

Quaver Ready™

Scope and Sequence Second Grade





Scope and Sequence



QuaverReady Lessons are flexible to teacher and student needs. Lessons can be taught in any order over the course of a school year. Below, lessons are organized to cover grade-appropriate topics throughout the year. On the following pages, you'll find the same lessons organized by the target competency or sub-competency.

Lesson	Second Grade Lesson	Competency / Sub-Competency
1	Identifying Strong Feelings	Self-Awareness / Identifying Emotions
2	The Reason for Rules	Self-Management / Self-Discipline
3	Listening to Others	Social Awareness / Respect for Others
4	What Makes a Good Friend?	Relationship Skills / Relationship Building
5	Trustworthiness	Responsible Decision-Making / Ethical Responsibility
6	Showing I Am Confident	Self-Awareness / Self-Confidence
7	Setting a Short-Term Goal	Self-Management / Goal Setting
8	Respect for My Family	Social Awareness / Respect for Others
9	Types of Teams	Relationship Skills / Teamwork
10	Asking for Help	Responsible Decision-Making / Solving Problems
11	My Strengths and Weaknesses	Self-Awareness / Recognizing Strengths
12	Organization Is Important	Self-Management / Organizational Skills
13	My Habits Are Different from Yours	Social Awareness / Perspective-Taking
14	Including Others	Relationship Skills / Social Engagement
15	Big and Small Problems	Responsible Decision-Making / Identifying Problems
16	What My Feelings Mean	Self-Awareness / Accurate Self-Perception
17	Causes of Stress	Self-Management / Stress Management
18	Our Differences Affect Our Choices	Social Awareness / Appreciating Diversity
19	People I Can Talk To	Relationship Skills / Communication
20	Major and Minor Situations	Responsible Decision-Making / Analyzing Situations
21	Growth Mindset	Self-Awareness / Self-Efficacy
22	Controlling My Emotions	Self-Management / Impulse Control
23	Feeling What Others Feel	Social Awareness / Empathy
24	How to Evaluate Something	Responsible Decision-Making / Evaluating
25	What Is Motivation?	Self-Management / Self-Motivation
26	What Is the Purpose of Reflecting?	Responsible Decision-Making / Reflecting
27	When I Don't Understand	Quaver Plus – Academic Achievements
28	Bullies, Bystanders, and Victims	Quaver Plus – Bullying
29	Getting Lost	Quaver Plus – Personal Safety
30	Telling the Truth	Quaver Plus – Honesty
31	What to Do When I Worry	Quaver Plus – Anxiety
32	When I Don't Get My Way	Quaver Plus – Disappointment
33	What Is a Mood?	Quaver Plus – Moods
34	K-2: Coping with Difficult Times	Quaver Plus – Transition
35	K-2: What Is Grief?	Quaver Plus – Grief
36	K-2: Being Grateful	Quaver Plus – Gratitude



Self-Awareness

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 1 Identifying Strong Feelings	Sub-Competency: Identifying Emotions The purpose of the lesson is for students to identify different feelings that can be felt in a strong way, describe how they experience those feelings, and explore ways to discuss those feelings with others.	<ul style="list-style-type: none">• Identify the words that describe their feelings for that day.• Identify feelings that can be felt strongly.• Describe what strong feelings feel like in their experience as opposed to feelings that aren't strong.• Explore methods to calm down, including discussing their strong feelings.
Lesson 6 Showing I Am Confident	Sub-Competency: Self-Confidence The purpose of this lesson is for students to identify and describe ways to show self-confidence to the world.	<ul style="list-style-type: none">• Define self-confidence and discuss ways to show it.• Identify ways to show confidence in different situations.• Draw a visual representation of a confident action and write a sentence to describe it.
Lesson 11 My Strengths and Weaknesses	Sub-Competency: Recognizing Strengths The purpose of this lesson is to understand that everyone has strengths and weaknesses.	<ul style="list-style-type: none">• Identify and discuss qualities as strengths or weaknesses.• Understand that weaknesses are not failures, but instead, areas that need extra attention or effort.• Understand how to use positive self-talk and develop grit when dealing with their weaknesses.
Lesson 16 What My Feelings Mean	Sub-Competency: Accurate Self-Perception The purpose of this lesson is for students to learn that any emotion is internally valid, as it is their own personal experience.	<ul style="list-style-type: none">• Explore the concept that any feeling they feel is valid, but they must not hurt the body or feelings of anyone else.• Identify different clues that their bodies give them when they feel a certain way.• Discuss various ways to safely manage feelings.
Lesson 21 Growth Mindset	Sub-Competency: Self-Efficacy The purpose of this lesson is for students to understand what a growth mindset is and apply it in challenging situations.	<ul style="list-style-type: none">• Define a growth mindset.• Define a fixed mindset.• Name three ways to apply a growth mindset to a challenging situation.



