Inclusion, Friendships/ Relationships</i>	Responsibility / Kindness <i>Accountability, Agency</i>	Gratitude <i>Compassion, Perspective Shifting, Humility</i>	Celebration <i>Diversity/ Identity, Traditions</i>	Growth <i>Introspection, Reflection</i>	Respect <i>Peace, Boundaries</i>	Action <i>Equity, Justice, Courage</i>	Dedication <i>Perseverance, Vulnerability</i>	Inspiration <i>Hope, Growth Mindset</i>
	T1			T2			T3		
Core Skills	Lesson			Lesson			Lesson		
6th Grade Advisory Self-Efficacy & Reflecting	<ul style="list-style-type: none"> Summer Road Map ● Gratitude Chalk Art ● 						<ul style="list-style-type: none"> Letter to future self ● 		
Relationship Building	<ul style="list-style-type: none"> Would You Rather (first day) - Community Building ● Open Session ● ● ● Bullying Awareness ● 			<ul style="list-style-type: none"> Open Session ● ● ● Friendships & Boundaries ● ● ● Compliments ● ● 			<ul style="list-style-type: none"> Open Session ● ● ● 		
Teamwork	<ul style="list-style-type: none"> Human SlidingPuzzle ● ● ● ● ● 			<ul style="list-style-type: none"> Building a perfect classroom ● ● ● ● ● 4 on a couch ● ● ● ● ● 			<ul style="list-style-type: none"> Partner Lego Building ● ● ● ● ● Beach Ball Toss ● ● ● ● ● 		
6th SEL Wheel							<ul style="list-style-type: none"> Collaboration “Build Energy” ● Collaboration “Build Connection” ● 		

Relationship Building & Teamwork			<ul style="list-style-type: none"> • Responsible Decision-Making “Myth Buster: You Are On An Island” ● • Self-awareness “Intro: Our Shared Story” ● • Responsible Decision-Making “Choose Agreements” ● • Collaboration “Commit to Agreements” ● • Empathy “Practice Agreements: Kindness” ●
Self-Awareness & Values			<ul style="list-style-type: none"> • Self-awareness “Truth Detective” ● • Purpose “Then + Now” ● • Self-awareness “Circle of Strengths” ● • Self-awareness “Own Your Perspective” ●
Social Engagement & Identifying Emotions			<ul style="list-style-type: none"> • Self-awareness “Getting to Know Your Emotions” ● • Adaptability “Being and Feeling Emotions” ● • Empathy “Emotions as Information” ● • Adaptability “Emotions as Energy” ●
Social Awareness & Goal Setting			<ul style="list-style-type: none"> • Agency “Understanding Boundaries” ● • Empathy “Intent vs. Impact” ● • Collaboration “Navigating Conflict” ● • Collaboration “Forgiveness” ●
Self-Motivation & Stress Management			<ul style="list-style-type: none"> • Self-awareness “Step Into Power” ● • Agency “Be Your Own Champion” ● • Agency “Be a Community Champion” ● • Adaptability “Meaningful Mistake Making” ●
Evaluating and Reflecting			<ul style="list-style-type: none"> • Self-awareness “Personal Reflection: Celebrating Yourself” ● • Empathy “Community Reflection: Compliment Blast” ● • Purpose “End of the Year Circle” ●

7th Grade

CASEL Competencies:

- Self-Awareness ●
- Self-Management ●
- Responsible Decision-Making ●
- Relationship Skills ●
- Social Awareness ●

DEI Theme Calendar	Community <i>Inclusion, Friendships/ Relationships</i>	Responsibility / Kindness <i>Accountability, Agency</i>	Gratitude <i>Compassion, Perspective shifting, Humility</i>	Celebration <i>Diversity/Identity, Traditions</i>	Growth <i>Introspection, Reflection</i>	Respect <i>Peace, Boundaries</i>	Action <i>Equity, Justice, Courage</i>	Dedication <i>Perseverance, Vulnerability</i>	Inspiration <i>Hope, Growth mindset</i>	
	T1			T2			T3			
	Lesson			Lesson			Lesson	Curriculum Source		
7th Grade Advisory Empathy	<ul style="list-style-type: none"> Noodle tower activity ● ● 			<ul style="list-style-type: none"> Building a Perfect Classroom ● ● ● ● ● Compliments ● ● 						
Social Engagement	<ul style="list-style-type: none"> Human Sliding Puzzle ● ● ● ● ● Summer Road Map ● 			<ul style="list-style-type: none"> 4 on a couch ● ● ● ● ● 			<ul style="list-style-type: none"> Beach Ball Toss ● ● ● ● ● 			
Recognizing Strengths				<ul style="list-style-type: none"> Conflict Management Style ● ● ● 			<ul style="list-style-type: none"> Letter to future self ● 			
Perspective-taking	<ul style="list-style-type: none"> Bullying Awareness ● Gratitude Chalk Art ● Open Session ● ● ● 						<ul style="list-style-type: none"> Partner Lego Building ● ● ● ● ● Open Session 			
7th SEL Wheel	<ul style="list-style-type: none"> Collaboration “Build Energy + Connection” ● Responsible Decision-Making “Choose + Commit” 									

