



Standards & Competencies Alignment by Lesson

This document maps every lesson on the Schoolbeat platform to ASCA Mindsets & Behaviors, CASEL competencies, targeted skills, and learning objectives.

Zen Zone

Mindfulness Activities

22 lessons

Pre-K – Grade 1

Early Foundations

46 lessons

Grades 2 – 5

Elementary

110 lessons

Grades 6 – 12

Middle & High School

35 lessons

Zen Zone | Mindfulness Activities

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
Moving with Zoomy	Dance Party with Zoomy	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 10: Ability to manage transiti...	—	Self-Management	Body Awareness; Self-Regulation	Follow simple rhythmic cues through movement; Practice coordinating body movements with music
—	Become an Animal with Zoomy	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 10: Ability to manage transiti...	—	Self-Awareness	Body Awareness; Creativity	Imitate animal movements and sounds; Explore different ways of moving their body
—	The Statue Game with Zoomy	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 10: Ability to manage transiti...	—	Self-Management	Self-Regulation; Attention Control	Start and stop movements on cue; Practice controlling their body and impulses
—	Stretching Out with Zoomy	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 10: Ability to manage transiti...	—	Self-Management	Body Awareness; Self-Regulation	Follow guided stretches using simple instructions; Notice how movement and stretching affect their ...
—	The Wiggle Dance with Zoomy	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 10: Ability to manage transiti...	—	Self-Management	Body Awareness; Energy Regulation	Isolate and combine different body movements; Release energy through structured movement
Zooming-Out	What Is a Zoom-Out?	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills	—	Self-Awareness; Self-Management	Emotional Awareness; Self-Regulation	Recognize and name different emotions; Practice pausing and using breathing to respond to feelings
—	Zoom-Out with Space	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills	—	Self-Management	Self-Regulation; Stress Management	Use personal space and breathing to calm down; Practice stepping back from overwhelming situations
—	Zoom-Out with the 5-4-3-2-1 Technique	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills	—	Self-Management	Attention Control; Self-Regulation	Use senses to refocus attention; Practice grounding themselves in the present moment
—	Zoom-Out with a Walk	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills	—	Self-Management	Self-Regulation; Body Awareness	Use movement to manage strong emotions; Recognize when taking a break can help reset
—	Zoom-Out by Checking In	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills	—	Self-Awareness; Self-Management	Self-Awareness; Body Awareness	Identify physical sensations in the body; Use body awareness to refocus attention and reduce stress
—	Zoom-Out with Affirmations	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills	B-SS 5: Ethical decision-making and social responsibility	Self-Management	Positive Self-Talk; Self-Regulation	Practice using affirmations to manage emotions; Develop positive ways to respond to challenging sit...
Self-Regulation Strategies	Being Stable and Strong as a Mountain	M 1: Belief in development of whole self, including a healt...	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills	—	Self-Management	Self-Regulation; Focus	Practice steady breathing to promote calm; Use visualization to build a sense of stability and cont...

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
—	Feeling Safe and Calm in Your Happy Place	M 1: Belief in development of whole self, including a healt...	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills	—	Self-Management	Stress Management; Visualization	Use guided imagery to create a sense of safety; Practice calming the mind through visualization
—	Sitting Tall and Proud	M 1: Belief in development of whole self, including a healt...	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills	—	Self-Management	Body Awareness; Self-Regulation	Use posture and breathing to support focus; Notice how body position affects attention and calm
—	Noticing the Weather Inside	M 1: Belief in development of whole self, including a healt...	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills	—	Self-Awareness	Emotional Awareness; Self-Awareness	Identify and describe emotions using simple metaphors; Recognize that emotions can change over time
—	Relaxing Your Whole Body	M 1: Belief in development of whole self, including a healt...	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills	—	Self-Management	Self-Regulation; Body Awareness	Practice releasing tension through muscle relaxation; Notice the difference between tension and rel...
—	Being Kind and Caring to Yourself	M 1: Belief in development of whole self, including a healt...	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills	—	Self-Awareness; Self-Management	Self-Compassion; Positive Self-Talk	Practice using kind and supportive self-talk; Recognize how positive thoughts can influence feelings
Routines	Waking Up The Right Way	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills; B-...	—	Self-Management	Self-Regulation; Positive Self-Talk	Use breathing to start the day feeling calm and focused; Practice affirmations to build a positive ...
—	Getting Ready To Learn	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills; B-...	—	Self-Management	Attention Control; Self-Regulation	Use breathing and relaxation to prepare for learning; Improve focus by calming the body and mind
—	Boosting Your Energy	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills; B-...	—	Self-Management	Energy Regulation; Body Awareness	Use movement to increase energy levels; Combine movement and breathing to improve focus
—	Winding Down	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills; B-...	—	Self-Management	Self-Regulation; Relaxation	Use breathing and body awareness to relax the body; Practice strategies to prepare for rest and sle...
—	Managing Your Anxiety	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 7: Effective coping skills; B-...	—	Self-Awareness; Self-Management	Stress Management; Attention Control	Recognize signs of anxiety related to future thinking; Use breathing and grounding to return to the...

Pre-K through Grade 1 | Early Foundations

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
Exploring Emotions	How to Zoom-Out, Zoom-In and Zoom-Act	M 1: Belief in development of whole self, including a healt...	—	B-SMS 7: Effective coping skills	B-SS 4: Empathy	Self-Awareness; Self-Management	Self-Regulation; Coping Skills	Recognize the presence of a strong emotion and pause before reacting;; Apply simple strategies to m...
—	Sadness	M 1: Belief in development of whole self, including a healt...	—	B-SMS 7: Effective coping skills	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Recognition; Emotional Awareness	Recognize and name basic emotion;; Begin to understand that emotions can be linked to situations an...
—	Joy	M 1: Belief in development of whole self, including a healt...	—	B-SMS 7: Effective coping skills	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Recognition; Emotional Awareness	Recognize and name basic emotion;; Begin to understand that emotions can be linked to situations an...
—	Anger	M 1: Belief in development of whole self, including a healt...	—	B-SMS 7: Effective coping skills	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Recognition; Emotional Awareness	Recognize and name basic emotion;; Begin to understand that emotions can be linked to situations an...
—	Disgust	M 1: Belief in development of whole self, including a healt...	—	B-SMS 7: Effective coping skills	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Recognition; Emotional Awareness	Recognize and name basic emotion;; Begin to understand that emotions can be linked to situations an...
—	Fear	M 1: Belief in development of whole self, including a healt...	—	B-SMS 7: Effective coping skills	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Recognition; Emotional Awareness	Recognize and name basic emotion;; Begin to understand that emotions can be linked to situations an...
Identifying Emotions	Surprised or Sad	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Afraid or Yucky	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Tired or Calm	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Yucky or Sad	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
—	Calm or Tired	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Proud or Surprised	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Sad or Calm	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Tired or Sad	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Happy or Yucky	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Tired or Afraid	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Angry or Surprised	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Tired or Yucky	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Sad or Afraid	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Surprised or Afraid	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Angry or Afraid	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
—	Emotions Game 1	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Emotions Game 2	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Emotions Game 3	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Emotions Game 4	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
—	Emotions Game 5	M 1: Belief in development of whole self, including a healt...	B-LS 1: Critical thinking skills to make informed decisions	—	B-SS 4: Empathy	Self-Awareness; Self-Management	Emotion Identification; Perspective-Taking	Identify how a character is feeling using clues such as facial expressions, body language, and cont...
Movie Modeling: Social Emotional Skills	Communicating with Friends	—	—	—	B-SS 1: Effective oral and written communication skills and listening...	Relationship Skills; Responsible Decision Making	Active Listening; Reading Social Cues	Recognize nonverbal cues in others;; Demonstrate active listening during interactions with others.
—	Learning From a Challenge	M 3: Positive attitude toward work and learning.	—	B-SMS 7: Effective coping skills	—	Self Management; Self-Awareness	Growth Mindset; Perseverance; Positive Self-Talk	Recognize that challenges and mistakes are part of learning;; Demonstrate persistence by continuing...
—	Respecting Rules	—	—	B-SMS 2: Self-discipline and self-control	B-SS 5: Ethical decision-making and social responsibility	Social Awareness	Self-Regulation; Responsibility	Recognize the importance of following rules in shared environments;; Demonstrate the ability to fol...
—	Not Giving Up	M 6: Positive attitude toward work and learning	—	B-SMS 7: Effective coping skills	—	Self Awareness	Perseverance; Self-Regulation	Recognize that learning new things can take time and effort;; Demonstrate persistence by continuing...
—	Using Gratitude	—	—	—	B-SS 1: Effective oral and written communication skills and listening...	Social Awareness; Relationship Skills	Gratitude; Communication	Recognize situations in which gratitude can be expressed;; Demonstrate appreciation through words o...
—	Showing Empathy	—	—	—	B-SS 4: Empathy	Social Awareness	Empathy; Perspective-Taking	Recognize how another person may feel in a situation;; Understand how another person's experience m...
—	Finding Your Talent	M 4: Self-confidence in ability to succeed	—	—	—	Self Awareness; Social Awareness	Self-Confidence; Celebrating Successes	Recognize personal strengths and abilities;; Demonstrate confidence when attempting or completing a...

