

Scope and Sequence
Henrico County Public Schools
Grades 9-12



Social Emotional Learning (SEL)

2020 - 2021

OVERVIEW

1. Social-Emotional Learning

In alignment with the Henrico Learner Profile, social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. The core social-emotional competencies defined by the Collaborative for Academic, Social, and Emotional Learning (CASEL)'s include the following Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making. In addition to providing direct instruction to teach students skills associated with these competencies, CASEL also identifies three key practices (Welcoming/Inclusion Activities; Engaging Strategies, Brain Breaks and Transitions; and Optimistic Closure) to support SEL in all classrooms daily. HCPS proposes to implement locally created SEL lessons that align with the CASEL core competencies weekly (SEL Lesson Modules listed below) and share the [CASEL Signature Practice Playbook](#) with all teachers so these strategies may be incorporated into daily instruction in all classes.

2. Targeted Schools, Staff, and Students

All high schools in HCPS will deliver the provided SEL lessons weekly during the first nine weeks of the 2020-2021 school year. These lessons will be delivered one day, per week during Academic/Enrichment Block to all 9-12 grade students. Teachers of the Academic/Enrichment classes will deliver the content. Should schools elect to deliver SEL content outside of this block would need to be approved by SEALS and in conjunction with the Director of High Schools and the Chief of School Leadership. All teachers will be provided with an electronic copy of the Signature Practices Playbook ([linked here](#)) and access to asynchronous professional learning to support implementation of these practices into all classes daily as an added layer of SEL support for all students. Each school will have a SEL Lead Team which will include a school-based staff member and school-based administrator who will serve as the liaison between the school and central office and responsible for communicating expectations, ensuring access to materials and supporting staff with questions regarding implementation of the SEL lessons. *Adjusted November 2020: Due to requests from school leaders, additional SEL lessons will be provided for the remainder of the year to be used as desired during Wellness Wednesdays. Updated lessons will be provided the week of 11/30/20 for Quarter 2 and then for Quarter 3 and 4.

3. Rationale for Implementation

On March 12, 2020 [HB 753 Social-emotional learning: DOE to develop guidance standards](#) was passed and will now go to the Governor for his approval, amendments, or his veto which highlights the importance of SEL in Virginia. HB 753 states the Department of Education shall (i) establish a uniform definition of social-emotional learning and develop guidance standards for social-emotional learning for all public students in grades kindergarten through 12 in the Commonwealth; (ii) make such standards available to each local school division no later than July 1, 2021; and (iii) issue a report no later than November 1, 2021, on the resources needed to successfully support local school divisions with the implementation of a statewide social-emotional learning program. Additionally, the HCPS Strategic Plan identifies an examination of high school health and physical education curriculum with an eye toward adding more opportunities to cover mental health and wellness topics as part of the safe and supportive climate and a focus on enhanced trauma-informed practice implementation, which includes SEL.

Quarter 1				
Week (Wednesday)	Social Emotional Skill	HLP Learning Outcome	CASEL Core Competency	Lesson Plan Grades 9-12
Week 1	Getting to Know Each Other	 	Relationship Skills	Getting to Know Each Other
Week 2	Building a Caring Community	  	Social Awareness	Building a Caring Community
Week 3	Study Skills	 	Responsible Decision-Making	Study Skills: Routines & Avoiding Procrastination
Week 4	Active Listening Skills	 	Relationship Skills	Active Listening
Week 5	Coping Skills	   	Self-Management	Coping Skills (Stress and Anxiety)
Week 6	Perseverance & Mindsets	   	Responsible Decision-Making	Mindsets 9-12
Week 7	Empathy	 	Social Awareness	Empathy and Careers
Week 8	Problem-Solving	   	Responsible Decision-Making	Problem Solving Strategies

Week 9	Resolving Conflict	    	Self-Management & Responsible Decision-Making	Resolving Conflict
Extra Modules On-Demand (Optional)				
COVID-19 Support Advisory Guide (MS) by Second Step available for use until 7/21/20 if applicable				
Gratitude	  	Self-Awareness	Gratitude 9-12 Random Acts of Kindness 9-12	
Diversity	 	Social Awareness	Empathy Mapping 9-12	
Appreciating our Community	  	Social Awareness	Appreciating our Community 9-12	
Mindfulness		Self-Awareness	Find Your Anchor 9-12 Mindfulness- Grounding 9-12	

Quarter 2: Beginning December 2

Week (Wednesday)	Social Emotional Skill	HLP Learning Outcome	CASEL Core Competency	Lesson Plan Grades 9-12
Week 1 (12/2)	Metacognition: You Can Take Charge of your Learning	  	Responsible Decision-Making & Self-Awareness	You Can Take Charge of Your Learning
Week 2	Prosocial Behaviors	 	Social Awareness	Prosocial Behaviors
Week 3 <i>*Recommended to do this Wed before Winter Break</i>	Self-Care Calendar	   	Responsible Decision-Making & Self-Management	Self-Care/Pleasant Events Calendar
Week 4	My Many Intelligences	 	Self-Awareness	My Many Intelligences
Week 5	Perception: I Can Speak Up	  	Relationship Skills	Perception (Part 1)
Week 6	Communication Styles to Resolve Conflict	  	Relationship Skills & Social Awareness	Communication Styles (Part 2)
Week 7 (1/27) <i>*Recommended before/during end of semester</i>	Stress: Taking Care of Me	 	Self-Management	Stress: Taking Care of Me