<p>Relationship Building and Teamwork</p>	<p>to Agreements” ●</p> <ul style="list-style-type: none"> ● Responsible Decision-Making “Myth Buster: You Need to Be Like Everyone Else” ● ● Self-awareness “Intro: Why Be Yourself?” ● 		
<p>Identifying Emotions and Recognizing Strengths</p>	<ul style="list-style-type: none"> ● Collaboration “Tower of Strengths” ● ● Self-awareness “Journey Map” ● ● Purpose “Core Values” ● ● Agency “That’s What I Like” ● ● Empathy “Storytelling” ● ● Self-awareness “Emotions as Sensations” ● ● Self-awareness “Body Experiments” ● ● Adaptability “That’s a Mood” ● ● Self-awareness “Befriending Emotions” ● ● Collaboration “Sparking Joy” ● 		
<p>Goal Setting and Self-Management</p>	<ul style="list-style-type: none"> ● Self-awareness “Freeze Challenge” ● ● Adaptability “Practice Party” ● ● Agency “Goal Getter” ● ● Agency “WOOP, There It Is!” ● ● Self-awareness “Habits of Mind” ● 		
<p>Identifying and Solving Problems</p>	<ul style="list-style-type: none"> ● Responsible Decision-Making “Defining Pressures” ● ● Responsible Decision-Making “Stress Stations” ● ● Agency “Pencil Challenge” ● ● Purpose “Attitude of Gratitude” ● ● Self-awareness “Celebrating Ourselves” ● 		
<p>Evaluating and Reflecting</p>	<ul style="list-style-type: none"> ● Self-awareness “Personal Reflection: Self-Portrait” ● ● Collaboration “Community Reflection: Collage” ● 		

8th Grade

CASEL Competencies:

- Self-Awareness ●
- Self-Management ●
- Responsible Decision-Making ●
- Relationship Skills ●
- Social Awareness ●

DEI Theme Calendar	Community <i>Inclusion, Friendships/ Relationships</i>	Responsibility / Kindness <i>Accountability, Agency</i>	Gratitude <i>Compassion, Perspective Shifting, Humility</i>	Celebration <i>Diversity/ Identity, Traditions</i>	Growth <i>Introspection, Reflection</i>	Respect <i>Peace, Boundaries</i>	Action <i>Equity, Justice, Courage</i>	Dedication <i>Perseverance, Vulnerability</i>	Inspiration <i>Hope, Growth Mindset</i>
	T1			T2			T3		
	Lesson			Lesson			Lesson		
8th Grade Advisory Self Motivation and Self Discipline	<ul style="list-style-type: none"> ● Summer Road Map ● 								
Analyzing Situations and Solving Problems	<ul style="list-style-type: none"> ● Human Sliding Puzzle ●●● ● HS prep/Anxiety ● 			<ul style="list-style-type: none"> ● 4 on a couch ●●●●● 			<ul style="list-style-type: none"> ● Partner Lego Building ●●●●● ● Beach Ball Toss ●●●●● 		
Ethical Responsibility	<ul style="list-style-type: none"> ● Bullying Awareness ● 			<ul style="list-style-type: none"> ● TUPE ●● 			<ul style="list-style-type: none"> ● TUPE ●● 		
Empathy	<ul style="list-style-type: none"> ● Gratitude Chalk Art ● ● Open Session ●●● 			<ul style="list-style-type: none"> ● Open Session ●●● ● Compliments ●● 			<ul style="list-style-type: none"> ● Open Session ●●● 		
Recognizing							<ul style="list-style-type: none"> ● Letter to future self ● 		

Strengths			
8th SEL Wheel Accurate Self-Perception & Relationship Building		<ul style="list-style-type: none"> ● Collaboration “Build Energy + Connection” ● ● Responsible Decision Making “Choose + Commit to Agreements” ● ● Responsible Decision Making “Myth Buster: You Need to Be Like Everyone Else” ● ● Self-awareness “Intro: What is belonging?” ● 	
Appreciating Diversity & Recognizing Strengths		<ul style="list-style-type: none"> ● Collaboration “Conversation Starter Bingo” ● ● Empathy “We Belong to Us” ● ● Empathy “Category Mash-Up” ● ● Empathy “The Power of Compliments” ● ● Self-awareness “Learning Preferences” ● 	
Stress Management		<ul style="list-style-type: none"> ● Agency “Support Crew” ● ● Empathy “Good Friends” ● ● Responsible Decision Making “Digital Connections” ● ● Collaboration “#Nofilter” ● ● Self-awareness “Your Support Language” ● 	
Communication & Identifying Emotions		<ul style="list-style-type: none"> ● Collaboration “My Story, Your Story” ● ● Responsible Decision-Making “Make Space, Take Space” ● ● Empathy “More Than Words” ● ● Self-awareness “Recharging Our Batteries” ● ● Agency “Staying True” ● 	
Perspective Taking & Self-discipline		<ul style="list-style-type: none"> ● Self-awareness “The Color of the Door” ● ● Self-awareness “Belonging Maps” ● ● Purpose “Curiosity Crawl” ● ● Empathy “Curious Questions” ● ● Agency “Risk Taking” ● 	
Evaluating & Reflecting		<ul style="list-style-type: none"> ● Self-awareness “Personal Reflection: Collage” ● ● Collaboration “Community Reflection: Collage” ● 	