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—	Being Patient	—	—	B-SMS 2: Self-discipline and self-control	—	Self Management	Self-Regulation; Patience	Recognize situations that require waiting or pausing before acting;; Demonstrate the ability to wai...
—	Dealing With New Situations	—	—	B-SMS 7: Effective coping skills	B-SS 8. Advocacy skills for self and others and ability to assert sel...	Self Management; Social Awareness	Self-Advocacy; Expressing Emotions	Recognize signs of anxiety and identify the feeling of being scared or worried;; Communicate a need...
—	Asking About Differences	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2: Positive, respectful and supportive relationships with studen...	Social Awareness; Self-Awareness	Empathy; Acceptance; Social Skills	Recognize that people may have different preferences, abilities, or experiences;; Choose inclusive ...
—	Staying Respectful Despite Frustration	—	—	—	B-SS 5: Ethical decision-making and social responsibility; B-SS 4: Em...	Relationship Skills; Self Management; Self Awareness	Self-Regulation; Empathy; Respect	Recognize when an impulse may lead to an inappropriate action;; Choose respectful behaviors that co...
—	Dealing with Refusal	—	—	B-SMS 7: Effective coping skills	B-SS 5: Ethical decision-making and social responsibility	Relationship Skills; Self Management; Self Awareness	Decision-Making; Self-Regulation	Recognize feelings of disappointment when being told "no";; Choose appropriate ways to respond when...
—	Sharing Resources	—	—	B-SMS 7: Effective coping skills	B-SS 5: Ethical decision-making and social responsibility; B-SS 6: De...	Relationship Skills; Self Management; Self Awareness	Collaboration; Self-Regulation	Recognize appropriate ways to share and take turns in social situations;; Select actions that suppo...
—	Building a Friendship	—	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Social Awareness; Relationship Skills; Self Awareness	Friendship Development; Empathy; Communication	Recognize how actions can support or harm a friendship;; Choose behaviors that include others and pr...
—	Communicating Feelings	—	—	B-SMS 7: Effective coping skills	B-SS 5: Ethical decision-making and social responsibility	Relationship Skills; Self Management; Self Awareness	Emotional Regulation; Conflict Resolution; Active Listening	Recognize when a conflict involves strong emotions and pause before reacting;; Choose appropriate w...
Movie Modeling: Behavior Skills at School	Getting Ready to Learn	—	—	B-SMS 2: Self-discipline and self-control; B-SMS 10: Ability to manage transiti...	B-SS 1: Effective oral and written communication skills and listening...	Relationship Skills; Self Management	Self-Regulation; Communication	Recognize when to transition from one activity to another;; Use appropriate communication to meet a...
—	Taking Part in Group Activities	—	—	B-SMS 2: Self-discipline and self-control	B-SS 1: Effective oral and written communication skills and listening...	Relationship Skills; Self Management	Self-Regulation; Patience	Demonstrate the ability to wait for a turn during group activities;; Use appropriate strategies (e...
—	Taking Care of Materials	—	—	B-SMS 2: Self-discipline and self-control	B-SS 5: Ethical decision-making and social responsibility	Responsible Decision-Making; Self Management	Responsibility; Self-Regulation	Recognize appropriate ways to use classroom materials;; Demonstrate responsibility when using and s...
—	Respecting Personal Space	—	—	—	B-SS 1: Effective oral and written communication skills and listening...	Social Awareness; Relationship Skills	Respect; Communication	Recognize how actions can affect others' comfort and space;; Use appropriate communication to reque...

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—	Lining Up	—	—	B-SMS 2: Self-discipline and self-control	B-SS 5: Ethical decision-making and social responsibility	Responsible Decision-Making; Self Management	Self-Regulation; Patience	Demonstrate the ability to follow group expectations in structured settings;; Recognize fair behavi...

Elementary | Grades 2 through 5

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
Exploring Emotions	Sadness	M 1. Belief in development of whole self, including a healt...	—	B-SMS 2. Self-discipline and self-control; B-SMS 7. Effective coping skills	—	Self-Awareness; Self-Management	Emotion Identification; Emotional Regulation; Coping Skills	Recognize different levels of sadness and demonstrate strategies to manage emotions in a healthy wa...
—	Anger	M 1. Belief in development of whole self, including a healt...	—	B-SMS 2. Self-discipline and self-control; B-SMS 7. Effective coping skills	—	Self-Awareness; Self-Management	Emotion Identification; Impulse Control; Emotional Regulation	Recognize levels of anger and demonstrate strategies to regulate reactions and respond safely.
—	Fear	M 1. Belief in development of whole self, including a healt...	—	B-SMS 2. Self-discipline and self-control; B-SMS 7. Effective coping skills	—	Self-Awareness; Self-Management	Emotional Awareness; Coping Skills; Self-Regulation	Recognize levels of fear and demonstrate strategies to manage anxious or fearful feelings.
—	Disgust	M 1. Belief in development of whole self, including a healt...	—	B-SMS 2. Self-discipline and self-control; B-SMS 7. Effective coping skills	—	Self-Awareness; Self-Management	Emotional Awareness; Self-Regulation	Recognize feelings of discomfort or disgust and demonstrate appropriate ways to respond.
—	Joy	M 1. Belief in development of whole self, including a healt...	—	B-SMS 2. Self-discipline and self-control; B-SMS 7. Effective coping skills	—	Self-Awareness; Self-Management	Emotional Awareness; Self-Regulation; Positive Expression	Recognize different levels of joy and demonstrate appropriate ways to express positive emotions.
—	Embarrassment	M 1. Belief in development of whole self, including a healt...	—	B-SMS 2. Self-discipline and self-control; B-SMS 7. Effective coping skills	—	Self-Awareness; Self-Management	Self-Awareness; Emotional Regulation; Confidence	Recognize feelings of embarrassment and demonstrate strategies to respond with confidence and self-...
—	Physical Energy	M 1. Belief in development of whole self, including a healt...	—	B-SMS 2. Self-discipline and self-control; B-SMS 7. Effective coping skills	—	Self-Awareness; Self-Management	Self-Regulation; Body Awareness; Energy Management	Recognize levels of physical energy and demonstrate strategies to manage activity levels appropriat...
—	Social Energy	M 1. Belief in development of whole self, including a healt...	—	B-SMS 2. Self-discipline and self-control; B-SMS 7. Effective coping skills	—	Self-Awareness; Self-Management	Self-Awareness; Social Awareness; Self-Regulation	Recognize levels of social energy and demonstrate strategies to engage or take breaks appropriately.
Empathy	Accepting Different Beliefs	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Social Awareness, Responsible Decision-Making	Perspective-Taking; Self-Reflection	Recognize that others may have different beliefs, perspectives, or experiences and demonstrate resp...
—	Leading with Kindness	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Social Awareness, Self-Management	Perspective-Taking; Emotional Regulation	Recognize how emotions and perspectives influence behavior and demonstrate kind and respectful resp...