Self-Management

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 2 The Reason for Rules	Sub-Competency: Self-Discipline The purpose of this lesson is to help students understand why rules are important.	<ul style="list-style-type: none">• Identify and discuss different people and places that need rules.• Create rules for given situations and settings.• Analyze the rules needed for specific situations and why they are needed.
Lesson 7 Setting a Short-Term Goal	Sub-Competency: Goal Setting The purpose of this lesson is for students to identify what constitutes a short-term goal, practice creating short-term goals, and explore how to measure progress towards attaining the goals set.	<ul style="list-style-type: none">• Identify the difference between a long-term goal and a short-term goal.• Create short-term goals for themselves.• Explore how to measure progress towards attaining short-term goals.
Lesson 12 Organization Is Important	Sub-Competency: Organizational Skills The purpose of this lesson is for students to discuss why organization is important.	<ul style="list-style-type: none">• Explain how organizing saves time.• Describe how poor organization makes it difficult to find things.• Discuss ways to organize themselves.• Explain how being disorganized is stressful.
Lesson 17 Causes of Stress	Sub-Competency: Stress Management The purpose of this lesson is to help students to understand what situations cause stress.	<ul style="list-style-type: none">• Identify situations that are stressful.• Identify causes that create situations that are stressful.• Discuss the feelings associated with stress.
Lesson 22 Controlling My Emotions	Sub-Competency: Impulse Control The purpose of this lesson is for students to examine feelings that are strong and ways to control themselves so as to not hurt others or themselves.	<ul style="list-style-type: none">• Identify strong feelings that can occur in various problem situations.• Explore the ways in which strong feelings can lead to impulsive decisions.• Practice three steps toward controlling impulses and calming down.
Lesson 25 What Is Motivation?	Sub-Competency: Self-Motivation The purpose of this lesson is for students to define and understand motivation.	<ul style="list-style-type: none">• Define motivation.• Identify different motivators.• Identify what motivates them.



Social Awareness

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 3 Listening to Others	Sub-Competency: Respect for Others The purpose of this lesson is to provide students with specific skills to use when actively listening to a peer or an adult.	<ul style="list-style-type: none">• Understand that active listeners show verbal and nonverbal signs of listening.• Learn active listening questions.• Articulate why active listening is important.
Lesson 8 Respect for My Family	Sub-Competency: Respect for Others The purpose of this lesson is for students to identify and understand how and why it is important to respect our family.	<ul style="list-style-type: none">• Discuss and participate in the different ways we can show respect to our family members.• Identify two ways to show respect to our family.
Lesson 13 My Habits Are Different from Yours	Sub-Competency: Perspective-Taking The purpose of this lesson is for students to learn that their habits are different than those of other people and examine positive and negative habits that they may have.	<ul style="list-style-type: none">• Identify habits that they have.• Explain that other people do not do things the same way they do.• Describe how habits may be positive or negative.
Lesson 18 Our Differences Affect Our Choices	Sub-Competency: Appreciating Diversity The purpose of this lesson is for students to recognize that because they have different characteristics such as physical traits, strengths, and cultures, people make different choices.	<ul style="list-style-type: none">• Learn how to ask other people about their differences and choices.• Learn that they can appreciate other people's choices even though they are different from their own.• Explore their own differences and how to answer questions that others have for them.
Lesson 23 Feeling What Others Feel	Sub-Competency: Empathy The purpose of this lesson is for students to explore how they are impacted by the feelings of those close to them.	<ul style="list-style-type: none">• Explain that some feelings seem contagious.• Identify how they feel when a classmate, friend, or family member is upset.• Understand that they might not always know how to react to someone else's feelings.



