

Pawtucket School District Rhode Island

CASEL ALIGNED SEL SCOPE AND SEQUENCE
School Year 2022-2023

AWARENESS OF SELF AND OTHERS					
Lesson One	Lesson Two	Lesson Three	Lesson Four	Lesson Five	Lesson Six
Self-Knowledge	Emotions	Values	Wants and Needs	Learning Skills	Growth Mindset
SELF-MANAGEMENT					
Lesson One	Lesson Two	Lesson Three	Lesson Four	Lesson Five	Lesson Six
Self-Control	Stress Management	Focus	Problem Solving	Goal Setting	Resilience
SOCIAL SKILLS					
Lesson One	Lesson Two	Lesson Three	Lesson Four	Lesson Five	Lesson Six
Fairness	Respect	Friendship	Relationship	Cooperation	Conflict Resolution
SOCIAL AWARENESS					
Lesson One	Lesson Two	Lesson Three	Lesson Four	Lesson Five	Lesson Six
Cultural Competence	Empathy	Safe and Ethical Behaviors	Support Systems	Social Contributions	Actions and Consequences
SELF- CARE					
Lesson One	Lesson Two	Lesson Three	Lesson Four	Lesson Five	Lesson Six
Mindfulness	Self- Efficacy	Optimism	Self- Compassion	Self- Advocacy	Healthy Boundaries