

MCS D – Healthy Living Initiatives

Scope and Sequence – Studies Weekly Well-Being

KINDERGARTEN – 2022-2023

iBELieve Standard	Lesson	Week of	Title	Summary –Standards Connection	PBIS Reinforcement Look Fors
BE safe BE responsible BE respectful Be ready to learn Be empowered	1	08/15/22	What is Well-Being?	Students will define well-being with guidance and support. They will identify five connected areas of well-being: social, emotional, mental, physical and academic.	Review Student Expectations from iBELieve standards for each area of the school (first two weeks of school).
BE empowered	2	08/22/22	Identifying and Demonstrating Emotions	Students will recognize, identify and label emotions within themselves and others. With guidance and support, they will communicate their own emotions and identify strategies for managing their behavior.	Use of “I can, I feel and I need” statements
BE respectful	3	08/29/22	Empathy	Students will define empathy and identify examples with guidance and support. They will describe ways they can show empathy for others.	Use of positive words and kindness towards others
BE empowered	4	09/05/22	Resilience	Students will define resilience and identify examples with guidance and support. They will recall strategies for building and strengthening resilience.	Keeping at something even though the student finds it hard or gets it wrong the first time
	5	09/12/22	Developing a Growth Mindset	Students will recall the qualities of a growth mindset and a fixed mindset, including important differences. Students will identify ways in which a growth mindset can help them learn.	
Start with Hello Week		09/19/22	Start with Hello Presentation will occur during this week’s HLI block		
Universal Screener		09/26/22	No HLI lesson this week – Please complete the universal screener on all of your students		
BE empowered	6	10/03/22	Dealing with Change	Students will identify and describe different types of change with guidance and support. They will recall positive strategies for coping with change.	Handles unexpected transitions and changes well
	7	10/10/22	Overcoming Fear	Students will identify and label fear. With guidance and support, they will recall strategies for coping with fearful situations.	Tries something new despite being nervous or scared
BE ready to learn BE respectful	8	10/17/22	Asking for Help	Students will provide examples of times they might need help. They will practice asking others for help.	Politely asks for help when needed
	9	10/24/22	Building Social Skills	Students will identify and practice social skills, including communicating, showing respect, participating, working together, learning and helping.	Actively participates in class
	10	10/31/22	Learning to Collaborate	Students will recall strategies for collaboration, such as playing together, listening and being reliable.	Cooperating and listening to others
BE responsible BE respectful	11	11/07/22	Dealing with Conflict	Students will define conflict and recall strategies for resolving conflict.	Positively resolves a conflict
	12	11/14/22	Communication Skills	Students will describe various communication skills with guidance and support. They will identify the ways in which communication skills benefit well-being.	Uses kind, helpful and non-judgmental communication skills
BE empowered	13	11/28/22	Decision-Making	Students will describe the process for making decisions,	Tries to solve a problem on own