Quarter 3: Beginning February 3

Week (Wednesday)	Social Emotional Skill	HLP Learning Outcome	CASEL Core Competency	Lesson Plan Grades 9-12
Week 1 (2/3)	Fostering Awe	 	Social Awareness	Earthrise: Fostering Awe
Week 2	Developing a Growth Mindset	 	Relationship Skills & Self-Management	Developing a Growth Mindset
Week 3	Learning From Others	  	Self-Awareness	Say What? Learning from Others
Week 4	Find the Positive	  	Social Awareness	Good News Network
Week 5	Understanding Decision Making	  	Responsible Decision Making	What is Moral?
Week 6	Rules, Rules, Rules	  	Responsible Decision Making	Rules, Rules, Rules
Week 7	Empathetic Listening	  	Relationship Skills	Empathetic Listening
Week 8	Kindness and Gratitude	  	Relationship Skills	Kindness and Gratitude

Week 9	Recharge Your Battery		Self-Management & Self-Awareness OR Responsible Decision-Making	Charging Your Battery OR Spring Break Safely Review CDC guidelines with the students and remind them we need them healthy when they return!
Quarter 4: Beginning April 12				
Week (Wednesday)	Social Emotional Skill	HLP Learning Outcome	CASEL Core Competency	Lesson Plan Grades 9-12
Week 1	Goal Boards	 	Responsible Decision-Making	Goal Boards
Week 2	Calm Preserver	  	Self-Management	Calm Preserver
Week 3	Random Acts of Kindness	 	Social Awareness	Random Acts of Kindness
Week 4- Week of May 3rd	Resilience* It is Resilience Week VA. The lesson for this week is a little different. It is asynchronous to help students learn and reflect on resilience.	 	Self-Awareness, Relationship Skills	Asynchronous Resilience Week Lesson (English) Asynchronous Resilience Week Lesson (Spanish)
Week 5	My Values		Self-Awareness	My Values

Week 6	Resilience Journal	  	Self-Management	Resilience Journal/Healthy Habits
Week 7	Diversity	 	Social Awareness	Empathy Mapping 9-12- Asynchronous Individual Activity
Week 8	Mindfulness		Self-Awareness	Find Your Anchor 9-12 Asynchronous Individual Activity Mindfulness- Grounding 9-12 Asynchronous Individual Activity
Week 9	Appreciating our Community	  	Social Awareness	Appreciating our Community 9-12

CASEL Signature Practices

Best Practice is to incorporate the CASEL Signature Practices into each class, including Wednesday's Academic/Enrichment class where the SEL Lesson will be delivered. Teachers should access the [CASEL Signature Practice Playbook](#) and consider use of the additional resources below.

CASEL Signature Practices (from Playbook and embedded links unless otherwise noted)

1. Welcoming/Inclusion Activities

- a. [Daily Check-Ins](#) (from Second Step Middle School SEL Curriculum)
- b. [Quick Connection Starters](#) (from Sanford Harmony SEL Curriculum; some may be too elementary but many will work to build community)
- c. [Question List](#) (from <http://www.mmsa.info/content/start-year-get-know-you-activities>)
- d. Metro Nashville Schools PDF: [Greetings and Activities for Staff Meetings](#) - structures can also be used with teens
- e. Secondary "[Do Now](#)" and Multi-age "[Do Now](#)" ideas

2. Engaging Pedagogy (Get engaged, stay engaged)

- [Peer Coaching strategies](#) with embedded video
- Article: [5 Powerful Questions Teachers Can Ask Kids](#) (use for small groups / pairs)
- [Harriet Ball video](#): Including movement and song into math lesson
- [Teaching Critical Thinking Skills](#) (Secondary Video) Expand with related links on page
- "Big List of Classroom Discussion Strategies" [Cult of Pedagogy](#)
- [Practical Strategies for Academic Discussion](#)

Brain Breaks (Up-regulate, down-regulate, anchor the learning)

- Website: [Austin ISD Brain Breaks](#) (First section is AISD only access; everything else open access)
- Bill McBride's [Using Brain Research to Engage Learners](#)
- [Brain Breaks](#)- scroll past the first page for a bunch of activities to try
- Video: [Power of Compliments](#) provides the why. You provide many opportunities for students to pause and move and share authentic compliments about what they've been learning and how they've been supporting one another in their efforts.

3. Optimistic Closure (Leave with appreciation and energy, looking forward to next time)

- [1-minute Accolade](#)
- Edutopia: [22 Powerful Closure Activities](#)
- Pages 35-46 of the Playbook have Optimistic Closure activities