

# Scope and Sequence



KICK OFF  
Teacher Training

One of the best predictors of academic performance is the ability to set goals, make a plan to reach them, and stay focused on them despite obstacles and distractions. Goal setting is a part of critical thinking and good decision making.



## UNIT 1

Self-regulation is a core skill that students need to learn in order to be successful in life. Students who can regulate their emotions are better able to engage in school, focus on the task at hand, and have healthier relationships.

## UNIT 2



Students should understand that we all need support to accomplish dreams and our communities are a great source of this support. Community service has long been seen as an effective way to build empathy in children and adolescents.



## UNIT 3

Perseverance is a life skill that can be best developed through having a growth mindset -- which underscores the notion of grit and resilience, all of which is fundamental to setting and achieving big goals whether on the field, in the classroom, or out in life. Learning how to fail is a key ingredient to success.

## UNIT 4



Through the development of teamwork skills, students learn the communication tools that help create a great team and strategies to get along with others, including how to resolve conflict in healthy ways. Working well with others is one of the leading indicators of whether or not a person will be successful in school and work.



## UNIT 5

Feedback is a critical component of communication, which requires both active listening and positive criticism. The art of giving feedback is providing it in a way that it is honest yet motivating. The art of receiving feedback is to find the value for improving and reaching one's goal. Being an active listener with kind and constructive opinions aids in the development of healthy relationships.

## UNIT 6



A key component to social and emotional learning is the ability to make good decisions. The topic of healthy living gives kids the chance to try out decision making in areas they can control, like choosing to walk more and sit less, or choosing water over soda. Healthy Living also gives them an opportunity to see the interconnectedness of decision making.



## UNIT 7

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## UNIT 8



CLASSROOM  
CHAMPIONS

+1.877.375.1996

[classroomchampions.org](http://classroomchampions.org)

[join@classroomchampions.org](mailto:join@classroomchampions.org)

ACHIEVEMENT  
Ceremony and  
Close of Year