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—	Responding with Compassion	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Responsible Decision-Making, Self-Awareness	Emotion Recognition (in Others); Self-Reflection	Recognize how others may feel in a situation and demonstrate compassionate responses based on that ...
—	Understanding Empathy	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 4. Empathy	Responsible Decision-Making, Relationship Skills	Active Listening, Perspective-Taking	Recognize others' thoughts and feelings by listening and observing, and demonstrate understanding o...
Bullying 2: Breaking the Cycle	Understanding Bullying	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Social Awareness	Self-Regulation; Assertive Communication	Identify what bullying is and recognize its impact on others; demonstrate strategies to respond in ...
—	Speaking Up as a Bystander!	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 5. Ethical decision-making and social responsibility; B-SS 8. Ad...	Self-Management, Relationship Skills	Setting Boundaries; Problem-Solving; Assertive Communication	Recognize situations where someone is being bullied and demonstrate safe and respectful ways to res...
—	Stopping the Trend Train	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 5. Ethical decision-making and social responsibility	Responsible Decision-Making	Impulse Control; Assertive Communication; Decision-Making	Recognize situations involving peer pressure and demonstrate the ability to make independent and re...
—	Setting Boundaries	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 7. Effective coping skills	B-SS 8. Advocacy skills for self and others and ability to assert sel...	Self-Awareness, Responsible Decision-Making	Perspective-Taking; Self-Advocacy; Assertive Communication	Recognize situations that require personal boundaries and demonstrate the ability to respond assert...
Teamwork and Collaboration	Being a Good Sport	M 3. Positive attitude toward work and learning	—	—	B-SS 1. Use effective communication and listening skills; B-SS 6. Eff...	Self-Management	Collaboration; Communication	Recognize how disagreements can happen in group settings and demonstrate respectful communication t...
—	Meeting in the Middle	M 3. Positive attitude toward work and learning	—	B-SMS 2. Self-discipline and self-control	B-SS 6. Effective collaboration and cooperation skills	Relationship Skills, Self-Awareness	Perspective-Taking; Self-Regulation	Recognize different perspectives in a group and demonstrate the ability to manage reactions to reac...
—	Handling a Meltdown	M 3. Positive attitude toward work and learning	—	B-SMS 7. Effective coping skills	B-SS 6. Effective collaboration and cooperation skills	Responsible Decision-Making, Self-Management, Relationship ...	Communication; Problem-Solving; Self-Regulation	Recognize feelings of frustration in group situations and demonstrate strategies to communicate and...
—	Understanding Teamwork and Collaboration	M 3. Positive attitude toward work and learning	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Self-Awareness, Responsible Decision-Making	Collaboration; Accepting Feedback	Identify what teamwork involves and demonstrate behaviors that support cooperation, respect, and sh...
Accountability	Admitting our Mistakes	M 1. Belief in development of whole self, including a healt...	—	B-SMS 1. Responsibility for self and actions	B-SS 5. Ethical decision-making and social responsibility	Self-Management; Responsible Decision-Making	Self-Reflection; Responsibility; Emotional Awareness	Recognize when a mistake has been made and demonstrate the ability to admit it honestly.

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—	Owning Your Actions	M 1. Belief in development of whole self, including a healt...	—	B-SMS 1. Responsibility for self and actions	B-SS 5. Ethical decision-making and social responsibility	Self-Awareness, Self-Management	Personal Responsibility; Decision-Making; Self-Regulation	Recognize personal responsibility in a situation and demonstrate the ability to take ownership of o...
—	Understanding Accountability	M 1. Belief in development of whole self, including a healt...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 1. Responsibility for self and actions	—	Relationship Skills, Responsible Decision-Making	Cause & Effect Thinking; Decision-Making; Self-Awareness	Explain how actions lead to consequences and demonstrate understanding of accountability in everyda...
—	Telling the Truth	M 1. Belief in development of whole self, including a healt...	—	B-SMS 1. Responsibility for self and actions	B-SS 5. Ethical decision-making and social responsibility	Responsible Decision-Making, Social Awareness	Integrity; Decision-Making; Self-Regulation	Recognize situations where honesty is important and demonstrate the ability to tell the truth, even...
Respect and Consideration	Having Self Respect	M 1. Belief in development of whole self, including a healt...	—	B-SMS 1. Responsibility for self and actions	—	Self-Awareness; Self-Management	Self-Respect; Self-Awareness; Responsible Decision-Making	Recognize the importance of self-respect and demonstrate behaviors that reflect responsibility for ...
—	Showing Consideration for Others	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Social Awareness; Relationship Skills	Empathy; Perspective-Taking; Respect	Recognize how actions affect others and demonstrate considerate behaviors that reflect empathy and ...
—	Respecting Others	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Social Awareness; Relationship Skills	Respect; Communication; Decision-Making	Recognize appropriate ways to treat others and demonstrate respectful behaviors in social interacti...
—	Respecting and Following the Rules	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 2. Self-discipline and self-control	B-SS 5. Ethical decision-making and social responsibility	Self-Management; Responsible Decision-Making	Self-Regulation; Responsibility; Decision-Making	Recognize the importance of rules in shared environments and demonstrate the ability to follow expe...
Healthy Communication	Speaking Up	—	—	—	B-SS 1. Effective oral and written communication skills and listening...	Self-Awareness; Relationship Skills	Self-Advocacy; Assertive Communication	Recognize situations where it is important to speak up and demonstrate the ability to express needs...
—	Clarifying a Misunderstanding	—	—	—	B-SS 1. Effective oral and written communication skills and listening...	Relationship Skills; Social Awareness	Communication; Active Listening; Problem-Solving	Recognize when a misunderstanding occurs and demonstrate the ability to clarify meaning through res...
—	Being Heard	—	—	—	B-SS 1. Effective oral and written communication skills and listening...	Self-Awareness; Relationship Skills	Communication; Assertive Communication; Self-Expression	Recognize how to communicate thoughts and feelings clearly and demonstrate strategies to ensure mes...
—	Sharing Your Opinion	—	—	—	B-SS 1. Effective oral and written communication skills and listening...	Social Awareness; Relationship Skills	Communication; Perspective-Taking; Respect	Recognize that others may have different opinions and demonstrate the ability to share ideas respec...