				including self-reflection.	before asking for help
	14	12/05/22	Critical Thinking	Students will describe critical thinking with guidance and support. They will practice searching for clues and asking questions.	
BE safe BE empowered	15	12/12/22	I Can Take Care of Myself	Students will identify basic needs. With guidance and support, students will relate strategies for ensuring their needs are met.	Tells a trusted adult if they have concerns that either they, or someone they know, is in danger
	16	01/02/23	How to Handle Worrying	Students will define worry and label feelings of worry. They will identify people they can talk to about their worries.	Uses “I can, I feel, and I need” statements
	17	01/09/23	Beat Big Problems	With guidance and support, students will describe strategies for overcoming worry. Students will practice using a growth mindset to respond to challenges.	Using positive self-talk
	18	01/16/23	Losing Something and Grief	Students will define grief with guidance and support. They will explore coping strategies for dealing with feelings of loss.	
	19	01/24/23	Taking Care of My Body	Students will identify ways to care for their body. They will recall reasons why caring for their body is important.	
	20	01/31/23	Caring for My Mind	Students will identify, label and describe their own thoughts and feelings with guidance and support. Students will explore the connection between caring for their mind and caring for their body.	
Universal Screener		02/06/23	No HLI lesson this week – Please complete the universal screener on all of your students		
BE safe	21	02/13/23	Choosing My Actions	Students will recall the process of controlling impulses: stop, think and choose.	Demonstrate using “stop, think and choose”
BE ready to learn	22	02/20/23	Moving My Body	Students will explore the benefits of movement for their bodies and brains. With guidance and support, students will recall different ways to move and stay active.	Stay actively engaged in lesson/task
BE responsible BE respectful	23	02/27/23	Good Citizens	Students will identify ways they can be good citizens. They will practice treating others with fairness and kindness.	Say and do kind things for others Help others in need
BE ready to learn	24	03/06/23	Tools to Feel Better	Students will recall strategies for self-regulating their emotions. They will practice using those strategies to improve their mood.	Smiles and chooses to be positive
BE empowered	25	03/13/23	Confidence	Students will define confidence with guidance and support. Students will practice building their own confidence.	Uses “I can” statements
	26	03/27/23	Get It Done!	Students will identify the process for setting goals. With guidance and support, they will recall strategies for overcoming obstacles.	Sets a goal and actively works to achieve it
BE responsible BE respectful	27	04/03/23	Trust	Students will define trust and identify the connection between honesty and trust. Students will practice techniques for fixing mistakes with a growth mindset.	Admits when they make a mistake Shows honesty
BE respectful	28	04/10/23	Your Attitude	Students will define mood with guidance and support. Students will explore strategies for coping with negative emotions.	Remains calm even when upset
BE responsible	29	04/17/23	My Time	Students will identify productive ways to use their time. They will recall things they should do each day.	Completes all required tasks
BE safe	30	04/24/23	Digital Citizenship	Students will identify rules for safe and responsible internet use.	Uses school approved sites Knows password & keeps private
BE respectful BE ready to learn	31	05/01/23	I Can Show Respect	Students will recall ways to show respect to others, including showing patience and following expectations.	Waits to be called on before speaking
	32	05/08/23	Choose Your Life	Students will recognize the importance of choice. They will	Actively engage and participate

identify the connection between choice and learning.

in learning

MCS D – Healthy Living Initiatives

Scope and Sequence – Studies Weekly Well-Being

FIRST and SECOND GRADE – 2022-2023

iBELieve Standard	Lesson	Week of	Title	Summary – Standards Connection	PBIS Reinforcement Look Fors
BE safe BE responsible BE respectful Be ready to learn Be empowered	1	08/15/22	Introduction to Well-Being	Students will restate the definition of well-being. They will identify five connected areas of well-being (social, emotional, mental, physical and academic) and describe how the areas impact one another.	Review Student Expectations from iBELieve standards for each area of the school (first two weeks of school).
BE empowered	2	08/22/22	Identifying and Demonstrating Emotions	Students will recognize, identify and label emotions within themselves and others.	Uses “I feel” statements
BE respectful	3	08/29/22	Demonstrating Empathy	Students will define empathy and illustrate their understanding with examples. They will describe how empathy helps them understand themselves and others.	Use of positive words and kindness towards others
BE empowered	4	09/05/22	Finding Resilience	Students will identify different types of resilience and will restate the meaning of resourcefulness. Students will define bravery and discuss how bravery can help them grow.	Keeping at something even though the student finds it hard or gets it wrong the first time
	5	09/12/22	Developing a Growth Mindset	Students will summarize the difference between a growth mindset and a fixed mindset. They will discuss how a growth mindset benefits well-being and will practice using a growth mindset.	Uses “I can” statements
Start with Hello Week		09/19/22	Start with Hello Presentation will occur during this week’s HLI block		
Universal Screening		09/26/22	No HLI lesson this week – Please complete the universal screener on all of your students		
BE empowered	6	10/03/22	Responding to Change	Students will restate techniques for responding to change appropriately. They will discuss different types of change and identify positive coping strategies.	Handles unexpected transitions and changes well
	7	10/10/22	Overcoming Fear	Students will discuss fear and identify their own feelings of fear. They will practice strategies for overcoming fear.	Tries something new despite being nervous or scared
BE responsible BE respectful BE ready to learn	8	10/17/22	Asking for Help	Students will explain the importance of asking for help when they need it. They will discuss how to know when to ask for help and practice the strategies they have learned.	Politely asks for help when needed Actively participates in class
	9	10/24/22	Building Social Skills	Students will discuss and develop social skills, including communication, participation, cooperation, and collaboration. Students will practice resolving conflict and taking initiative.	Cooperates and listens to others
	10	10/31/22	Learning to Collaborate	Students will recall skills for collaborating with peers effectively, including listening and being reliable. Students will discuss the importance of taking	Takes responsibility for mistakes

