



Multi-Tiered Systems of Support &  
Social Emotional Learning

Week of	SEL Domain	SEL Lessons Topic	Vocabulary to Highlight
August 9	<b>PBIS Expectations</b>	Schools will teach their school-wide expectations to all students	Expectation (each of the terms used for your school's expectations such as Respect, Perseverance, etc.)
August 14	<b>SEL Launch Week</b>	Introduce Students to each of the 5 Competencies	Social Emotional Learning Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision Making
August 21	<b>SEL Skills for School Success</b>	Safe and Ethical Behavior	Bullying, Cyberbullying, upstander, Digital Footprint
August 28		Emotions	Emotions, Feelings, Comfortable Emotions, Uncomfortable Emotions
September 11		Learning Skills	Mindset, Life Long Learner
September 18		Resiliency	Resilient, Optimism,
September 25		Problem-Solving	Decision-making, critical thinking
October 2		Conflict Resolution	Conflict Resolution, Compromise, active listening
October 17	<b>Self-Management</b>	Self Control	Self Control, Self Management
October 30		Stress Management	Stress, Perseverance, Stress Management
November 6		Focus	Focus, overcoming Distractions





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November 13		Goal Setting	Time management Planning
November 27	<b>Awareness of Self and Others</b>	Self- Knowledge	Self Awareness, Unique, Individuality
December 4		Growth Mindset	Growth Mindset, Fixed Mindset
December 11		Wants and Needs	Wants, Needs, Self Esteem
January 8		Values	Values, Norms, Identity, Culture
January 8		<b>Social Skills</b>	Fairness
January 16	Respect		Respect
January 22	Friendships		Friendship, Communication
January 29	Relationships		loyalty
February 5	Cooperation		Cooperation, Constructive Feedback, Group Norms, Dependent, consensus
February 19	<b>Self Care</b>		Mindfulness
February 26		Self-Efficacy	Self Efficacy
March 4		Optimism	Optimistic, Gratitude
March 11		Self-Compassion	Compassion
March 25		Self-Advocacy	Advocacy
April 8		Healthy Boundaries	Wellness, boundaries, balance





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April 15	<b>Social Awareness</b>	Cultural Competence	Culture, Advocacy, Diversity, Prejudice, Stereotype
April 22		Support Systems	Support system
April 29		Social Contributions	Contribution, perspective
May 6		Actions and Consequences	Consequences, Choices, Social Norms, Impact
May 13		Empathy	Empathy, Perspective