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
Growth Mindset	Using a Challenge as Motivation	M 4. Self-confidence in ability to succeed; M 5. Belief in ...	B-LS 4. Self-motivation and self-direction for learning	—	—	Self-Awareness; Self-Management	Self-Motivation; Growth Mindset; Self-Confidence	Recognize that challenges can support learning and demonstrate the ability to approach difficult ta...
—	Overcoming Failure	M 4. Self-confidence in ability to succeed	—	B-SMS 5. Perseverance to achieve long- and short-term goals; B-SMS 6. Ability t...	—	Self-Awareness; Self-Management	Perseverance; Self-Regulation; Self-Reflection	Recognize that mistakes and failure are part of learning and demonstrate perseverance when faced wi...
—	Changing Your Mindset	M 4. Self-confidence in ability to succeed	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 2. Self-discipline and self-control	—	Self-Awareness; Responsible Decision-Making	Self-Reflection; Decision-Making; Positive Self-Talk	Recognize unhelpful thinking patterns and demonstrate the ability to shift toward more positive and...
—	Overcoming Obstacles	M 4. Self-confidence in ability to succeed; M 5. Belief in ...	B-LS 8. Engagement in challenging coursework	B-SMS 6. Ability to identify and overcome barriers	—	Self-Management; Responsible Decision-Making	Problem-Solving; Perseverance; Goal-Setting	Recognize obstacles that may interfere with learning and demonstrate the ability to apply strategie...
Problem Vs. Solution	Identifying a Problem	M 1. Belief in development of whole self, including a healt...	B-LS 1. Critical thinking skills to make informed decisions	—	—	Self-Awareness; Responsible Decision-Making	Problem Identification; Self-Awareness; Critical Thinking	Recognize when a problem is present and identify factors that contribute to the situation.
—	Exploring Solutions	M 1. Belief in development of whole self, including a healt...	B-LS 1. Critical thinking skills to make informed decisions...	—	—	Responsible Decision-Making	Problem-Solving; Flexible Thinking; Decision-Making	Identify multiple possible solutions to a problem and consider the potential outcomes of each optio...
—	Applying Solutions	M 1. Belief in development of whole self, including a healt...	—	B-SMS 7. Effective coping skills	—	Responsible Decision-Making; Self-Management	Decision-Making; Problem-Solving; Self-Regulation	Select and apply an appropriate solution to a problem and demonstrate responsible decision-making i...
—	Learning from a Problem	M 1. Belief in development of whole self, including a healt...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 6. Ability to identify and overcome barriers	—	Self-Awareness; Self-Management	Self-Reflection; Growth Mindset; Problem-Solving	Reflect on the outcome of a situation and identify what can be learned to improve future responses.
Responsibility	Shared Responsibility	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 1. Responsibility for self and actions	B-SS 6. Effective collaboration and cooperation skills	Relationship Skills; Responsible Decision-Making	Collaboration; Responsibility; Teamwork	Recognize the importance of contributing to shared tasks and demonstrate responsibility by working ...
—	Taking Accountability	M 1. Belief in development of whole self, including a healt...	—	B-SMS 1. Responsibility for self and actions	B-SS 5. Ethical decision-making and social responsibility	Self-Awareness; Responsible Decision-Making	Responsibility; Self-Reflection; Decision-Making	Recognize personal responsibility in a situation and demonstrate accountability by acknowledging ac...
—	Having Too Many Tasks	M 1. Belief in development of whole self, including a healt...	B-LS 3. Time-management, organizational and study skills	B-SMS 8. Balance of school, home and community activities	—	Self-Management	Time Management; Organization; Self-Regulation	Recognize when responsibilities become overwhelming and demonstrate strategies to organize tasks an...

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
—	Dealing With Multiple Responsibilities	M 1. Belief in development of whole self, including a health...	B-LS 3. Time-management, organizational and study skills	B-SMS 8. Balance of school, home and community activities	—	Self-Management; Responsible Decision-Making	Prioritization; Perseverance; Responsibility	Recognize multiple responsibilities and demonstrate the ability to prioritize tasks and follow thro...
Social Media	Dealing with Group Chats	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 1. Use effective communication and listening skills; B-SS 5. Eth...	Relationship Skills; Responsible Decision-Making	Communication; Decision-Making; Digital Citizenship	Recognize how communication in group chats can impact others and demonstrate responsible and respec...
—	Privacy on Social Media	M 1. Belief in development of whole self, including a health...	—	B-SMS 1. Responsibility for self and actions; B-SMS 9. Personal safety skills	—	Responsible Decision-Making; Self-Management	Decision-Making; Self-Regulation; Digital Responsibility	Recognize the importance of protecting personal information and demonstrate responsible decision-ma...
—	Popularity on Social Media	M 1. Belief in development of whole self, including a health...	—	B-SMS 7. Effective coping skills	—	Self-Awareness; Self-Management	Emotional Regulation; Self-Confidence; Self-Awareness	Recognize how social media can influence feelings about oneself and demonstrate strategies to manag...
—	Dealing with Social Media Trends	M 1. Belief in development of whole self, including a health...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 2. Self-discipline and self-control	B-SS 5. Ethical decision-making and social responsibility	Responsible Decision-Making; Self-Management	Decision-Making; Impulse Control; Assertiveness	Recognize how social media trends can influence behavior and demonstrate the ability to make indepe...
Assertiveness	Taking Ownership	M 1. Belief in development of whole self, including a health...	—	B-SMS 1. Responsibility for self and actions	B-SS 8. Advocacy skills for self and others and ability to assert sel...	Self-Awareness; Self-Management	Responsibility; Self-Advocacy; Honest Communication	Recognize personal responsibility in a situation and demonstrate the ability to express ownership o...
—	Ignoring Negative Influences	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 2. Self-discipline and self-control	B-SS 5. Ethical decision-making and social responsibility; B-SS 8. Ad...	Self-Management; Responsible Decision-Making	Impulse Control; Decision-Making; Assertiveness	Recognize situations involving negative peer influence and demonstrate the ability to make independ...
—	Nickname Assertiveness	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Relationship Skills; Self-Management	Self-Advocacy; Assertive Communication; Boundary-Setting	Recognize when a situation requires setting personal boundaries and demonstrate assertive communica...
—	Expressing Ideas	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 1. Effective oral and written communication skills and listening...	Self-Awareness; Relationship Skills	Communication; Self-Expression; Assertive Communication	Recognize how to express ideas clearly and demonstrate the ability to communicate thoughts and opin...
Anxiety	Public Speaking Anxiety	M 1. Belief in development of whole self, including a health...	—	B-SMS 2. Self-discipline and self-control; B-SMS 7. Effective coping skills	—	Self-Management; Self-Awareness	Stress Management; Self-Regulation; Confidence-Building	Recognize feelings of anxiety in performance situations and demonstrate strategies to manage stress...
—	Sickness Anxiety	M 1. Belief in development of whole self, including a health...	—	B-SMS 7. Effective coping skills	—	Self-Awareness; Self-Management	Emotional Awareness; Stress Management; Self-Regulation	Recognize signs of anxiety related to health concerns and demonstrate strategies to manage worry an...