				responsibility for mistakes and focusing on what they can control.	
BE responsible BE respectful	11	11/07/22	Resolving Conflict	Students will describe the steps for resolving conflict.	Resolves conflicts positively
	12	11/14/22	Communication Skills	Students will classify different types of communication, including verbal, nonverbal, written, and visual. They will explain how communication skills can benefit their well-being.	Uses kind, helpful and non-judgmental communication skills
BE empowered	13	11/28/22	Decision Making	Students will summarize the steps for making healthy decisions.	Tries to solve problems on own before asking for help
	14	12/05/22	Critical Thinking	Students will demonstrate an understanding of critical thinking. They will practice strategies for handling negative peer pressure.	Uses “I can, I feel, and I need” statements
BE ready to learn BE empowered	15	12/12/22	Being Assertive	Students will explain the value of assertive communication. They will describe the ways in which assertive communication can improve well-being.	Ask questions when clarification or help is needed Uses “I feel and I need” statements
BE safe BE empowered	16	01/02/23	Stress Management	Students will identify different types of stress. They will practice strategies for managing stress positively.	Speak in a calm voice even when feeling stress
	17	01/09/23	Growth Mindset and Worries	Students will recognize and label their anxious feelings. They will restate strategies for responding positively to anxious feelings.	Uses “I feel” statements
	18	01/16/23	How to Handle Loss	Students will define grief and discuss its different forms. They will describe the stages of grief and identify ways to help others experiencing grief.	Uses positive self-talk
	19	01/23/23	Taking Care of My Body	Students will discuss why it is important to care for their bodies. They will explain ways they can care for their bodies.	
BE ready to learn	20	01/30/23	Understanding Mindfulness	Students will explain mindfulness and describe how it can benefit their well-being.	Is attentive and actively engaged in learning
Universal Screening		02/06/23	No HLI lesson this week – Please complete the universal screener on all of your students		
BE ready to learn	21	02/13/23	The Brain and Addiction	Students will restate the meaning of addiction. They will identify signs of addiction and describe strategies for overcoming its symptoms.	Makes healthy decisions regarding food and participation in class activities and recess
BE ready to learn	22	02/20/23	Physical Activity and the Brain	Students will describe the benefits of staying physically active, including brain growth, learning and retention.	Is attentive and actively engaged in learning
BE responsible BE respectful	23	02/27/23	Being a Good Citizen	Students will define rights, diversity and equity. They will identify and discuss historical figures who have fought for equality rights. Students will reflect on positive changes and how to see and identify ways they can promote those changes.	Say and do kind things for others Help others in need
BE ready to learn BE empowered	24	03/06/23	Developing Coping Strategies	Students will identify and describe coping strategies. They will practice using some of the strategies they learn.	Smile and choose to be positive Uses positive coping strategies to solve problems
BE empowered	25	03/13/23	Building Confidence	Students will explain the meaning of confidence. They will practice strategies for building their own confidence.	Uses “I can” statements
	26	03/20/23	Setting Goals	Students will identify the qualities of SMART goals: specific, measurable, attainable, realistic and timely. They will practice setting their own goals.	Sets a goal and actively works to achieve it

