

Scope and Sequence: Grade 3

	Lesson Concepts	Objectives—Students Will Be Able To
UNIT 1: SKILLS FOR LEARNING		
LESSON 1 Being Respectful Learners	<p>Focusing your attention and listening help you be a better learner.</p> <p>Focusing your attention and listening show respect.</p>	<p>Apply focusing-attention and listening skills in response to scenarios.</p>
LESSON 2 Using Self-Talk	<p><i>Self-talk</i> means talking to yourself in a quiet voice or in your head.</p> <p>Self-talk can help you focus, stay on task, and handle distractions.</p>	<p>Identify classroom distractions</p> <p>Demonstrate the use of self-talk in response to scenarios</p>
LESSON 3 Being Assertive	<p>Being <i>assertive</i> means asking for what you want or need in a calm and firm voice.</p> <p>Being assertive is a respectful way to get what you want or need.</p>	<p>Demonstrate assertive communication skills in response to scenarios</p>
LESSON 4 Planning to Learn	<p>Making a plan can help you be a better learner.</p> <p>A plan is good if the order makes sense, it's simple, and you can do it.</p>	<p>Evaluate three-step plans for different scenarios using the Good Plan Checklist criteria</p> <p>Create a simple, three-step plan that meets the Good Plan Checklist criteria</p>
UNIT 2: EMPATHY		
LESSON 5 Identifying Others' Feelings	<p>Looking for clues on a person's face or body and in the situation helps you notice and understand how that person is feeling.</p> <p>People can have different feelings about the same situation.</p> <p>All feelings are natural.</p>	<p>Name a variety of feelings</p> <p>Determine others' feelings using physical, verbal, and situational clues</p> <p>Label their own feelings as the same as or different from others' feelings</p>
LESSON 6 Understanding Perspectives	<p>People can have different feelings about the same situation, and their feelings can change.</p> <p><i>Empathy</i> is feeling or understanding what someone else is feeling.</p> <p>Thinking about others' perspectives helps you have empathy for them.</p>	<p>Identify others' feelings using physical, verbal, and situational clues</p> <p>Determine whether others' feelings have changed, in response to scenarios</p>
LESSON 7 Conflicting Feelings	<p>You can have conflicting feelings about a situation.</p> <p>Having empathy helps you notice when others' feelings are the same as or different from yours.</p>	<p>Identify two conflicting feelings a person could have in response to scenarios</p> <p>Explain possible reasons for someone's conflicting feelings in response to scenarios</p>
LESSON 8 Accepting Differences	<p>Having empathy helps you understand and accept how others are the same as or different from you.</p> <p>Accepting and appreciating others' differences is respectful.</p>	<p>Name similarities and differences between people</p> <p>Predict how others will feel when teased for being different</p>

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<p>LESSON 9 Showing Compassion</p>	<p>Focusing attention on and listening to others can help you have empathy and show compassion.</p> <p>You can say kind words or do helpful things to show your compassion.</p>	<p>Demonstrate focusing-attention and listening skills in response to scenarios</p> <p>Identify ways to show compassion for others in response to scenarios</p> <p>Express appreciation for another person’s concern in response to scenarios</p>
<p>LESSON 10 Making Friends</p>	<p>Focusing attention and listening to others help you make conversation.</p> <p>Making conversation helps you make friends and get along better with others.</p>	<p>Demonstrate focusing-attention and listening skills in the context of a game</p> <p>Initiate, continue, and end a conversation in a friendly way in the context of a game</p>
<p>UNIT 3: EMOTION MANAGEMENT</p>		
<p>LESSON 11 Introducing Emotion Management</p>	<p>When you feel strong feelings, it’s hard to think clearly.</p> <p>Focusing attention on your body gives you clues about how you’re feeling.</p> <p>Thinking about your feelings helps the thinking part of your brain get back in control.</p>	<p>Identify physical clues that can help them label their own feelings</p>
<p>LESSON 12 Managing Test Anxiety</p>	<p>Using a stop signal and naming your feeling are the first two Calming-Down Steps.</p>	<p>Identify the first two Calming-Down Steps</p> <p>Demonstrate using the first two Calming-Down Steps in response to scenarios</p>
<p>LESSON 13 Handling Accusations</p>	<p>You can use belly breathing to calm down.</p> <p>Calming down helps you handle accusations calmly and thoughtfully.</p> <p>It’s important to take responsibility when you’ve made a mistake.</p>	<p>Demonstrate correct belly-breathing technique</p> <p>Use belly breathing to calm down in response to scenarios</p> <p>Demonstrate steps for handling accusations in response to scenarios</p>
<p>LESSON 14 Managing Disappointment</p>	<p>Negative self-talk can make strong feelings even stronger.</p> <p>You can calm down by using positive self-talk.</p> <p>Setting a new goal and making a plan to achieve it are positive ways to handle disappointment.</p>	<p>Generate positive self-talk they can use to calm down in response to scenarios</p> <p>Make a simple three-step plan to achieve a goal in response to scenarios</p>
<p>LESSON 15 Managing Anger</p>	<p>Everyone feels angry sometimes, but hurting other people’s feelings or bodies is not okay.</p> <p>It’s important to calm down angry feelings so you don’t do something hurtful.</p> <p>Being assertive is a respectful way to get what you want or need.</p>	<p>Use counting to calm down in response to scenarios</p> <p>Use assertive communication skills to get what they want or need in response to scenarios</p>

