

Lesson	Pre- School	Kindergarten	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade
Lesson 1 plus send home parent letter	We Watch, We Listen, We Learn	We Watch, We Listen, We Learn	Time to Pay Attention	How to Get good at Something	Changing Your Brain	Setting a Good Goal	The Right Goal for me	Starting Middle School Lesson 1A and 1B Helping New Students
Lesson 2	Why we pay attention	Why we pay attention	Everyone Gets Distracted	What mistakes Tell us	Getting Better With Practice	Making a Plan	My Plan	Lesson 2: How to Grow Your Brain
Lesson 3	Mistakes are Ok.	Mistakes are Ok.	You did it!	Helpful and Unhelpful Thoughts	More Than Practice	Checking Our Progress	Changing My Plan	Lesson 3: Trying New Strategies
Lesson 4	Practice Makes Better	Practice Makes Better	Helpful thoughts	We can change our thoughts	Planning For Practice	Reflecting on our Journey	Time to Reflect	Lesson 4: Making Goals Specific
Lesson 5	Lets Practice and Learn	Lets Practice and Learn	We Can Do it!	Learn and get better	Making a Practice Plan	Ready, Set, Goal!!	My 10 minute Goal	Lesson 5: Breaking Down Your Goals
	Pre- School	Kindergarten	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade
Lesson 6	Sometimes we feel happy	Sometimes we feel happy	Noticing Feelings	Feeling Proud	Why Emotions?	The Balanced Brain	Strong Emotions	Lesson 6: Monitoring Your Progress
Lesson 7	Sometimes we feel sad	Sometimes we feel sad	Sometimes we feel worried.	Feeling Disappointed	How Angry?	What is Rethinking?	What is stress?	Lesson 7: Performance Task: Bringing It all Together
Lesson 8	Sometimes we feel Mad	Sometimes we feel Mad	Feeling Calm	Help Yourself Feel Better	Take a Break	How to Rethink	Planning For Change	Lesson 14: What Emotions Tell us
Lesson 9	We can feel Calm	We can feel Calm	Feeling Frustrated	Different Feelings	How Happy?	Take Another Look	What Can I change	Lesson 15: Emotions and Your Brain
Lesson 10	What are they feeling?	What are they feeling?	Noticing Clues	How do you feel?	Strength of Feelings	ReThink It!	Making a Change	Lesson 16: How Emotions Affect your decisions
	Pre- School	Kindergarten	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade

Lesson 11	We can Be Kind	We can Be Kind	The Power Of Kind Acts	Whats Empathy?	Kindness and Friendship	The Same, But Different	Empathy in the Community	Lesson 17: Managing your emotions
Lesson 12	Why Kindness?	Why Kindness?	Ways to be Kind	Empathy in Action	Building a Friendship	Ask, Listen, Learn	Whats the Problem	Lesson 18: What works best for you
Lesson 13	Showing Kindness	Showing Kindness	Offering Kind Acts	Having Empathy	My Kind Of Kindness	Seeing it differently	A different point of View	Lesson 19: Performance Task: Raising Awareness about Managing Emotions
Lesson 14	Kindness at School	Kindness at School	Practicing Kind Acts	Empathy at School	Asking Questions	Changing Your mind	Community Solutions	Lesson 20: We're Changing
Lesson 15	Demonstrating Kindness	Demonstrating Kindness	Demonstrating Kind Acts	Empathy and Kindness	Do something Kind	A New Point of View	Your Solution	Lesson 21: Why Conflicts escalate
	Pre- School	Kindergarten	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade
Lesson 16	We can say the problem	We can say the problem	How to say the problem	The Way to say a problem	STEP by Step	A Good Problem solver	Beginning To STEP	Lesson 22: Considering Multiple Perspectives
Lesson 17	Ready to Solve Problems	Ready to Solve Problems	Was it an accident?	Thinking Of Solutions	S: Say the Problem	Saying it Respectfully	When? Where? Who?	Lesson 23: Respectful communication
Lesson 18	Apologizing Can help	Apologizing Can help	Ask for what you need	Which solution	T: Think and Explore	Exploring Outcomes	Solutions WEB	Lesson 24: Resolving Challenging Conflicts
Lesson 19	Taking Turns and Sharing	Taking Turns and Sharing	We can make it better	What would I want?	P: Pick a Solution	A good solution	Lets Reflect	Lesson 25: Making amends
Lesson 20	We Can Solve Problems	We Can Solve Problems	Solving Problems	Be a Problem-Solver	Solving a Problem	STEP into Problem-Solving	Putting it all Together	Lesson 26: Performance task: Conflict Solvers