

SELF First Grade Scope and Sequence

Topic/Title/Author		Vocabulary	Concept
Setting the Stage for SELF			
1.	Introductory Lesson <i>My Mouth is a Volcano</i> by Julia Cook	<ul style="list-style-type: none"> • cooperate • interrupt • respect 	Listening and taking turns helps us work and learn together.
Self Awareness			
2.	Accepting Myself <i>I Like Myself</i> by Karen Beaumont	<ul style="list-style-type: none"> • ability • bother • challenge • unique 	Our individual strengths and weaknesses are part of what makes us unique. Understanding that everyone has abilities and challenges helps us accept ourselves as we are.
3.	Understanding How I Feel <i>The Way I Feel</i> by Janan Cain	<ul style="list-style-type: none"> • body language • disappointed • emotions • frustrated • proud • thankful 	Recognizing our different emotions and how we feel inside helps us express our feelings to others.
4.	Expressing Uncomfortable Feelings <i>Ira Sleeps Over</i> by Bernard Waber	<ul style="list-style-type: none"> • decide • embarrassed • express • worry 	We often feel better when we express our feelings, even uncomfortable feelings like embarrassment or worry.
5.	Understanding My Different Moods <i>Today I Feel Silly: And Other Moods</i> by Jamie Lee Curtis	<ul style="list-style-type: none"> • confused • discouraged • excited • grumpy • mood 	We all have different feelings throughout the day, and our feelings affect our moods.
Self Management			
6.	Taking Responsibility for Our Choices <i>Lilly's Purple Plastic Purse</i> by Kevin Henkes	<ul style="list-style-type: none"> • choices • consequences • furious • responsibility 	When we take responsibility for our actions, we stop and think about our choices and the consequences.
7.	Expressing Anger <i>Mouse was Mad</i> by Linda Urban	<ul style="list-style-type: none"> • anger/angry • control • express 	It's natural to feel angry, and we can learn to express our anger in ways that don't hurt ourselves or others.
8.	Recognizing Bullying Behavior <i>Chrysanthemum</i> by Kevin Henkes	<ul style="list-style-type: none"> • bullying • dreadful • miserable 	When we recognize bullying behavior and understand why it's harmful, we can help prevent it from happening again.

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Social Awareness			
9.	Noticing How Others Feel <i>It's Mine</i> by Leo Lionni	<ul style="list-style-type: none"> • fear • joyful • quarrel • share 	Thinking not only about our own feelings but also the feelings of others, helps us get along better.
10.	Showing Empathy <i>Knuffle Bunny Free: An Unexpected Diversion</i> by Mo Willems	<ul style="list-style-type: none"> • brave • care • comfort • unhappy 	When we care about the feelings of others, we try to do things to comfort them and help them feel better.
11.	How My Actions Affect Others <i>When the Rain Came Down</i> by David Shannon	<ul style="list-style-type: none"> • argue • choice • consequence • react 	What we choose to do affects how others react.
12.	Noticing when Others Feel Different <i>A Weekend with Wendell</i> by Kevin Henkes	<ul style="list-style-type: none"> • cooperate • disappointed • eager 	Understanding that others may feel different than we do helps us develop respect for others' thoughts and feelings.
Building Relationships			
13.	Respecting the Feelings of Others <i>Olivia Acts Out</i> by Laurie Keller	<ul style="list-style-type: none"> • disappointed • nervous • respect 	It's important to think about others' feelings before reacting, even when we are feeling upset or disappointed.
14.	Making Friends <i>Rainbow Fish</i> by Marcus Pfister	<ul style="list-style-type: none"> • considerate • delighted • lonely • selfish 	Being considerate of the needs and feelings of others helps us make friends.
Responsible Decision Making			
15.	When I Feel Upset <i>Alexander and the Terrible, Horrible, No Good, Very Bad Day</i> by Judith Viorst	<ul style="list-style-type: none"> • decide • horrible • mood • upset 	When we're upset, there are choices we can make that help us feel better.
16.	When I Feel Jealous <i>Three Hens and a Peacock</i> by Lester Laminack	<ul style="list-style-type: none"> • appreciate • complain • jealous 	When we're jealous of others, appreciating our own abilities often helps us feel better.
17.	Bringing it all Together	Review previous vocabulary.	Being aware of our different emotions and learning how to express them responsibly helps us make choices that show we understand and care about the thoughts and feelings of others.