



CAMPUS-WIDE YEAR ONE OVERVIEW

Wk	Title	Educators	Me to You	Me to Me	Family	SEL Competency 1	Pillar
		Equips/ Encourages Educators to...	Challenges Students to/ with...	Challenges Students to/ with...	Equips/ Encourages Families to...		
1	Hope Full	Recognize signs students are withdrawing, which can be an early sign of depression in teens.	Strategies to be supportive of peers.	Replace negative statements with positive statements.	Knowledge of the dangers and prevalence of self-harm.	Relationships skills; Self-Awareness	Personal Health
2	Next Step	Techniques for mitigating student stress.	Small lessons add up to have a large impact on their lives.	Keep things in perspective to mitigate stress.	Techniques for teens to reduce stress.	Self-Awareness, Self-Management	Goals
3	Expectation vs. Reality	How to observe the reality of the classroom and re-orient to it.	Say something if they are worried about a friend and provides communication tips for talking with friends about concerns.	Orient their minds to the reality of their situation so it can be improved.	Find balance between strict parenting and permissive parenting.	Social Awareness, Responsible Decision-Making	Growth Mindset
4	We or Me	Importance of teaching beyond the classroom.	Find ways to help others. Asks the questions: What are you good at? Who needs your help? What can you give?	Ways to give time, materials, or kindness to show caring for others.	Encourage kids while teaching them to put others first.	Social Awareness, Relationship Skills	Servant Leadership
5	Words Matter	Classroom exercise to start conversation around using and consuming positive language.	How to give good compliments.	Roadblocks to receiving compliments and provides ways to move past these obstacles.	Use expensive rather than cheap language at home.	Relationship Skills, Social Awareness	Personal Code
6	Serve First	Model, Teach, Test, Reward method.	Use their talent, title, or popularity to focus on serving others.	Use the 3-Whys method to determine if selfish feelings are positive or negative.	Techniques for bringing the best of self to family.	Social Awareness, Self-Management	Servant Leadership



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7	Inside Out	Methods for creating an inclusive learning environment.	Being themselves makes the world a better place.	Techniques for how to be themselves.	How to help kids be themselves around parents and vice versa.	Social Awareness, Self-Awareness	Personal Code
8	Fail Greatly	Self-efficacy.	How to extend an invitation or offer help.	Set goals and learn new skills through being willing to fail.	Questions to ask and how to teach the purpose of failure.	Relationship Skills, Self-Management	Goals
9	Purposed Pain	The reasons for self-harm, signs to watch for, and what to do if they see signs.	Aspects of conflict resolution.	Pain or struggle can be an advantage instead of a disadvantage.	What do children experience from their relationship with parents?	Relationship Skills, Self-Awareness	Grit
10	Own It	Guidance for teaching students to own their mistakes.	Practical ways to intervene when they feel a peer needs help.	Own their mistakes.	Teach kids to accept responsibility and to avoid Tim Kight's BCDs (Blaming, Complaining, Defending).	Social Awareness, Responsible Decision-Making	Growth Mindset
11	Positive Pressure	Recognize signs that students are under too much pressure and how to help.	Be a positive pressure in their peers' lives.	View pressure in a positive light.	Change perspective to be a positive pressure in kids' lives.	Relationship Skills, Self-Management	Servant Leadership
12	Balanced Life	Connect their class to other classes and the real world.	Make eye contact, smile, and listen to help others feel less lonely.	Tips for finding balance in life.	Examples of things to do to find balance in each of the four areas.	Relationship Skills, Self-Management	Personal Health
13	Get Caught	Focus on inviting students to do what is right instead of focusing on negative consequences of doing wrong.	Be a positive pressure for peers not to cheat.	Be honest when they have done wrong or failed to do right.	Resources for constructive consequences.	Social Awareness, Responsible Decision-Making	Personal Code



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14	Plus One	Use Marginal Learning Gains Theory in the classroom.	How to get involved on campus and in community.	MOVE (Make Time; Own it; Visualize; Evaluate)	How to focus on the little things through naming the problem, identifying the root cause, and implementing a solution.	Relationship Skills, Self-Management	Goals
15	You Choose	What they do matters.	Do small acts of kindness.	Barriers to following the ABCs and how to overcome them.	Help kids make good choices on their own.	Relationship Skills, Self-Awareness	Grit
16	Seek First	Classroom exercise to create a safe space to discuss differing views and opinions.	Why empathy is important and how to be more empathetic.	How to have respectful discussions instead of angry confrontations.	Cognitive biases, including confirmation bias, actor-observer bias, and false consensus effect.	Social Awareness, Relationship Skills	Growth Mindset
17	Two Chairs	Recognize and stop conflict before it starts.	Aspects of conflict resolution.	How to forgive others.	How to have better family gatherings.	Relationship Skills, Self-Management	Personal Health
18	One Tribe	Balancing between authority and friendship in the classroom.	Bring positivity, enthusiasm, and energy to the school day.	How beliefs become actions through examples from Mahatma Gandhi's life.	The three elements of trust: authenticity, empathy, and logic.	Self-Management, Self-Awareness	Servant Leadership
19	Truth Teller	Tools for educators to communicate the value of words to students.	Help others address negative self-talk.	An exercise for turning negative self-talk into positive thinking.	Ways to encourage kids and parents to be themselves around the rest of the family.	Relationship Skills, Self-Management	Grit
20	Tick Tock	Tips for effective time management in the classroom.	Evaluate where they spend most of their time and adjust time usage with the help of a buddy system for accountability.	Ways to take control of how they spend their time.	Ways to increase the quality of time spent together as a family.	Self-Awareness, Responsible Decision-Making	Goals



