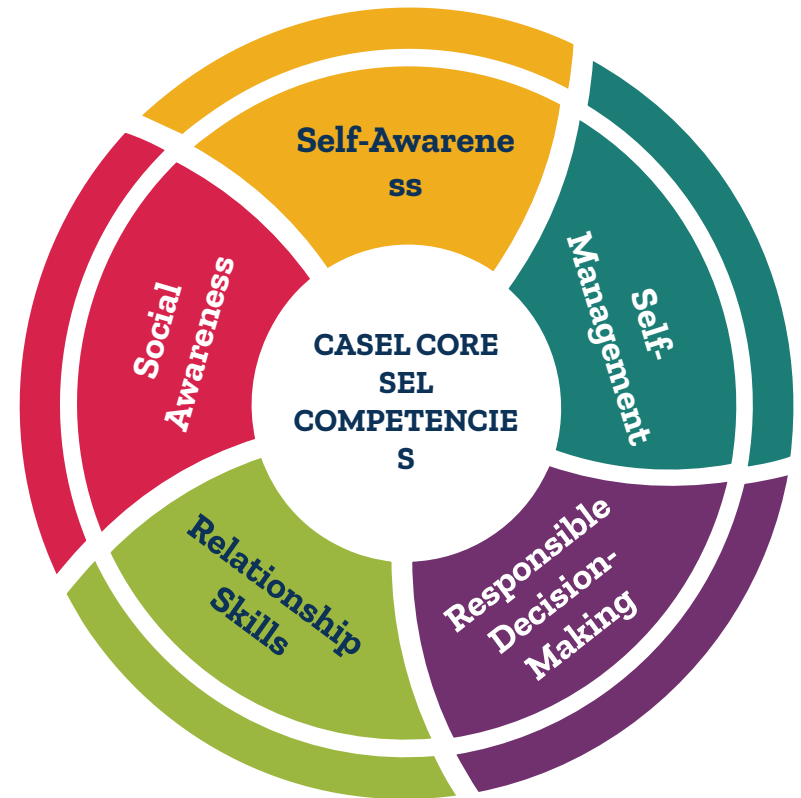


CASEL S.A.F.E. Elements	PurposeFull People Components
<p><b>SEQUENCED:</b> Connected and coordinated activities to foster skills development</p>	<p>We have recommended lesson sequencing that begins first with the outcome of Be Kind to cultivate social skills followed by Be Well that focuses on emotional awareness and regulation, and ending with Be Strong that emphasizes executive functioning skills. Lessons within outcomes are designed to build off one to increase exposure to content and foster progressive skill development.</p>
<p><b>ACTIVE:</b> Employing active forms of learning to help students strengthen new skills</p>	<p>All lessons and activities are designed for active student learning, collaboration, or real life application. Specific areas of focus include opportunities for student choice and student-led learning.</p>
<p><b>FOCUSED:</b> Dedicated time and attention to developing personal and social skills</p>	<p>Each week contains activities intentionally designed to build relationships through collaboration, community circles, and student-to-student interaction. Personal skills are developed through self-reflection, emotion regulation, and supports to expand skills development outside the classroom.</p>
<p><b>EXPLICIT:</b> Targeting specific social and emotional skills</p>	<p>The GROW section in each week provides direct, explicit SEL instruction to cultivate skills unique to each grade level. These lessons are vertically aligned to produce outcomes around social skills, executive functioning, and emotion regulation, which align to the CASEL 5</p>



Components of the Curriculum



**BE KIND**

**1 CHARACTER TRAITS**

Respect, Empathy, Cooperation

**2 SEL OUTCOME**

Social Skills

**3 SEL GRADE LEVEL FOCUS**

- PK/K- Listening
- 1ST - Friendship
- 2ND - Understanding Conflict Resolution
- 3RD - Perspective-Taking
- 4TH - Practicing Conflict Resolution
- 5TH - Leadership



**BE STRONG**

**1 CHARACTER TRAITS**

Responsibility, Perseverance, Courage

**2 SEL OUTCOME**

Executive Functioning

**3 SEL GRADE LEVEL FOCUS**

- PK/K- Following Directions
- 1ST - Focusing
- 2ND - Engagement
- 3RD - Flexible Thinking
- 4TH - Organization
- 5TH - Goal-Setting