BE responsible BE respectful	27	04/03/23	Becoming Dependable	Students will define dependable. They will discuss how they can be dependable. They will identify qualities that make someone trustworthy.	Admits when they make a mistake Shows honesty
BE ready to learn	28	04/10/23	Choose Your Attitude	Students will discuss the importance of having a positive attitude. They will practice strategies for being positive, including practicing gratitude.	Smiles and chooses to be positive
BE responsible	29	04/19/23	Managing My Time	Students will define schedule. They will practice making a schedule and prioritizing responsibilities.	Completes all required tasks
BE safe	30	04/24/23	Digital Citizenship	Students will discuss the benefits of the internet, as well as potential dangers. They will restate rules for safe and respectful internet use.	Uses school approved sites Knows password & keeps private
BE respectful BE ready to learn	31	05/01/23	Respecting Others	Students will discuss respect and identify ways to show respect for others. Students will practice showing respect to their peers.	Waits turn Says please and thank you Looks at adults when they are speaking
BE empowered	32	05/08/23	Staying Motivated	Students will describe motivation and discipline and identify differences between the two. Students will compare the different meanings of “ability,” “talent,” and “strength.”	Keeps trying Uses “I can” statements

MCSD – Healthy Living Initiatives

Scope and Sequence – **Studies Weekly Well-Being**

THIRD and FOURTH GRADE – 2022-2023

iBELieve Standard	Lesson	Week of	Title	Summary – Standards Connection	PBIS Reinforcement Look Fors
BE safe BE responsible BE respectful BE ready to learn BE empowered	1	08/15/22	What is Well-Being?	Students will get an introduction to the five facets of well-being: physical, social, emotional, mental, and academic. Well-being ensures that all students and educators thrive physically, socially, emotionally, mentally, and academically. Students will learn what well-being is and how well-being is related to their learning in all five areas. Students will also learn how these areas are connected and impact one another.	Review student expectations from iBELieve standards for each area of the school (first two weeks of school)
BE empowered	2	08/22/22	Identifying and Demonstrating Emotions	Students will be introduced to the skills of identifying, labeling, and communicating their emotions as well as recognizing emotions in others, self-regulating emotions, and knowing how to respond when emotions are difficult.	Uses “I feel” statements Handles unexpected changes well
BE respectful	3	08/29/22	Demonstrating Empathy	Students will learn about empathy, what it looks like to show empathy for others, and how to build empathy skills. Students will also be introduced to how to respond when others do not show empathy and how to respond when they experience empathy overstimulation.	Use of positive words and kindness towards others
BE empowered	4	09/05/22	Finding Resilience	Students will be able to identify the different types of resilience and what it means to be resourceful and responsible. Students will connect resourcefulness, responsibility, and bravery with resilience.	Keeping at something even though the student finds it hard or gets it wrong the first time
	5	09/12/22	Developing a Growth Mindset	Students will learn about the thinking in growth and fixed mindsets. Students will learn to develop their own growth mindset, overcome resistance to change and change their fixed thinking.	Uses “I can” statements
Start with Hello Week		09/19/22	Start with Hello week presentations will occur during this week’s HLI block		
Universal Screening		09/26/22	No HLI lesson this week – Please complete the universal screener on all of your students *		
BE empowered	6	10/03/22	Responding to Change	Students will learn how to respond to change appropriately. Students will also learn strategies to help them deal with their emotions in response to change positively.	Handles unexpected changes well
	7	10/10/22	Overcoming Fear	Students will identify and analyze their own fears. They will practice positive coping strategies for overcoming fear.	Tries something new despite being nervous or scared
BE responsible BE respectful BE ready to learn	8	10/17/22	Asking for Help	Students will learn about asking for help. Lessons will help students develop the skills needed to discern trustworthy people to ask for help when needed.	Politely asks for help when needed
	9	10/24/22	Building Social Skills	Students will develop and build communication, participation, and cooperation and collaboration skills. Students will also practice ways of showing respect, resolving conflict, being teachable, and taking	Actively participates in class Cooperates and listens to others