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<p>LESSON 16 Managing Hurt Feelings</p>	<p>Calming down when your feelings have been hurt can help you avoid jumping to conclusions.</p> <p>Thinking of other explanations and getting more information can help you avoid jumping to conclusions.</p>	<p>Identify situations that require using strategies for calming down</p> <p>Demonstrate using strategies for calming down</p> <p>Generate alternative explanations in response to scenarios</p>
<p>UNIT 4: PROBLEM SOLVING</p>		
<p>LESSON 17 Solving Problems, Part 1</p>	<p>Calming down helps you think so you can solve problems.</p> <p>Following steps can help you solve problems.</p> <p>Saying the problem without blame is respectful.</p>	<p>Recall the first Problem-Solving Step</p> <p>Identify and state a problem in response to scenarios</p> <p>Identify blaming language in response to scenarios</p>
<p>LESSON 18 Solving Problems, Part 2</p>	<p>Following steps can help you solve problems.</p> <p>Solutions to problems must be safe and respectful.</p> <p>Solutions can have positive or negative consequences.</p>	<p>Recall the Problem-Solving Steps</p> <p>Propose several solutions for a given problem in response to scenarios</p> <p>Determine if solutions are safe and respectful</p> <p>Explore positive and negative consequences of solutions</p>
<p>LESSON 19 Solving Classroom Problems</p>	<p>Calming down helps you think so you can solve problems.</p> <p>Following steps can help you solve problems.</p> <p>Getting along with others helps you be a better learner at school.</p>	<p>Apply the Calming-Down Steps to an emotional situation in response to a scenario</p> <p>Recall the Problem-Solving Steps</p> <p>Use the Problem-Solving Steps to solve an interpersonal problem between classmates, in response to a scenario</p>
<p>LESSON 20 Solving Peer-Exclusion Problems</p>	<p>Following steps can help you solve problems.</p> <p>Being assertive is a safe and respectful solution to problems like being excluded.</p> <p>Excluding others is not nice or respectful.</p>	<p>Apply the Problem-Solving Steps to the problem of being excluded by peers, in response to scenarios</p> <p>Demonstrate assertive communication skills in response to scenarios</p>
<p>LESSON 21 Dealing with Negative Peer Pressure</p>	<p>Calming down helps you think so you can solve problems.</p> <p>Following steps can help you solve problems.</p> <p>Being assertive can help you resist negative peer pressure.</p>	<p>Apply the Problem-Solving Steps to the problem of being negatively pressured by peers, in response to scenarios</p> <p>Demonstrate assertive communication in response to scenarios</p>
<p>LESSON 22 Reviewing Second Step Skills</p>	<p>Using <i>Second Step</i> skills can help you be a better learner and get along with others.</p>	<p>Recall <i>Second Step</i> skills learned</p> <p>Identify <i>Second Step</i> skills in a story</p> <p>Relate personal examples of skill use</p>