

Social Emotional Learning Curriculum

by

Jeremy Inspires Initiative

- I. **Mission:** To provide adequate tools to equip students to succeed in the following essential life skills: 1)self awareness, 2)self management, 3)self reflection, 4)social awareness, 5)relationship skills, and 6)responsible decision-making

- II. **Learning Goals & Common Core SEL Standards:**
 - To develop self-awareness and self-management skills to support students' academic success
 1. *A.4a Analyze how thoughts and emotions affect decision making and responsible behavior*
 2. *A.4b Generate ways to develop more positive attitudes*
 3. *A.5a Evaluate how expressing one's emotions in different situation affects others*
 4. *A.5b Evaluate how expressing more positive attitudes influences others.*
 - Use social-awareness and interpersonal skills to establish and maintain positive relationships
 1. *2A.4a Use conversation skills to understand others' feelings and perspectives.*
 2. *2A.5b Demonstrate ways to express empathy for others.*
 3. *2B.4b Demonstrate respect for individuals from different social and cultural groups.*
 4. *Evaluate how advocacy for the rights of others contributes to the common good.*

- Develop important life skills for conflict resolutions.
 1. *B.4a Set priorities in building on strengths and identifying areas for improvement.*
 2. *B.4b Analyze how positive adult role models and support systems contribute to school and life success.*
 3. *B.5a Implement a plan to build on one's strength, meet a need or address a challenge.*
 4. *B.5b Evaluate how developing interests and filling useful roles support school and life success.*
- Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
 1. *3A.4a Demonstrate personal responsibility in making ethical decisions.*
 2. *3A.5a Apply ethical reasoning to evaluate societal practices.*
 3. *3B.4b Apply decision-making skills to establish responsible social and work relationships.*
 4. *3B.5b Evaluate how responsible decision making affects interpersonal and group relationships.*

III. Learning Objectives

- Students will be able to understand themselves and others to improve their relationship skills. (*Self Awareness*)
- Students will be able to manage stress, time, and recognize negative thoughts. (*Self Management*)
- Students will be able to reflect on how their thoughts, emotions, and actions impact their life. (*Self Reflection*)
- Students will be able to empathize with others, respect their perspective, and treat them accordingly. (*Social Awareness*)

- Students will be able to build and maintain positive relationships, resolve conflicts, and collaborate effectively. (*Relationship Skills*)

IV. Self Assessment

- Students will complete Pre-Assessment Survey
- Students will use their Pre-Assessment to set obtainable personal goals
- Students will discuss and make action plans to achieve their goals

V. Teaching Methods

- Technology - Zoom/Videos
- Role Play
- Small Groups- Peer Partnership/
Collaboration/Communication
- Lecture -Explicit instruction
- Kinesthetic- Drawing/Constructing
- Journaling-Provide Prompt Discussion Essential Questions

VI. Materials:

- "Your Feelings Matter" Journals by Remy Boykin
- "*Microwave Dreams*" Book by Remy Boykin
- Charts
- Handouts
- Videos
- Multimedia presentations
- Visual aids
- Lesson presentations

VII. Vocabulary /Essential Terms

- Self-Awareness
 1. Recognizing one's emotions and values.
 2. Understanding strengths and limitations.
 3. Building confidence and a sense of purpose.

- Self-Management
 1. Regulating emotions, thoughts, and behaviors.
 2. Managing stress, controlling impulses, and setting goals.

- Social Awareness
 1. Showing empathy and understanding for others.
 2. Recognizing and appreciating diversity.
 3. Understanding social and ethical norms.

- Relationship Skills
 1. Building and maintaining healthy relationships.
 2. Communicating clearly, listening actively, and cooperating.
 3. Resolving conflicts constructively.

- Responsible Decision-Making
 1. Making ethical, constructive choices.
 2. Considering consequences and evaluating the impact of decisions on oneself and others.

VIII. Assessments

- Completion of Journal Entries
- Observations
- Develop/Construct Project (Project Based Learning) that will bring awareness and the need for Social Emotional Learning