				initiative.	Resolves conflicts positively
	10	10/31/22	Learning to Collaborate	Students will learn about collaboration and skills that promote healthy collaboration with peers. Students will learn about being reliable and focusing on the strengths of others.	Finds the good in others
BE responsible BE respectful	11	11/07/22	Resolving Conflict	Students will learn about conflict resolution and strategies to help them resolve conflicts in their own lives.	Resolves conflicts positively
	12	11/14/22	Communication Skills	Students will be educated about different forms of communication and when it is appropriate to use them. They will also be taught characteristics of good communicators and good listeners.	Follows adult directions Listens to other's points of view
BE ready to learn BE empowered	13	11/28/22	Decision Making	Students will be learning key steps in the decision-making process. They will learn how to identify problems, evaluate solutions, and reflect on their decisions.	Tries to solve problems on their own
	14	12/05/22	Critical Thinking	Students will examine critical thinking skills, settings for use, and benefits.	Actively engages in learning
BE safe BE empowered	15	12/12/22	Being Assertive	Students will learn about assertiveness, passive and aggressive communication, and how to stand up for themselves without being disrespectful.	Speaks in a calm voice even when upset
	16	01/02/23	Stress Management	Students will learn about types of stress and skills to help them manage the pressures that can turn into stress.	Uses "I feel and I need" statements
	17	01/09/23	Getting Past Anxiety	Students will learn about anxiety and how to deal with it effectively and positively.	Uses positive self-talk
	18	01/16/23	Grief and Dealing with Loss	Students will learn about the five stages of grief, compare grief to the waves of the ocean, and explore supporting others through grief.	
	19	01/23/23	Taking Care of Myself	Students will learn about how to care for themselves and how taking good care of their physical body impacts their well-being.	
BE ready to learn	20	01/30/23	Mindfulness	Students will learn about practicing mindfulness as a positive coping strategy. They will learn how they can practice mindfulness in their daily lives and the benefits that come as they choose to do so.	Is attentive and actively engaged in learning
Universal Screening		02/06/23	No HLI lesson this week – Please complete the universal screener on all of your students *		
BE ready to learn	21	02/13/23	The Brain and Addiction	Students will learn about addiction and how it can impact their thinking and behavior. Students will learn about the warning signs of addiction, how to ask for help, and how to make changes.	Is attentive and actively engaged in learning
	22	02/20/23	Physical Activity and the Brain	Students will learn about the benefits of physical activity on the brain and cognition. Students will also explore various ways to keep moving.	
BE responsible BE respectful	23	02/27/23	Being a Good Citizen	Students will learn about rights, differences between cultures and fairness, equality, and equity. Students will explore ways to positively advocate for change using examples from history.	Say and do kind things for others Help others in need
BE ready to learn BE empowered	24	03/06/23	Developing Coping Strategies	Students will learn about various coping strategies and how to build their own toolkit of strategies to use in various situations.	Smile and chooses to be positive Uses positive coping strategies to solve problems
BE empowered	25	03/13/23	Confidence	Students will learn about the importance of having confidence and explore various ways to build their confidence.	Uses "I can" statements
	26	03/27/23	Setting Goals	Students will learn about setting goals, what S.M.A.R.T. goals are, how to break a goal down into more manageable parts, and how to reflect on their progress. Students will also explore how being consistent and persistent help them meet their goals and how to overcome mistakes.	Sets a goal and actively works to achieve it

BE responsible BE respectful	27	04/03/23	Building Dependability	Students will learn about trust and dependability. Students will also explore how to overcome mistakes and forgive others.	Admits when they make a mistake Shows honesty
BE ready to learn	28	04/10/23	Choose Your Attitude	Students will learn about attitude and perspective, as well as how gratitude and choosing to focus on the positive can improve a person's well-being.	Smiles and chooses to be positive
BE responsible	29	04/17/23	Balancing Time and Responsibilities	Students will examine schedules and routines as well as skills to prioritize tasks and avoid procrastination. Students will explore how positivity will help them overcome challenges with time management.	Completes all required tasks Starts work as soon as instructions are given
BE safe	30	04/24/23	Digital Citizenship	Students will explore which information is considered private and should not be shared. Students will develop skills to identify online communities and demonstrate digital character traits. Students will also learn what they can do if they encounter a problem.	Uses only school approved sites Knows password and keeps it private
BE respectful BE ready to learn	31	05/01/23	Demonstrating Respect	Students will learn about respect, diversity, and how to use positive words to communicate with one another. Students will learn about dealing with misunderstandings positively and how to ask and answer questions respectfully.	Shows kindness and is non-judgmental towards peers who are different from them Accepts feedback from others
BE empowered	32	05/08/23	What Motivates You?	Students will learn about motivation and discipline and how it plays into their abilities, talents, and strengths. Students will also explore different things that motivate them.	Keeps trying Uses "I can" statements