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21	Joy Thief	Tips for helping students avoid comparing themselves to others.	Concept of "mudita" or vicarious joy for the success of others and provides tips for cultivating mudita through gratitude and compassion.	Compete with others to become better and avoid comparison so as not to become bitter.	Ways to celebrate children's success at home.	Social Awareness, Responsible Decision-Making	Personal Health
22	Be Kind	Ways to help students and themselves be more empathetic.	Bullying behaviors and advises what to do if they witness bullying.	Practice self-compassion.	Ways to remember to be kinder to family members.	Social Awareness, Self-Awareness	Personal Code
23	Anger Rights	Assist students in managing their anger.	How to control their anger with provided techniques.	Ways to cultivate patience.	Techniques for managing anger during disagreements.	Self-Awareness, Self-Management	Growth Mindset
24	Get Involved	Get involved on campus and to encourage students to get involved.	Ways for students to recruit peers to their clubs and extracurricular activities.	View complaints and problems as opportunities to be part of the solution.	Good Neighbor Project in the community.	Relationship Skills, Responsible Decision-Making	Servant Leadership
25	Stand Tall	Control their limiting beliefs and body language to provide a good model for students.	How to shift from limiting beliefs to enabling beliefs.	Body language affects their relationships with others.	Tips for positive body language in family conversations.	Self-Awareness, Self-Management	Growth Mindset
26	Motivation or Mindset	Three methods for helping students think long-term, rather than short-term.	How to successfully find and utilize an accountability buddy to reach their goals.	How to create SMART goals and how to use calendar-blocking to reach long-term goals.	Shift the mindset from motivation to long-term thinking, accountability, and planning.	Self-Management, Responsible Decision-Making	Goals



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27	Mirror Mirror	Create a rubric for self-evaluation based on their core values.	See the good in others and be willing to help them.	What they do matters, with examples regarding coasting in class, thinking about others, and thinking about themselves.	Ways parents can help kids deal with jealousy in a healthy way.	Social Awareness, Self-Awareness	Personal Health
28	Get or Give	Make respect explicit in the classroom by helping students hear, see, and say respectful things.	Respect is not conditional.	Respect for others begins with self-respect.	How we can remain respectful of family even when they annoy or frustrate us.	Social Awareness, Self-Awareness	Personal Code
29	Do Work	Benefits of collaborative or group effort in the learning process and provides ways to encourage teamwork in class.	Ways to build trust with others and explains why trust is important.	Obstacles to working together as a team and provides ways to overcome the obstacles.	Ways that family is a team and how to work as a team to reach family goals.	Relationship Skills	Grit
30	Lead Anyways	Fight for the underdog students and help students through tough times.	Do good regardless of what other people think about your motives or whether you receive recognition for it.	Be willing to fail so that they can succeed.	Importance of unconditional love, as well as honesty and vulnerability.	Self-Management, Responsible Decision-Making	Servant Leadership
31	Fully Charged	Reflect on what drains and refills their energy for teaching.	The importance of reaching out to others who may be lonely and provides techniques to connect.	Techniques to cope with worry and anxiety in a healthy way.	Conversation starters to talk to kids about loneliness, comparison, and worry, as well as healthy coping mechanisms.	Social Awareness, Self-Management	Personal Health
32	Lose Well	Methods to cultivate patience.	Be respectful, avoid blame, and focus on the solution in the face of a group loss.	Separate their identity from a failure.	Ways for parents to help kids and teens learn to lose gracefully.	Relationship Skills, Self-Awareness	Grit



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33	Big Question	How to help students become compelled.	Help create a school culture of compelled individuals.	How to move from where they are to being a compelled student.	How to be a compelled family member.	Social Awareness, Responsible Decision-Making	Goals
34	Bigger Picture	Help students see the world in a new way.	Release prejudgments and look at the world through a wider frame.	Questions to ask to determine if they should change their mind about a decision.	Ways that family members can help each other broaden their perspective.	Social Awareness, Responsible Decision-Making	Growth Mindset
35	Extra Mile	Ways that educators can go the extra mile for their students.	Positive effects of wanting the best for others.	Why they should go the extra mile for others.	Ways families can avoid conflict when the answer is No or a hard truth must be shared.	Relationship Skills, Social Awareness	Servant Leadership
36	Hope Dealer	Be hope dealers for their students through small gestures and make the classroom a place students look forward to being.	Pass on the lessons and encouragement they have gained from the curriculum.	Ways to refill their hope when they begin to lose it.	Tools to discuss hope.	Relationship Skills, Self Awareness	Personal Code