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
—	Overcoming Anxiety	M 1. Belief in development of whole self, including a healt...	—	B-SMS 6. Ability to identify and overcome barriers; B-SMS 7. Effective coping s...	—	Self-Management	Coping Skills; Perseverance; Self-Regulation	Recognize strategies that help manage anxiety and demonstrate the ability to apply coping skills to...
—	Dealing with a Phobia	M 1. Belief in development of whole self, including a healt...	—	B-SMS 6. Ability to identify and overcome barriers; B-SMS 7. Effective coping s...	—	Self-Management	Coping Skills; Stress Management; Emotional Regulation	Recognize strong fear responses and demonstrate strategies to manage reactions and gradually face c...
Cliques and Gossip	Including Friends	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Relationship Skills; Social Awareness	Inclusion; Empathy; Relationship-Building	Recognize the importance of including others and demonstrate behaviors that promote belonging and r...
—	Validating Information	M 2. Sense of acceptance, respect, support and inclusion fo...	B-LS 1. Critical thinking skills to make informed decisions	—	B-SS 5. Ethical decision-making and social responsibility	Responsible Decision-Making	Critical Thinking; Decision-Making; Responsible Communication	Recognize the importance of verifying information and demonstrate the ability to make responsible d...
—	Dealing with Rumors	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 1. Effective oral and written communication skills and listening...	Responsible Decision-Making; Relationship Skills	Decision-Making; Communication; Self-Regulation	Recognize the impact of rumors and demonstrate responsible communication by choosing not to spread ...
—	Dealing with Rejection	M 1. Belief in development of whole self, including a healt...	—	B-SMS 7. Effective coping skills	—	Self-Management; Self-Awareness	Emotional Regulation; Coping Skills; Self-Confidence	Recognize feelings associated with rejection and demonstrate strategies to manage emotions and resp...
Healthy Relationships	Resolving Conflict with Humor	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 1. Use effective communication and listening skills; B-SS 4. Emp...	Relationship Skills; Self-Management	Communication; Emotional Regulation; Conflict Resolution	Recognize conflict situations and demonstrate appropriate strategies, including humor, to resolve d...
—	Modifying Plans	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 10. Ability to manage transitions and adapt to change	B-SS 2. Positive, respectful and supportive relationships with studen...	Relationship Skills; Self-Management	Flexibility; Perspective-Taking; Self-Regulation	Recognize when plans need to change and demonstrate flexibility by adapting to others' needs in a r...
—	Relationships with Adults	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 1. Use effective communication and listening skills; B-SS 3. Pos...	Relationship Skills	Communication; Help-Seeking; Respect	Recognize the role of trusted adults and demonstrate the ability to communicate and seek support ap...
—	Forgiving a Friend	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 7. Effective coping skills	B-SS 2. Positive, respectful and supportive relationships with studen...	Relationship Skills; Self-Management	Empathy; Emotional Regulation; Relationship Repair	Recognize the impact of conflict on relationships and demonstrate the ability to forgive and rebuil...

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
Influence	Being a Good Influence	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Relationship Skills; Responsible Decision-Making	Leadership; Decision-Making; Responsibility	Recognize how one's actions can influence others and demonstrate behaviors that positively impact p...
—	Dealing with Bad Influences	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 2. Self-discipline and self-control	B-SS 5. Ethical decision-making and social responsibility	Responsible Decision-Making; Self-Management	Decision-Making; Impulse Control; Self-Regulation	Recognize negative influences and demonstrate the ability to make responsible choices that align wi...
—	Friend's Influences	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Relationship Skills; Social Awareness	Perspective-Taking; Decision-Making; Relationship Awareness	Recognize how friends can influence behavior and demonstrate the ability to make thoughtful decisio...
—	Handling Peer Pressure	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 2. Self-discipline and self-control	B-SS 8. Advocacy skills for self and others and ability to assert sel...	Self-Management; Responsible Decision-Making	Assertiveness; Decision-Making; Self-Regulation	Recognize situations involving peer pressure and demonstrate assertive strategies to make indepen...
Difference	Embracing Differences	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Social Awareness; Relationship Skills	Empathy; Respect; Perspective-Taking	Recognize that differences are valuable and demonstrate respect and empathy toward others' perspect...
—	Talking About Differences	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 1. Effective oral and written communication skills and listening...	Social Awareness; Relationship Skills	Communication; Active Listening; Perspective-Taking	Recognize how to discuss differences respectfully and demonstrate effective communication and liste...
—	Different Ways of Working	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Relationship Skills; Responsible Decision-Making	Collaboration; Flexibility; Perspective-Taking	Recognize that people may approach tasks differently and demonstrate the ability to collaborate and...
—	Accepting Differences	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Social Awareness; Relationship Skills	Respect; Decision-Making; Inclusion	Recognize the importance of accepting differences and demonstrate respectful and responsible choice...
Using Good Judgement	Keeping a Promise	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 1. Responsibility for self and actions	B-SS 2. Positive, respectful and supportive relationships with studen...	Relationship Skills; Responsible Decision-Making	Responsibility; Integrity; Decision-Making	Recognize the importance of keeping commitments and demonstrate responsible behavior by following t...
—	Keeping a Secret or Not	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 5. Ethical decision-making and social responsibility; B-SS 8. Ad...	Responsible Decision-Making; Self-Awareness	Decision-Making; Boundary-Setting; Self-Advocacy	Recognize situations where keeping a secret may not be safe and demonstrate the ability to make res...

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
—	Gossiping	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 1. Effective oral and written communication skills and listening...	Responsible Decision-Making; Relationship Skills	Decision-Making; Communication; Social Awareness	Recognize the impact of gossip and demonstrate responsible communication by choosing not to share h...
—	Using Good Judgement	M 2. Sense of acceptance, respect, support and inclusion fo...	B-LS 1. Critical thinking skills to make informed decisions	—	B-SS 5. Ethical decision-making and social responsibility	Responsible Decision-Making	Decision-Making; Critical Thinking; Self-Regulation	Recognize situations that require thoughtful decision-making and demonstrate the ability to evaluat...
Resilience	Moving Away	M 1. Belief in development of whole self, including a healt...	—	—	B-SMS 7. Effective coping skills; B-SMS 10. Ability to manage transit...	Self-Management; Self-Awareness	Coping Skills; Adaptability; Emotional Regulation	Recognize feelings associated with major changes and demonstrate strategies to adapt and cope with ...
—	Being Picked Last	M 1. Belief in development of whole self, including a healt...	—	B-SMS 7. Effective coping skills	—	Self-Awareness; Self-Management	Emotional Regulation; Self-Confidence; Coping Skills	Recognize feelings related to rejection and demonstrate strategies to manage emotions and respond i...
—	Accepting Illness	M 1. Belief in development of whole self, including a healt...	—	B-SMS 7. Effective coping skills	—	Self-Management	Coping Skills; Adaptability; Resilience	Recognize challenges related to illness and demonstrate strategies to cope and continue engaging in...
—	Dealing with Challenging Situations	M 1. Belief in development of whole self, including a healt...	—	B-SMS 6. Ability to identify and overcome barriers; B-SMS 7. Effective coping s...	—	Self-Management; Responsible Decision-Making	Problem-Solving; Coping Skills; Perseverance	Recognize challenging situations and demonstrate the ability to apply coping strategies and persist...
Accepting "no"	Understanding a "No"	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 2. Self-discipline and self-control	B-SS 3. Positive relationships with adults to support success	Self-Management; Social Awareness	Self-Regulation; Perspective-Taking; Decision-Making	Recognize situations where limits are set and demonstrate the ability to respond appropriately and ...
—	Understanding the Limits	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 2. Self-discipline and self-control	B-SS 9. Social maturity and behaviors appropriate to the situation an...	Responsible Decision-Making; Self-Management	Decision-Making; Self-Regulation; Responsibility	Recognize boundaries and expectations and demonstrate appropriate behavior in different situations.
—	Asking for Permission	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 1. Effective oral and written communication skills and listening...	Relationship Skills; Self-Awareness	Communication; Self-Advocacy; Respect	Recognize when permission is needed and demonstrate the ability to ask appropriately and respectfully...
—	Asking Why	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 1. Effective oral and written communication skills and listening...	Relationship Skills; Responsible Decision-Making	Communication; Self-Advocacy	Recognize when it is appropriate to ask questions and demonstrate respectful communication to bette...
—	Accepting Criticism	M 1. Belief in development of whole self, including a healt...	—	B-SMS 2. Self-discipline and self-control; B-SMS 7. Effective coping skills	—	Self-Management; Self-Awareness	Emotional Regulation; Self-Reflection; Growth Mindset	Recognize feedback as an opportunity for growth and demonstrate the ability to respond to criticism...

