



Scope & Sequence

Kindergarten – 5th Grade

The K–5 curriculum establishes the foundational social–emotional, interpersonal, and safety competencies that students need to navigate relationships, express emotions, ask for help, and contribute to safe and caring communities. The curriculum is safety-informed, inclusive, developmentally aligned, and designed to meet the needs of diverse learners while supporting educators in facilitating sensitive conversations safely and effectively.

Kindergarten: Kindness Scouts

	Main Concepts	Objectives
Lesson 0A What are feelings?	Feelings are important messages from your body and brain Everyone has different feelings at different times Naming your feelings helps you understand yourself and share with others	1. Understand the importance of feelings. 2. Explore various feelings and methods of expressing them. 3. Create personal Feelings Charts to represent their emotions.

Lesson 0B Classroom Community & Safe Space	<p>Agreements help everyone feel safe and respected</p> <p>Following our classroom agreements helps us take care of each other</p>	<ol style="list-style-type: none"> 1. Review and discuss feelings from the previous lesson. 2. Understand what a community is. 3. Create the Classroom Community Agreements through collaboration.
Lesson 1 Kindness in Kindergarten – Part A	<p>Being kind connects us to each other in our classroom community</p> <p>There are many ways to show kindness every day</p>	<ol style="list-style-type: none"> 1. Understand the significance of kindness in fostering communities of care. 2. Identify and practice various ways to demonstrate kindness towards others. 3. Recognize the importance of apologizing and asking for help when kindness is lacking.
Lesson 2 Kindness in Kindergarten – Part B	<p>We can practice Kindness in three ways: empathy, helping, and sharing feelings</p> <p>You can be a Kindness Scout by showing kindness to others</p>	<ol style="list-style-type: none"> 1. Understand the Kindness Scouts unit project and its purpose. 2. Understand the three components of kindness: empathy, helping, and sharing feelings.
Lesson 3 Managing Big Feelings	<p>Everyone experiences big feelings in their own way</p> <p>Talking about feelings helps you understand yourself and others</p> <p>There are many ways to handle big feelings</p>	<ol style="list-style-type: none"> 1. Define and identify big feelings. 2. Share personal experiences of encountering big feelings. 3. Understand how mindfulness can help manage big feelings effectively.

Lesson 4

Boundaries:
Asking For &
Giving
Consent

Boundaries help keep your body safe and comfortable

Consent means getting permission before touching someone

You can talk to a trusted adult if someone crosses your boundaries

1. Discuss the importance of boundaries in caring communities.
2. Define consent, and how to ask for and receive it.
3. Identify personal physical boundaries, and three trusted adults.

Lesson 5

Boundaries:
Safe & Unsafe
Behavior

Everyone has a personal boundary bubble around their body

No one, other than a doctor in the presence of a parent or caregiver, should touch your penis, vagina or butt.

You can talk to a trusted adult if someone crosses your boundaries

1. Visualize our personal bubbles that represents our physical boundaries
2. Discuss the importance of boundaries in caring communities.
3. Identify adults to ask for help when boundaries are crossed.

Lesson 6

Kindness CAN
Be the
Answer:
Bullying &
Upstander
Behavior

Bullying is different from someone just not being kind one time

Being an upstander means helping someone who is being bullied

Listening to your intuition and asking for help keeps you and others safe

1. Define what bullying is.
2. Identify our feelings of relief and gratitude.
3. Understand and practice how to transition from being a bystander to becoming an upstander.

Lesson 7

Identity Hearts:
Respecting
Others &
Belonging

Your identity is what makes you special and unique

Being kind means accepting others for who they are

Everyone belongs in our classroom community just as they are

1. Define the concepts of identity and diversity.
2. Discuss strategies to connect with others across differences, creating a sense of belonging.

Lesson 8**Making Space
for Grief &
Loss**

Big, heavy feelings like grief are okay to have

Noticing feelings in your body helps you know what you need

Sharing your feelings with others helps them feel less heavy

1. Discuss strategies for managing big feelings in a healthy way.
2. Develop skills in asking for help when experiencing heavy feelings.
3. Develop ways to support a friend experiencing big feelings.

