



SEL Instructional and PD Scope and Sequence SY20-21

rethinkEd

Week 1 DATE	Week 2 DATE	Week 3 DATE	Week 4 DATE	Week 5 DATE
Trauma	Trauma	Trauma	Trauma	Awareness of Self and Others
Coping with Trauma	Coping with Trauma	Helping Students Cope with Trauma	Helping Students Cope with Trauma	Self-Knowledge
Week 6 DATE	Week 7 DATE	Week 8 DATE	Week 9 DATE	Week 10 DATE
Awareness of Self and Others	Awareness of Self and Others	Awareness of Self and Others	Awareness of Self and Others	Awareness of Self and Others
Emotions	Values	Wants and Needs	Learning Skills	Growth Mindset
Week 11 DATE	Week 12 DATE	Week 13 DATE	Week 14 DATE	Week 15 DATE
Self-Management	Self-Management	Self-Management	Self-Management	Self-Management
Self-Control	Stress Management	Focus	Problem Solving	Goal Setting
Week 16 DATE	Week 17 DATE	Week 18 DATE	Week 19 DATE	Week 20 DATE
Self-Management	Social Skills	Social Skills	Social Skills	Social Skills
Resilience	Fairness	Respect	Friendship	Relationships
Week 21 DATE	Week 22 DATE	Week 23 DATE	Week 24 DATE	Week 25 DATE
Social Skills	Social Skills	Social Awareness	Social Awareness	Social Awareness
Cooperation	Conflict Resolution	Cultural Competence	Empathy	Safe and Ethical Behavior
Week 26 DATE	Week 27 DATE	Week 28 DATE	Week 29 DATE	Week 30 DATE
Social Awareness	Social Awareness	Social Awareness	Self-Care	Self-Care
Support Systems	Social Contributions	Actions & Consequences	Mindfulness	Self-Efficacy
Week 31 DATE	Week 32 DATE	Week 33 DATE	Week 34 DATE	*Green Color Cells indicate modules that align with Equity and Inclusion instruction.
Self-Care	Self-Care	Self-Care	Self-Care	
Optimism	Self-Compassion	Self-Advocacy	Healthy Boundaries	