**BE Well**

**1 CHARACTER TRAITS**

Gratitude, Honesty, Creativity

**2 SEL OUTCOME**

Emotional Regulation

**3 SEL GRADE LEVEL FOCUS**

- PK/K- Identifying Emotions
- 1ST - Emotion Awareness
- 2ND - Emotion Regulation
- 3RD - Emotion Advocacy
- 4TH - Positive Self-Talk
- 5TH - Stress Management

## Purposeful People Alignment with CASEL Core SEL Competencies

PurposeFull People was designed intentionally to teach the CASEL 5 competencies by spiraling skill instruction throughout each grade level. Below is the first in a series of tables that reflect where in the curriculum explicit teaching related to the CASEL 5 competencies can be found. Each of the 3 following tables is related to a specific Outcome (e.g., Be Well) and the corresponding character traits that fall under it (e.g., gratitude, honesty, and creativity). These skills are taught in the Grow section each week. See page 6 for an overview of skills taught in the other weekly activities according to the CASEL 5 (Start, Connect, Respond, Exit).



### Outcome: Be Well



#### Character Trait Units:

**GRATITUDE**

**HONESTY**

*Creativity*

Grade	SEL Focus	CASEL Core SEL Competency
PreK/K	Identifying Emotions	Self-Awareness
1st	Emotion Awareness	Self-Awareness
2nd	Emotion Regulation	Self-Management
3rd	Emotion Advocacy (Expression)	Relationship Skills
4th	Positive Self-Talk	Self-Awareness & Self-Management
5th	Stress Management	Self-Management



Outcome: **Be Strong**



Character Trait Units:

Responsibility

PERSEVERANCE

COURAGE

Grade	SEL Focus	CASEL Core SEL Competency
PreK/K	Following Directions	Self-Management
1st	Focusing	Self-Management
2nd	Engagement	Relationship Skills
3rd	Flexible Thinking	Responsible Decision-Making
4th	Organization	Self-Management
5th	Goal-Setting	Self-Management



**Outcome: Be Kind**



**Character Trait Units:**

**RESPECT**

**EMPATHY**

**COOPERATION**

Grade	SEL Focus	CASEL Core SEL Competency
PreK/K	Listening	Self-Management & Social Awareness
1st	Friendship	Relationship Skills & Social Awareness
2nd	Understanding Conflict Resolution	Responsible Decision-Making
3rd	Perspective-Taking	Social Awareness
4th	Practicing Conflict Resolution	Responsible Decision-Making
5th	Leadership	Relationship Skills, Self-Awareness

## Weekly Lesson Components: START, CONNECT, GROW, RESPOND, EXIT

These five components are the building blocks of PurposeFull People and are taught weekly in each grade level. The explicit SEL instruction lies in the Grow section. The tables on the previous pages align the Grow section to the CASEL 5. See below for the alignment of the other 4 weekly activities.

### START

Intentional activities and rituals designed to build deep understanding of each character trait through the lens of social and emotional learning. START lessons include character-trait sing-alongs, stories, quotes, and illustrations to spark rich discussion and application.

- **Self-awareness**
- **Social-awareness**

### CONNECT

Fun, engaging activities that build relationships among students, creating positive classroom culture. CONNECT lessons are slide-based and interactive.

- **Relationship skills**
- **Social awareness**

### GROW

These lessons are the heart of the content, centered around the grade level SEL focus, overarching outcome, and character trait. GROW lessons range from explicit SEL instruction to unique opportunities to put character traits into practice.

- **Self-awareness**
- **Self-management**
- **Responsible decision-making**

### RESPOND

This section contains a toolkit of strategies and resources that can be used to help kids respond to a variety of situations. RESPOND includes calming activities for emotion regulation, brain boosters to increase energy and focus, and circle prompts that can be used for reflection and discussion in Morning Meetings, Community Circles, etc.

- **Self-management**
- **Relationship skills**

### EXIT

EXIT activities focus on connections and reflections. They create rituals and routines around the end of the day, building a positive classroom culture.

- **Self-awareness**
- **Responsible decision-making**