First Grade: Kindness Bridge**Main Concepts****Objectives****Lesson 0****Classroom
Community and
Safe Space**

Agreements help everyone feel safe and respected

Following our classroom agreements helps us take care of each other

1. Explore and understand the Feelings Wheel.
2. Explore the 3 M's (Mindfulness, Movement, and Meditation).
3. Discuss and analyze the concepts of community and safety.
4. Create the Classroom Community Agreements through collaboration.

Lesson 1**Building Blocks:
Kindness &
Taking Care of
Self and Others**

Kindness connects people like a bridge connects two places

Taking care of yourself helps you show kindness to others

Everyone likes to give and receive kindness in different ways

1. Understand the connection between self-kindness and a kind community.
2. Brainstorm ways to show kindness to themselves and others.
3. Recognize the feelings one can experience when showing kindness.

Lesson 2 Managing Big Feelings	<p>Everyone experiences big feelings in their own way</p> <p>There are skills you can use to manage big feelings, like taking breaks and positive self-talk</p> <p>Talking to a trusted adult helps when feelings feel too big</p>	<ol style="list-style-type: none"> 1. Define and identify big feelings. 2. Share personal experiences of encountering big feelings. 3. Develop skills for managing big feelings, including talking to trusted adults.
Lesson 3 Boundaries and Assertive Communication	<p>Boundaries keep your body safe and comfortable</p> <p>You are the boss of your own body</p> <p>Using assertive communication helps you tell others about your boundaries</p>	<ol style="list-style-type: none"> 1. Identify what a boundary is. 2. Define what bodily autonomy is. 3. Practice how to assertively communicate about personal boundaries, showing empathy and respect.
Lesson 4 Consent & Help Seeking	<p>Consent means getting permission before touching someone or entering their space</p> <p>You can talk to a trusted adult if someone crosses your boundaries without consent</p>	<ol style="list-style-type: none"> 1. Understand consent and its importance. 2. Practice how to ask for consent and give it. 3. Identify and recognize safe, trusted adults. 4. Apply steps to seek help when a boundary is crossed or not respected.
Lesson 5 Taking Action: From Bystander to Upstander	<p>Bullying is different from someone not being kind one time</p> <p>Being an upstander means standing up for someone who is being bullied</p>	<ol style="list-style-type: none"> 1. Define bullying. 2. Understand how to go from bystander to upstander. 3. Discuss how to seek help from a trusted adult as needed.

Lesson 6

Building Blocks:
Respecting
Others &
Belonging

Your individual identity is an important part of the classroom community

Respecting others means accepting them for who they are

1. Understand the value of belonging and respect.
2. Define the concept of identity.
3. Reflect on how our unique identities contribute to a stronger community.

Lesson 7

Holding Space
for Grief and
Loss

Grief and loss are heavy feelings that everyone experiences sometimes

Taking care of yourself helps you cope with difficult feelings

Offering hope and support helps friends who are going through hard times

1. Identify feelings of grief and loss.
2. Discuss how to ask for help when experiencing grief and loss.
3. Brainstorm ways of supporting a friend through grief and loss.

Second Grade: Tree of Care

Main Concepts

Objectives

Lesson 0

Classroom
Community and
Safe Space

Agreements help everyone feel safe and respected

Following our classroom agreements helps us take care of each other

1. Explore and understand the Feelings Wheel.
2. Explore the 3 M's (Mindfulness, Movement, and Meditation).
3. Discuss and analyze the concepts of community and safety.
4. Create the Classroom Community Agreements through collaboration.

Lesson 1

Connecting to Peers

Showing kindness to yourself helps you show kindness to others

Everyone can plant seeds of kindness that help the community grow

1. Understand the importance of self-care in building a kind community.
2. Explain the significance of caring for others and receiving care in fostering a kind community.
3. Identify and describe the feelings experienced when showing kindness.

Lesson 2

Managing Big Feelings

Everyone experiences strong emotions in their own way

Mindfulness, positive self-talk, and seeking help are skills that help you manage big feelings

Practicing these skills makes them easier to use when you need them

1. Define and identify strong emotions.
2. Discuss personal responses to strong emotions.
3. Practice strategies to regulate strong emotions.

Lesson 3

Boundary Bark: Bodily Autonomy & Communication

Physical boundaries keep your body safe and comfortable

You are the boss of your own body and can set your own boundaries

Assertive communication helps you express your boundaries clearly and respectfully

1. Define what a boundary is.
2. Understand the concept of bodily autonomy.
3. Practice how to communicate about personal boundaries and respect the boundaries of others.