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
Bullying	Standing Up to Bullying	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 5. Ethical decision-making and social responsibility; B-SS 8. Ad...	Relationship Skills; Responsible Decision-Making	Assertiveness; Advocacy; Decision-Making	Recognize situations involving bullying and demonstrate the ability to stand up for oneself or othe...
—	Identifying Bullying	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 4. Empathy; B-SS 5. Ethical decision-making and social responsib...	Social Awareness	Empathy; Social Awareness; Critical Thinking	Recognize the characteristics of bullying and demonstrate understanding of how it impacts others.
—	See Something? Say Something.	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 3. Positive relationships with adults to support success; B-SS 5...	Relationship Skills; Responsible Decision-Making	Self-Advocacy; Help-Seeking; Responsibility	Recognize when bullying requires adult support and demonstrate the ability to report concerns appro...
—	Joking or Bullying	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 1. Effective oral and written communication skills and listening...	Social Awareness; Relationship Skills	Perspective-Taking; Communication; Empathy	Recognize the difference between joking and bullying and demonstrate understanding of how words can...
—	Apologizing	M 1. Belief in development of whole self, including a healt...	—	B-SMS 1. Responsibility for self and actions	B-SS 2. Positive, respectful and supportive relationships with studen...	Self-Awareness; Relationship Skills	Responsibility; Empathy; Relationship Repair	Recognize when one's actions have caused harm and demonstrate the ability to take responsibility an...
Fear of Being Judged	Fear of Speaking Up	M 1. Belief in development of whole self, including a healt...	—	B-SMS 7. Effective coping skills	B-SS 1. Effective oral and written communication skills and listening...	Self-Awareness; Self-Management	Confidence-Building; Emotional Regulation; Communication	Recognize feelings of fear when speaking up and demonstrate strategies to communicate ideas despite...
—	Trying New Things	M 1. Belief in development of whole self, including a healt...	—	B-SMS 5. Perseverance to achieve long- and short-term goals; B-SMS 7. Effective...	—	Self-Management	Risk-Taking; Perseverance; Confidence	Recognize feelings of uncertainty when trying new things and demonstrate perseverance and coping st...
—	Labelling Activities for Everyone	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 10. Cultural awareness, sensitivity and responsiveness	Social Awareness; Relationship Skills	Inclusion; Perspective-Taking; Respect	Recognize how labeling can impact others and demonstrate inclusive and respectful attitudes toward ...
—	Starting Friendships	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 1. Effective oral and written communication skills and listening...	Relationship Skills; Self-Awareness	Social Initiation; Communication; Confidence	Recognize the importance of initiating connections and demonstrate the ability to start conversatio...
—	Standing Up For Yourself	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 7. Effective coping skills	B-SS 8. Advocacy skills for self and others and ability to assert sel...	Self-Management; Relationship Skills	Assertiveness; Self-Advocacy; Emotional Regulation	Recognize situations that require self-advocacy and demonstrate the ability to assert oneself respe...
Self-Esteem	Embracing Failure	M 1. Belief in development of whole self, including a healt...	—	B-SMS 6. Ability to identify and overcome barriers; B-SMS 7. Effective coping s...	—	Self-Management; Self-Awareness	Resilience; Growth Mindset; Coping Skills	Recognize that failure is a part of learning and demonstrate the ability to respond with resilience...

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
—	Praising Efforts	M 1. Belief in development of whole self, including a healt...	—	B-SMS 5. Perseverance to achieve long- and short-term goals	—	Self-Awareness; Self-Management	Growth Mindset; Self-Motivation; Perseverance	Recognize the importance of effort and demonstrate the ability to value persistence and growth over...
—	Expressing Opinions	M 1. Belief in development of whole self, including a healt...	—	—	B-SS 1. Effective oral and written communication skills and listening...	Self-Awareness; Relationship Skills	Self-Expression; Communication; Confidence	Recognize the importance of sharing ideas and demonstrate the ability to express opinions confident...
—	Accepting Challenges	M 1. Belief in development of whole self, including a healt...	—	B-SMS 5. Perseverance to achieve long- and short-term goals; B-SMS 7. Effective...	—	Self-Management	Confidence; Perseverance; Resilience	Recognize challenges as opportunities for growth and demonstrate persistence and coping strategies ...
—	Asking For Something	M 1. Belief in development of whole self, including a healt...	—	—	B-SS 1. Effective oral and written communication skills and listening...	Self-Awareness; Relationship Skills	Self-Advocacy; Communication; Confidence	Recognize personal needs and demonstrate the ability to ask for something appropriately and confide...
Adapting to Change	Adapting to a New Teacher	M 1. Belief in development of whole self, including a healt...	—	B-SMS 10. Ability to manage transitions and adapt to change	—	Self-Management; Relationship Skills	Adaptability; Flexibility; Respect for Authority	Recognize changes in expectations when working with a new adult and demonstrate the ability to adap...
—	Partner Problem	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 10. Ability to manage transitions and adapt to change	B-SS 6. Effective collaboration and cooperation skills	Relationship Skills; Self-Management	Collaboration; Flexibility; Problem-Solving	Recognize challenges when working with others and demonstrate flexibility and cooperation to adapt ...
—	Accepting Change	M 1. Belief in development of whole self, including a healt...	—	B-SMS 7. Effective coping skills; B-SMS 10. Ability to manage transitions and a...	—	Self-Management; Self-Awareness	Coping Skills; Adaptability; Emotional Regulation	Recognize that change can be challenging and demonstrate strategies to adapt and respond positively.
—	Making new Friends	M 2. Sense of acceptance, respect, support and inclusion fo...	—	B-SMS 10. Ability to manage transitions and adapt to change	B-SS 2. Positive, respectful and supportive relationships with studen...	Relationship Skills; Social Awareness	Social Initiation; Relationship-Building; Adaptability	Recognize the importance of building new connections and demonstrate the ability to adapt socially ...
—	Starting a Conversation	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 1. Effective oral and written communication skills and listening...	Relationship Skills; Self-Awareness	Communication; Social Initiation; Confidence	Recognize opportunities to connect with others and demonstrate the ability to initiate conversation...
Rejection	Being Rejected By Friends	M 1. Belief in development of whole self, including a healt...	—	B-SMS 7. Effective coping skills	—	Self-Awareness; Self-Management	Emotional Regulation; Coping Skills; Self-Confidence	Recognize feelings of rejection and demonstrate strategies to manage emotions and respond in a heal...
—	Sharing Friends	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Relationship Skills; Social Awareness	Fairness; Perspective-Taking; Decision-Making	Recognize the importance of sharing friendships and demonstrate respectful and fair behavior in soc...

Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
—	Compromising	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 5. Ethical decision-making and social responsibility; B-SS 6. Ef...	Relationship Skills; Responsible Decision-Making	Compromise; Collaboration; Decision-Making	Recognize situations that require compromise and demonstrate the ability to work with others to fin...
—	Sharing Friendships	M 2. Sense of acceptance, respect, support and inclusion fo...	—	—	B-SS 2. Positive, respectful and supportive relationships with studen...	Relationship Skills	Inclusion; Relationship Management; Respect	Recognize the importance of including others and demonstrate the ability to maintain respectful rel...
—	Expressing your Feelings	M 1. Belief in development of whole self, including a healt...	—	B-SMS 7. Effective coping skills	B-SS 1. Effective oral and written communication skills and listening...	Self-Awareness; Relationship Skills	Emotional Expression; Communication; Self-Awareness	Recognize emotions related to social situations and demonstrate the ability to express feelings cle...

