

Social-Emotional Learning Curriculum

Unit 1: Identifying Emotions

Pre-course assessment

Course Introduction

Lesson 1: Emotions

Lesson 2: Focus on: Optimism & Pessimism

Lesson 3: Identifying Emotions

Lesson 4: Reacting to emotions

End of Unit Wrap-up and Reflection

Objective: Students will learn to identify their own personal strengths and needs as well as learn about their own emotions to answer the Essential Questions: What and I feeling? How do I know?

Outcome: By the end of this course, students will be able to identify the emotions **optimism** and **pessimism** and work collaboratively to identify these and other emotions in role play scenarios.

Goal: Students will build self-awareness skills by identifying and understanding emotions.

Time: Students can work through the 20 lessons of this course at their own pace.

Prerequisite: None.

Competencies/Domains: Self-awareness, communication skills, interpersonal skills

Unit 2: Recognizing Strengths & Needs

Lesson 1: Identifying Strengths and Assets

Lesson 2: Identifying Needs

Lesson 3: Connect to Emotions

Lesson 4: Self-Determination

End of Unit Wrap-up and Reflection

Unit 3: Accurate Self-Perception

Lesson 1: What is self-perception?

Lesson 2: Growth Mindset

Lesson 3: Connect to Emotions

Lesson 4: Appreciating Diversity

End of Unit Wrap-up and Reflection

Unit 4: Self-Confidence

Lesson 1: Self-confidence

Lesson 2: Growth Mindset

Lesson 3: Connect to Emotions

Lesson 4: Self-advocacy

End of Unit Wrap-up and Reflection

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Unit 5: Self-Efficacy

Lesson 1: What is Self-Efficacy?

Lesson 2: Four Sources of Self-Efficacy

Lesson 3: Connecting to Emotions

Lesson 4: Role Play

End of Unit Wrap-up and Reflection

End of Course Wrap-up and Reflection

Post Course Assessment and Evaluation