

2024-2025 SEL Skills

MONTH	WEEK 1	WEEK 2	WEEK 3	WEEK 4
September	School Success Video Slides	Tips on Being a Successful Student Video Worksheet	How to become a Good Student Video Worksheet	Taking Charge of My School Year Worksheet
October	Stress Management Slides	Stressors and Relievers Worksheet	Guided Relaxation 8 Minutes to Calm	Progressive Muscle Relaxation
November	Master your Anger Slides	Know Yourself Worksheet	Use the Force Slides Worksheet	Jedi Mind Tricks Worksheet
December		Reaching Out Worksheet Slides	Stand Up, Stand Strong Worksheet Slides	Upgrade Your World Worksheet Slides
January	I Want That Goal Setting Slides	Dream Big Slides Worksheet	SMART Goals Worksheet	Goal Achieved Slides
February	We're In This Together Slides	Self Compassion Slides	Empathy Slides	Acceptance Slides
March	Whaddya Say Slides	Say What? LOL Slides	Communicating Assertively Handout Questionnaire	Technology vs Humanity Slides
April	Conflict ReSolution Slides	Working It Out Lesson	Active Listening Slides	How to Apologize Slides

		Handout Take A STAND	Listening Activity	Handout
May	Health Thinking Slides	Automatic Negative Thoughts Slides	Common Thinking Errors Slides Handout	Optimism Slides