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Theme	Lesson	ASCA Mindset	ASCA Behavior – Learning	ASCA Behavior – Self-Mgmt	ASCA Behavior – Social Skills	CASEL	Targeted Skills	Learning Objectives
Identity	Mirror, Mirror on the Wall	M 1. Belief in development of whole self, including a health...	—	B-SMS 6 – Ability to identify and overcome barriers; B-SMS 7 – Effective coping...	—	Self-Management ; Self-Awareness	Self-Awareness; Positive Self-Talk; Self-Regulation	Identify common influences on body image and self-esteem; apply strategies that support a healthier...
—	Embracing Your Roots	M 1. Belief in development of whole self, including a health...	—	—	B-SS 4 – Empathy; B-SS 10. Cultural awareness, sensitivity and respon...	Self-Awareness; Relationship Skills; Social Awareness	Social Awareness; Empathy; Perspective-Taking	Describe how culture influences beliefs, behaviors, and communication; recognize similarities and d...
—	Decode your Learning DNA	M 3. Positive attitude toward work and learning; M 4. Self-...	B-LS 2 – Creative approach to learning, tasks and problem s...	—	—	Self-Awareness; Self-Management	Self-awareness; Metacognition; Self-directed learning	Identify personal learning preferences; apply learning strategies that match their preferred style
—	Your Values, Your Voice	M 1. Belief in development of whole self, including a health...	—	B-SMS 1. Responsibility for self and actions	B-SS 8. Advocacy skills for self and others and ability to assert sel...	Self-Management, Self-Awareness, Responsible Decision-Making	Self-Awareness; Decision-Making; Ethical Thinking	Identify key influences on beliefs and values; explain how personal values guide choices and behavi...
—	Embracing All of You	M 1. Belief in development of whole self, including a health...	—	B-SMS 6. Ability to identify and overcome barriers; B-SMS 7. Effective coping s...	B-SS 8. Advocacy skills for self and others and ability to assert sel...	Self-Awareness, Social Awareness	Self-Awareness; Self-Management; Identity Development	Recognize the different roles they take on across contexts; apply strategies to balance multiple id...
Screen Time	Being Real in a Digital World	M 1. Belief in development of whole self, including a health...	B-LS 5. Media and technology skills to enhance learning; B-...	B-SMS 2. Self-discipline and self-control ; B-SMS 7. Effective coping skills	B-SS 5. Ethical decision-making and social responsibility; B-SS 9. So...	Self-Management, Responsible Decision-Making, Relationship ...	Media Literacy · Self-Regulation · Digital Citizenship	Identify ways social media can influence self-image, relationships, and well-being; practice strate...
—	Going Viral	M 1. Belief in development of whole self, including a health...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 1. Responsibility for self and actions; B-SMS 2. Self-discipline and self...	B-SS 5. Ethical decision-making and social responsibility; B-SS 9. So...	Self-Management, Self-Awareness, Social Awareness	Critical Thinking ; Peer Resistance Skills ; Digital Citizenship	Recognize potential risks associated with viral trends and online challenges; explain how social me...
—	The Good, the Bad, the Gamer	M 1. Belief in development of whole self, including a health...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 2. Self-discipline and self-control ; B-SMS 8. Balance of school, home an...	B-SS 9. Social maturity and behaviors appropriate to the situation an...	Social Awareness, Responsible Decision-Making, Self-Awarene...	Self-Regulation ; Balanced Decision-Making; Self-Awareness	Identify potential benefits and drawbacks of video gaming; apply strategies for balancing gaming wi...
—	Becoming Media Savvy	M 1. Belief in development of whole self, including a health...	B-LS 5. Media and technology skills to enhance learning; B-...	—	B-SS 5. Ethical decision-making and social responsibility; B-SS 9. So...	Self-Management, Responsible Decision-Making, Social Awaren...	Media Literacy ; Critical Thinking ; Digital Citizenship	Analyze media messages for bias, accuracy, and intent; identify strategies for navigating media in ...
—	Cyber-Safe and Sound	M 1. Belief in development of whole self, including a health...	B-LS 1. Critical thinking skills to make informed decisions...	B-SMS 1. Responsibility for self and actions; B-SMS 9. Personal safety skills	B-SS 5. Ethical decision-making and social responsibility; B-SS 9. So...	Responsible Decision-Making, Self-Management	Digital Safety; Critical Thinking ; Responsible Decision-Making	Identify common online risks, including scams and cyberbullying; apply strategies for staying safe ...

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Stress	Stress: From Head to Toe	M 1. Belief in development of whole self, including a health...	—	B-SMS 6. Ability to identify and overcome barriers; B-SMS 7. Effective coping skills	—	Responsible Decision-Making, Self-Management	Stress Awareness; Self-Awareness ; Psychoeducation	Identify common physical and mental effects of stress; explain how stress can influence overall well...
—	Dealing with Family Drama	M 1. Belief in development of whole self, including a health...	—	B-SMS 1. Responsibility for self and actions; B-SMS 7. Effective coping skills	B-SS 3. Positive relationships with adults to support success	Self-Awareness, Social Awareness, Self-Management	Coping Strategies ; Stress Management ; Self-Regulation	Identify common stressors within the home environment; apply strategies for managing stress related...
—	From Awkward to Confident	M 1. Belief in development of whole self, including a health...	—	B-SMS 2. Self-discipline and self-control ; B-SMS 7. Effective coping skills	B-SS 2. Positive, respectful and supportive relationships with students...	Social Awareness, Relationship Skills, Self-Awareness	Social Confidence ; Stress Management; Self-Regulation	Recognize how stress can affect social interactions; identify strategies for managing stress in social...
—	Classroom Calm	M 1. Belief in development of whole self, including a health...	B-LS 3. Time-management, organizational and study skills	B-SMS 2. Self-discipline and self-control; B-SMS 7. Effective coping skills	B-SS 3. Positive relationships with adults to support success	Self-Awareness, Responsible Decision-Making	Stress Management; Organization ; Self-Regulation	Identify common sources of school-related stress; apply strategies for managing stress in academic ...
—	Relax, Recharge, Reclaim	M 1. Belief in development of whole self, including a health...	—	B-SMS 7. Effective coping skills; B-SMS 6. Ability to identify and overcome barriers...	B-SS 3 – Positive relationships with adults to support success	Self-Management, Self-Awareness	Help-Seeking ; Coping Strategies ; Support Network Building	Identify sources of support available to them; explain how support systems can help reduce stress
Under Pressure	Overcoming Peer Pressure	M 1. Belief in development of whole self, including a health...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 2. Self-discipline and self-control ; B-SMS 7. Effective coping skills	B-SS 8. Advocacy skills for self and others and ability to assert self...	Social Awareness, Self-Management, Relationship Skills	Peer Resistance Skills; Assertiveness ; Self-Regulation	Identify common forms of peer pressure in different settings; apply strategies for responding to peer...
—	Books, Bags and Burnout	M 1. Belief in development of whole self, including a health...	B-LS 3. Time-management, organizational and study skills	B-SMS 7. Effective coping skills ; B-SMS 8. Balance of school, home and community...	B-SS 3. Positive relationships with adults to support success	Responsible Decision-Making, Self-Management	Stress Management ; Time Management ; Help-Seeking	Identify common sources of academic pressure; apply strategies for managing academic stress and exp...
—	Overcoming Your Own Critiques	M 1. Belief in development of whole self, including a health...	B-LS 4. Self-motivation and self-direction for learning	B-SMS 6 – Ability to identify and overcome barriers; B-SMS 7 – Effective coping...	B-SS 8. Advocacy skills for self and others and ability to assert self...	Self-Awareness, Self-Management	Self-Compassion ; Self-Awareness ; Growth Mindset	Identify sources of self-imposed pressure; explain strategies for channeling self-pressure in health...
—	Too Much On Your Plate?	M 1. Belief in development of whole self, including a health...	B-LS 3. Time-management, organizational and study skills; B...	B-SMS 8. Balance of school, home and community activities; B-SMS 1. Responsibility...	B-SS 8. Advocacy skills for self and others and ability to assert self...	Self-Management, Responsible Decision-Making	Boundary-Setting ; Time Management ; Self-Advocacy	Recognize signs of stress related to extracurricular commitments; apply strategies for setting boundaries...
—	Under the Family Microscope	M 2. Sense of acceptance, respect, support and inclusion for...	—	B-SMS 1. Responsibility for self and actions; B-SMS 7. Effective coping skills	B-SS 3. Positive relationships with adults to support success; B-SS 8...	Relationship Skills, Self-Management, Social Awareness	Coping Strategies; Self-Advocacy ; Emotional Regulation	Identify ways family expectations can create pressure; apply strategies for managing family-related...
Bullying	Bullied, but Not Broken	M 1. Belief in development of whole self, including a health...	—	B-SMS 6. Ability to identify and overcome barriers; B-SMS 7 – Effective coping ...	B-SS 4. Empathy; B-SS 8. Advocacy skills for self and others and abil...	Social Awareness, Relationship Skills	Resilience ; Help-Seeking; Self-Advocacy	Identify different types of bullying and their impacts; apply strategies for coping with and respon...