*** Teachers in grades 3-4 are completing the universal screener on their students this year. This is a change from last year when students self-rated. The decision to move to teacher ratings for these two grade levels was due to a lot of feedback from teachers that the vocabulary in the student self-rated screener was too high for students. This feedback was appreciated and we made the change as a result.**

MCSD – Healthy Living Initiatives

Scope and Sequence – **Studies Weekly Well-Being**

FIFTH GRADE – 2022-2023

iBELieve Standard	Week	Week of	Title	Summary – Standards Connection	PBIS Reinforcement Look Fors
BE safe BE responsible BE respectful BE ready to learn BE empowered	1	08/15/22	What is Well-Being?	Students will learn what well-being is and how well-being is related to your learning in all five areas of development. You will also learn how these areas are connected and impact one another.	Review student expectations from iBELieve standards for each area of the school (first two weeks of school)
BE empowered	2	08/22/22	Identifying and Demonstrating Emotions	Students will be introduced to the skills of identifying, labeling, and communicating their emotions as well as recognizing emotions in others.	Uses “I feel” statements Uses “He/She/you feel” statements
BE respectful	3	08/29/22	Demonstrating Empathy	Students will learn what empathy is, and how to demonstrate and practice skills that build empathy.	Use of positive words and kindness towards others
BE empowered	4	09/05/22	Finding Resilience	Students will learn about resilience in four areas: emotional, social, mental, and physical. They will be taught skills to develop and practice resilience.	Keeping at something even though the student finds it hard or gets it wrong the first time
	5	09/12/22	Developing a Growth Mindset	Students will learn about the difference between a growth mindset and a fixed mindset. Students will learn how mistakes can help them progress, how effort plays a role in a growth mindset and what the benefits are to utilizing thinking that promotes growth.	Uses “I can” statements
Start with Hello Week		09/19/22	Start with Hello week presentations will occur during this week’s HLI block		
Universal Screening		09/26/22	No HLI lesson this week – Please have your students complete the universal screening this week		
BE empowered	6	10/03/22	Responding to Change	Students will learn about types of change, how emotions are impacted by change, and how to respond to change appropriately.	Handles unexpected changes well
	7	10/10/22	Overcoming Fear	Students will learn about fear and will develop skills to overcome fear appropriately and positively. Students will also explore different types of fear.	Tries something new despite being nervous or scared
BE responsible BE respectful BE ready to learn	8	10/17/22	Asking for Help	Students will explore when and how to ask for help. Students will learn about using caution as well as how to respond when others ask for help.	Politely asks for help when needed Actively participates in class
	9	10/24/22	Building Social Skills	Students will learn about social skills and how to demonstrate them in various situations.	Cooperates and listens to others
	10	10/31/22	Learning to Collaborate	Students will learn about collaboration and skills to support effective collaboration. Students will also learn about attributes that make a good team member.	Resolves conflicts positively Finds the good in others
BE responsible BE respectful	11	11/07/22	Resolving Conflict	Students will learn how they can resolve conflicts, both big and small, in their lives. They will come to understand various strategies and resources to use when conflict arises in their relationships.	Resolves conflicts positively
	12	11/14/22	Communication	Students will learn about the different forms of communication and	Follows adult directions

