

SEL CURRICULUM MAP

Competency	Month	Theme	Topics
Social Awareness	September	Inclusion	Perspective-taking Empathy Appreciating diversity - World Peace Day
	October	Respect	Respect Bullying - Week of Respect
Self-Awareness	November	Exploring Emotions	Identifying emotions Empathy Gratitude - Thankful Thoughts
	December	Self-Efficacy	Accurate self-perception Recognizing strengths Goal Setting Self-confidence - Believe in your selfie
Relationship Skills	January	Friendship	Communication Social skills Teamwork
	February	Kindness	Relationship-building Community/Citizenship -Random Acts of Kindness
Responsible Decision Making	March	Conflict Resolution	Identifying problems Solving problems Evaluating Reflecting
	April	Mindset	Growth vs. Fixed Analyzing situations Responsibility (to self/others)
Self-Management	May	Self-Regulation	Zones of Regulation Impulse control Stress management
	June	Mindfulness	Self-Care Relaxation Skills