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—	From Bystander to Upstander	M 1. Belief in development of whole self, including a healt...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 1. Responsibility for self and actions	B-SS 4. Empathy; B-SS 5. Ethical decision-making and social responsib...	Responsible Decision-Making, Relationship Skills, Social Aw...	Social Responsibility ; Empathy ; Moral Courage	Identify the role bystanders play in bullying situations; apply strategies for safely intervening o...
—	Trolls, Texts and Tactics	M 1. Belief in development of whole self, including a healt...	—	B-SMS 1. Responsibility for self and actions; B-SMS 7. Effective coping skills	B-SS 4. Empathy; B-SS 5. Ethical decision-making and social responsib...	Responsible Decision-Making, Self-Management, Relationship ...	Digital Citizenship ; Empathy ; Help-Seeking	Identify common forms of cyberbullying; apply strategies for responding to and reporting cyberbully...
—	Bullying Myths Uncovered	M 1. Belief in development of whole self, including a healt...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 1. Responsibility for self and actions	B-SS 5. Ethical decision-making and social responsibility	Social Awareness	Critical Thinking ; Media Literacy ; Social Awareness	Identify common myths and misunderstandings about bullying; explain how these myths can impact how ...
—	Relational Bullying: The Silent Harm	M 1. Belief in development of whole self, including a healt...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 7. Effective coping skills ; B-SMS 6. Ability to identify and overcome ba...	B-SS 4. Empathy; B-SS 8. Advocacy skills for self and others and abil...	Social Awareness, Relationship Skills, Self-Awareness	Empathy ; Resilience ; Social Awareness	Identify signs of social-relational bullying; explain the impact of relational bullying on individu...
Responsible Decision Making	Showing Up is Half the Battle	M 5. Belief in using abilities to their fullest to achieve ...	B-LS 3. Time-management, organizational and study skills; B...	B-SMS 1. Responsibility for self and actions; B-SMS 2. Self-discipline and self...	—	Self-Management	Self-Motivation ; Accountability ; Goal-Setting	Identify reasons why consistent school attendance is important; apply strategies for overcoming com...
—	Dollars and Sense	M 4. Self-confidence in ability to succeed	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 1. Responsibility for self and actions; B-SMS 2. Self-discipline and self...	—	Self-Management, Self-Awareness	Financial Literacy ; Delayed Gratification ; Decision-Making	Identify key money management concepts, such as budgeting, saving, and credit; apply basic financia...
—	Stronger, Healthier, Happier!	M 1. Belief in development of whole self, including a healt...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 7. Effective coping skills; B-SMS 5. Perseverance to achieve long- and sh...	—	Responsible Decision-Making, Self-Management	Healthy Habits ; Self-Care ; Goal-Setting	Identify habits that support physical and mental health; apply strategies for maintaining a balance...
—	Healthy Boundaries & Balance	M 1. Belief in development of whole self, including a healt...	B-LS 4. Self-motivation and self- direction for learning	B-SMS 8. Balance of school, home and community activities; B-SMS 7. Effective c...	B-SS 8. Advocacy skills for self and others and ability to assert sel...	Responsible Decision-Making, Self-Management, Relationship ...	Boundary-Setting ; Self-Advocacy ; Self-Management	Identify the importance of setting priorities and boundaries; apply strategies for maintaining bala...
—	The Road to Adulthood	M 3. Positive attitude toward work and learning; M 4. Self-...	B-LS 7. Long- and short-term academic, career and social/em...	B-SMS 1. Responsibility for self and actions; B-SMS 10. Ability to manage trans...	B-SS 9. Social maturity and behaviors appropriate to the situation an...	Self-Management, Responsible Decision-Making	Future Planning ; Life Skills; Accountability	Identify key life skills needed for adulthood; explain how responsible choices support long-term pe...
Healthy Relationships	Friends, Foes, and In Between	M 2. Sense of acceptance, respect, support and inclusion fo...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 1. Responsibility for self and actions	B-SS 2. Positive, respectful and supportive relationships with studen...	Relationship Skills, Social Awareness	Conflict Resolution ; Relationship Skills ; Communication	Identify characteristics of healthy and unhealthy friendships; apply strategies for navigating conf...
—	Dating Unplugged	M 2. Sense of acceptance, respect, support and inclusion fo...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 1. Responsibility for self and actions; B-SMS 2. Self-discipline and self...	B-SS 2. Positive, respectful and supportive relationships with studen...	Relationship Skills, Self-Management	Healthy Relationship Skills; Boundary-Setting; Self-Respect	Identify key components of healthy romantic relationships; recognize signs of unhealthy or disrespe...

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—	Beyond the Clique Mentality	M 2. Sense of acceptance, respect, support and inclusion fo...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 1. Responsibility for self and actions	B-SS 2. Positive, respectful and supportive relationships with studen...	Social Awareness, Relationship Skills, Self-Awareness	Inclusion ; Social Awareness ; Perspective-Taking	Identify how cliques can impact social interactions and self-image; apply strategies for navigating...
—	Student-Teacher Vibes	M 1. Belief in development of whole self, including a healt...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 1. Responsibility for self and actions	B-SS 3. Positive relationships with adults to support success; B-SS 8...	Self-Awareness, Responsible Decision-Making	Communication ; Respect ; Help-Seeking	Identify ways positive student–teacher relationships support learning; explain how communication an...
—	Family Ties	M 1. Belief in development of whole self, including a healt...	B-LS 1. Critical thinking skills to make informed decisions	B-SMS 1. Responsibility for self and actions; B-SMS 6. Ability to identify and ...	B-SS 3. Positive relationships with adults to support success; B-SS 1...	Self-Management, Relationship Skills, Social Awareness	Emotional Awareness ; Relationship Patterns ; Self-Reflection	Identify ways family dynamics can influence emotions and decision-making; explain how family relati...