			Skills	when it is appropriate to use them. They will also be taught the characteristics of good communicators and good listeners.	Listens to other's points of view
	13	11/28/22	Decision Making	Students will learn key steps in the decision-making process. They will learn how to identify problems, evaluate solutions, and reflect on their decisions.	
	14	12/05/22	Critical Thinking	Students will learn what critical thinking is, how to think critically, and why it is an important skill. Students will also gain a deeper understanding of their own opinions and appropriate ways to react to the opinions of their peers.	
BE safe BE empowered	15	12/12/22	Being Assertive	Students will learn what assertiveness is, why it is important, and how they can become more assertive. This is an important skill for students because it can increase their self-confidence and teach them to stand up for themselves and others.	Speaks in a calm voice even when upset Uses "I feel and I need" statements
	16	01/02/23	Stress Management	Students will learn about two types of stress, eustress and distress, and pressure which leads to stress. They will also learn coping strategies to use when they encounter good and bad stress in their daily lives.	Uses positive self-talk
	17	01/09/23	Conquering Anxiety	Students will learn what anxiety is and what it feels like. They will also be introduced to multiple strategies and tools they can use to battle anxious feelings.	
	18	01/16/23	Grief and Dealing with Loss	Students will learn what causes grief and what grief can look like. They will also learn about the five stages of grief and how to help others experiencing grief.	
	19	01/23/23	Taking Care of Myself	Students will learn about why it is important to respect, appreciate, and take care of their bodies. They will learn multiple ways they can care for their bodies and help them feel energized, confident, and happy.	
BE ready to learn	20	01/30/23	Mindfulness	Students will learn how they can practice mindfulness in their daily lives and the benefits that come as they choose to do so.	Is attentive and actively engaged in learning
Universal Screening		02/06/23	No HLI lesson this week – Please have your students complete the universal screening this week		
BE ready to learn	21	02/13/23	The Brain and Addiction	Students will learn how to recognize signs of addiction and how to overcome symptoms of addiction. Students will also learn how to ask for help when they need it.	Is attentive and actively engaged in learning
	22	02/20/23	Physical Activity and the Brain	Students will be learning about how staying physically active can benefit their brain growth, learning, and retention.	
BE responsible BE respectful	23	02/27/23	Being a Good Citizen	Students will learn about rights, diversity, and equality. They will be taught about important historical figures who have fought for equality and rights. Students will also be given opportunities to reflect on positive changes they hope to see in the world and how they can promote those changes.	Says and does kind things for others Helps others in need
BE ready to learn BE empowered	24	03/06/23	Developing Coping Strategies	Students will learn about a variety of coping strategies and when they are most effective to use.	Smile and chooses to be positive Uses positive coping strategies to solve problems
BE empowered	25	03/13/23	Confidence	Students will learn about confidence. They will learn what it is, how to build it in themselves, and why it is important to have.	Uses "I can" statements
	26	03/27/23	Goal Setting	Students will learn how to set specific, measurable, attainable, realistic, and timely goals. They will also come to understand the importance of setting and accomplishing goals in their lives.	Sets a goal and actively works to achieve it

BE responsible BE respectful	27	04/03/23	Building Dependability	Students will gain an understanding of what it means to be dependable and trustworthy. They will also be exploring the concepts of trust and forgiveness. They will learn how to forgive themselves and others for mistakes.	Admits when they make a mistake Shows honesty
BE ready to learn	28	04/10/23	Attitude and Perspective	Students will learn about perspectives and the importance of having a positive attitude in life. They will have opportunities to practice letting go of things that are negatively affecting their lives.	Smiles and chooses to be positive
BE responsible	29	04/17//23	Balancing Time and Responsibilities	Students will be given the chance to practice creating schedules and prioritizing responsibilities. They will also learn the dangers of procrastination and be reminded to focus on what they can control.	Completes all required tasks Starts work as soon as instructions are given
BE safe	30	04/24/23	Digital Citizenship	Students will examine personal standards for internet use and study how to keep personal information private. Students will discuss online communities, character values for online interaction, and what to do when they encounter a problem.	Uses only school approved sites Knows password and keeps it private
BE respectful BE ready to learn	31	05/01/23	Demonstrating Respect	Students will learn about how to show respect through celebrating diversity and finding common ground with others. They will also learn strategies to learn from others and overcome misunderstandings.	Shows kindness and is non-judgmental towards peers who are different from them Accepts feedback from others
BE empowered	32	05/08/23	What Motivates You?	Students will learn about intrinsic and extrinsic motivation. They will also learn about the importance of perseverance. In addition, students will have the opportunity to consider their own abilities, talents, and strengths.	Keeps trying Uses "I can" statements