Lesson 4

May I Get Some Shade?: Consent and Help-Seeking

Consent means getting permission before touching someone or entering their space

Everyone has the right to give or refuse consent

You can talk to a trusted adult if someone violates your boundaries

1. Define consent and understand its importance in communities.
2. Practice asking for and giving consent.
3. Reflect on the strong emotions caused by boundary violations.
4. Identify Trusted Adults.

Lesson 5

If a Tree Falls in
the Forest...
From Bystander
to Upstander

Bullying is different from someone
not being kind one time

Being an upstander means taking
action to help someone who is being
bullied

You can be an upstander by being a
buddy, interrupting safely, and
seeking help from a trusted adult

1. Define what bullying means.
2. Understand how to transition
from being a bystander to being
an upstander.
3. Practice the process of seeking
help from a trusted adult when
necessary.

Lesson 6

Rooting
Ourselves in
Respect and
Belonging

Your identity is like roots that help
you grow and connect to others

Belonging means being accepted
for who you are

Finding common ground with others
helps create a strong community

1. Understand the concepts of
identity and diversity.
2. Analyze how respecting all
people contributes to a kind
community.
3. Develop ways of connecting with
others to create an experience of
belonging for everyone.

Lesson 7

Coping with
Grief and Loss

Grief and loss are heavy feelings
that everyone experiences
sometimes

Taking care of yourself helps you
cope with difficult feelings

Offering hope and support helps
friends who are going through hard
times

1. Identify feelings of grief and loss.
2. Discuss how to ask for help when
experiencing grief and loss.
3. Practice ways of supporting a
friend through grief and loss.

Third Grade: Table of Friendship

	Main Concepts	Objectives
Lesson 0 Classroom Community and Safe Space	<p>Agreements help everyone feel safe and respected</p> <p>Following our classroom agreements helps us take care of each other</p>	<ol style="list-style-type: none"> 1. Explore and understand the Feelings Wheel. 2. Discuss the concepts of community and safety. 3. Create the Classroom Community Agreements through collaboration.
Lesson 1 Self-Care & Confidence	<p>Your brain can grow and change when you practice new skills</p> <p>Self-care means taking care of your body, mind, and feelings</p> <p>Doing things that make you feel confident is part of taking care of yourself</p>	<ol style="list-style-type: none"> 1. Understand the three principles of mindfulness. 2. Explore mindfulness strategies for managing emotions. 3. Practice self-care strategies based on confidence.
Lesson 2 Table of Friendship	<p>Good friends have qualities that make you feel safe, valued, and respected</p> <p>Understanding what makes a good friend helps you be a better friend to others</p>	<ol style="list-style-type: none"> 1. Understand the concept and purpose of the Table of Friendship project. 2. Discuss the qualities of a good friendship. 3. Create their Table of Friendship Placemats.
Lesson 3 Managing Strong Emotions	<p>Everyone experiences strong emotions in their own way</p> <p>Mindfulness is a tool that helps you manage strong emotions in healthy ways</p> <p>Seeking help from others is important when emotions feel overwhelming</p>	<ol style="list-style-type: none"> 1. Define and identify strong emotions. 2. Practice strategies to manage strong emotions in a healthy way. 3. Understand the importance of seeking help for managing strong emotions.

Lesson 4

Elbow Room:
Boundaries &
Consent Part A

Boundaries can be physical, emotional, or about time, and they keep you safe and comfortable

Consent means asking permission and respecting someone's answer

Assertive communication helps you express your boundaries clearly and respectfully

1. Discuss how to recognize our and others' boundaries.
2. Understand what Consent is and how it relates to Bodily Autonomy
3. Practice using Assertive Communication to express our boundaries.

Lesson 5

Elbow Room:
Boundaries &
Consent Part B

Your intuition helps you know when something doesn't feel right

You can talk to a trusted adult if someone violates your boundaries

1. Practice respecting others' boundaries.
2. Identify physical boundaries for our body safety.
3. Discuss strategies for help seeking if our boundaries are crossed.

Lesson 6

Taking Action:
Being an
Upstander and
Seeking Help

Bullying is different from a single unkind act and happens repeatedly on purpose

Being an upstander means taking safe action to help someone who is being bullied

Cyberbullying can cause harm just like in-person bullying and requires the same upstander response

1. Define and discuss bullying and cyberbullying.
2. Learn skills for being an upstander in situations of bullying and cyberbullying.

Lesson 7

Diversity is the
Special
Ingredient

Belonging means being accepted for who you are

Treating others with respect regardless of their identity creates a stronger community

1. Identify examples of unfair assumptions and how they can affect friendships and feelings.
2. Brainstorm ways to show respect for differences and include others.
3. Understand how making assumptions about people can lead to misunderstandings and disconnection.

Lesson 8Candles of
Light: Honoring
Grief & Loss

Grief and loss are heavy feelings that everyone experiences sometimes

Taking care of yourself helps you cope with difficult feelings

Offering hope and support helps friends who are going through hard times

1. Define grief, when it happens, and how to cope with it
2. Identify resilience as a support for grieving.
3. Practice empathy to support others who are grieving.

Fourth Grade: Using Our Voices for Good

	Main Concepts	Objectives
Lesson 0 Classroom Community and Safe Space	<p>Agreements help everyone feel safe and respected</p> <p>Following our classroom agreements helps us take care of each other</p>	<ol style="list-style-type: none"> 1. Explore and understand the Feelings Wheel. 2. Discuss the concepts of community and safety. 3. Create the Classroom Community Agreements through collaboration.
Lesson 1 My Voice, Your Voice, Our Voices	<p>Your voice has power to speak up for yourself and others</p> <p>Using your voice for good helps build a fair and caring community</p>	<ol style="list-style-type: none"> 1. Describe examples of fairness and unfairness in their communities. 2. Explain the importance of fairness in communities. 3. Discuss the importance of using their voices to stand up for fairness.

Lesson 2

Your Emotions
Have
Something to
Say

There are healthy and unhealthy ways to manage your emotions

Understanding how emotions affect your body helps you manage them better

1. Understand the origins of emotions.
2. Practice healthy ways of processing strong emotions.
3. Establish connections between emotions and the physical sensations in our bodies.

Lesson 3

What I Say
Goes!
Boundaries and
Consent

Boundaries can be physical, emotional, or about time, and they keep you safe and comfortable

Consent means asking permission and respecting someone's answer

Assertive communication helps you express your boundaries clearly and say no when you need to

1. Discuss how to recognize our and others' boundaries.
2. Understand what Consent is and how it relates to Bodily Autonomy.
3. Practice using Assertive Communication to express our boundaries.

Lesson 4

What I Say
Goes!
Boundaries and
Consent Part B

Consent can be communicated through words and body language

No one should touch your private areas without a safe reason, and this should never be kept secret

Your intuition helps you recognize unsafe situations, and you can use S.A.F.E. strategies to respond

1. Practice respecting others' boundaries.
2. Identify physical boundaries for our body safety.
3. Discuss strategies for help seeking if our boundaries are crossed.

Lesson 5

The Power of
Collective
Voices

Bullying causes emotional and physical harm to individuals and communities

Being an upstander means taking action to stop bullying instead of just watching

Working together as a community makes it easier to stand up against bullying

1. Reflect on the harms caused by bullying.
2. Understand how to transition from being a bystander to being an upstander.
3. Practice the power of coming together to stand up to bullying, creating a Bully Blockers Club

Lesson 6

All Voices:
Respecting
Others &
Belonging

Identity-based bullying targets people because of who they are

Treating others with respect regardless of their identity creates a stronger community

Finding what you have in common with others helps create belonging in diverse communities

1. Identify different types of identity
2. Recognize when someone is being targeted or excluded because of something about them (appearance, interests, background, abilities, etc.).
3. Brainstorm ideas to celebrate diversity and foster a sense of belonging.

Lesson 7

Expressing
Ourselves:
Honoring Grief
& Loss

Grief and loss are heavy feelings that everyone experiences sometimes

Taking care of yourself helps you cope with difficult feelings

Offering hope and support helps friends who are going through hard times

1. Describe the feelings and thoughts associated with grieving.
2. Brainstorm strategies to support ourselves and others experiencing grief.
3. Explore how resilience helps us cope with grief.
4. Express emotions of loss through a creative narration.

Lesson 8

Wrap Up &
Review

1. Express emotions of loss through a creative narration.
2. Summarize the most relevant takeaways from You Belong Here.

Fifth Grade: Self-Care and Mental Health

	Main Concepts	Objectives
Lesson 0 Classroom Community and Safe Space	<p>Agreements help everyone feel safe and respected</p> <p>Following our classroom agreements helps us take care of each other</p>	<ol style="list-style-type: none"> 1. Explore and understand the Feelings Wheel. 2. Discuss the concepts of community and safety. 3. Create the Classroom Community Agreements through collaboration.
Lesson 1 Your Journey: Self-Kindness & Connection	<p>Taking care of yourself helps you connect better with others</p> <p>Self-care strategies help you manage stress and stay healthy</p>	<ol style="list-style-type: none"> 1. Identify and categorize various aspects of self-care. 2. Understand the importance of self-care for enhancing our connections to others. 3. Develop a personalized self-care plan.
Lesson 2 The Ebb and Flow of Emotions - Part 1	<p>Feelings change over time like waves that ebb and flow</p> <p>You can learn tools to navigate emotions as they change</p> <p>Having coping strategies ready helps you manage difficult feelings</p>	<ol style="list-style-type: none"> 1. Identify healthy techniques for navigating strong emotions 2. Develop a list of coping strategies for ongoing support
Lesson 3 The Ebb and Flow of Emotions - Part 2	<p>Stigma around mental health can prevent people from seeking help</p> <p>Advocacy means speaking up to promote mental wellness and break down barriers</p>	<ol style="list-style-type: none"> 1. Identify strategies that support healthy mental health practices. 2. Understand and recognize stigmas about mental health. 3. Express the importance of mental health in our school community through an awareness project.

Lesson 4 Mental Health Advocacy Projects	<p>Working together to reduce stigma creates a more supportive school community</p> <p>Meditation and mindfulness support mental health by reducing stress and anxiety</p>	<ol style="list-style-type: none"> 1. Understand and recognize stigmas about mental health. 2. Express the importance of mental health in our school community through an awareness project.
Lesson 5 Setting Boundaries	<p>Boundaries can be emotional, time-based, social, or physical</p> <p>Setting boundaries is an act of self-care that protects your well-being</p> <p>Assertive communication helps you express your boundaries and consent clearly</p>	<ol style="list-style-type: none"> 1. Reflect on the importance of personal boundaries as a form of self-care. 2. Identify behaviors that cross different types of boundaries. 3. Practice assertive communication as a way of giving or not giving consent.
Lesson 6 Respecting Boundaries	<p>Consent can be communicated through words and body language</p> <p>When someone denies your request for consent, it's important to manage your emotions respectfully</p> <p>You can talk to a trusted adult if someone violates your boundaries</p>	<ol style="list-style-type: none"> 1. Practice recognizing non-verbal communication. 2. Identify behaviors that cross different types of boundaries. 3. Practice assertive communication as a way of giving or not giving consent.
Lesson 7 Roadside Assistance: Getting & Giving Help Along the Journey	<p>Bystanders witness harmful situations but don't take action</p> <p>The bystander effect makes it harder to intervene, but you can choose to be an upstander</p> <p>Upstanders use safe strategies to help others both in person and online</p>	<ol style="list-style-type: none"> 1. Discuss the bystander effect in bullying. 2. Understand how to transition from being a bystander to being an upstander. 3. Reflect on negative behaviors in online spaces. 4. Discuss strategies for being an upstander online.

Lesson 8Respecting
Everyone's
Journey

You can disagree with someone respectfully while still valuing their perspective

Empathy means understanding and sharing someone else's feelings

Learning each other's stories builds connection and respect in your community

1. Practice steps to disagree respectfully, respecting similarities and differences in each other.
2. Build empathy by actively sharing and listening to life stories.

Lesson 9Community of
Care Billboards

Grief and loss are heavy feelings that everyone experiences sometimes

Taking care of yourself helps you cope with difficult feelings

Offering hope and support helps friends who are going through hard times

1. Understand the meaning of grief and its effects on life and relationships.
2. Explore how resilience helps us cope with grief.
3. Promote a classroom system of support, creating community care billboards.