Relationship Skills

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 4 What Makes a Good Friend?	Sub-Competency: Relationship Building The purpose of this lesson is for students to identify the qualities they look for in a good friend.	<ul style="list-style-type: none">• Identify positive qualities and behaviors that a friend displays.• Describe ways in which they can show friendship towards others.• Create a list of qualities they are looking for in a friend.
Lesson 9 Types of Teams	Sub-Competency: Teamwork The purpose of the lesson is for students to learn about teams both at school and outside of school.	<ul style="list-style-type: none">• Identify two different types of teams at school.• Discuss reasons why not all teams are competitive.• Explore ways different types of teams can handle problems.
Lesson 14 Including Others	Sub-Competency: Social Engagement The purpose of this lesson is for students to explore the importance of inclusion and creating community by initiating friendships with one another.	<ul style="list-style-type: none">• Examine and discuss feelings that may be experienced when someone is left out or when someone feels included.• Describe situations in which it is beneficial to include other students (i.e. when a student is new, when a student is different, when a student is shy, etc.).• Practice initiating conversations or play with other students (i.e. inviting someone to play, sit nearby at lunch, work with a group, etc.) in order to build new friendships/relationships.
Lesson 19 People I Can Talk To	Sub-Competency: Analyzing Situations The purpose of this lesson is for students to identify trusted individuals that they can talk to with feelings or problems depending on the size of the feeling and/or problem they are experiencing.	<ul style="list-style-type: none">• Identify individuals they can talk to about feelings or problems.• Describe small problems or feelings that would be acceptable to share with friends or relatives who are also children.• Describe larger problems or feelings that need to be shared with a trusted adult.



Responsible Decision-Making

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 5 Trustworthiness	Sub-Competency: Ethical Responsibility The purpose of this lesson is to learn character skills that build trusting relationships.	<ul style="list-style-type: none">• Learn the definition of trustworthiness.• Identify actions that build trusting relationships in given situations.• Discuss the benefits of trustworthy actions.
Lesson 10 Asking for Help	Sub-Competency: Solving Problems The purpose of this lesson is for students to know when and how to appropriately ask for help inside and outside of the classroom.	<ul style="list-style-type: none">• Identify in what situations students will need to ask for help.• Learn appropriate ways to ask for help.• Identify who to ask for help.
Lesson 15 Big and Small Problems	Sub-Competency: Identifying Problems The purpose of this lesson is for students to differentiate between big problems and small problems and learn the appropriate steps to take when faced with either.	<ul style="list-style-type: none">• Learn how to identify a big problem.• Learn how to identify a small problem.• Explore the appropriate steps to take when faced with a big problem or a small problem.
Lesson 20 Major and Minor Situations	Sub-Competency: Analyzing Situations The purpose of this lesson is for students to analyze a variety of situations, identify if the situations are minor or major, and determine if they require help from an adult.	<ul style="list-style-type: none">• Define and recognize minor situations.• Define and recognize major situations.• Learn how to analyze situations before taking action.
Lesson 24 How to Evaluate Something	Sub-Competency: Evaluating The purpose of this lesson is to connect evaluation to everyday life and choices we make.	<ul style="list-style-type: none">• Define evaluate.• Practice evaluating a given task.• Use a simple rubric to evaluate.
Lesson 26 What Is the Purpose of Reflecting?	Sub-Competency: Reflecting The purpose of this lesson is to understand what the purpose and benefits of reflecting are.	<ul style="list-style-type: none">• Explain what the purpose of reflecting is.• Name three benefits of reflecting.



Quaver Plus

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 27 When I Don't Understand	Sub-Competency: Academic Achievements The purpose of this lesson is for students to understand that it is appropriate to ask questions when they don't understand a concept or situation. They will also explore how and when to ask those questions.	<ul style="list-style-type: none">• Identify moments when they don't understand what to do.• Learn three strategies to use when they don't understand.• Learn appropriate question stems.
Lesson 28 Bullies, Bystanders, and Victims	Sub-Competency: Bullying The purpose of this lesson is for students to define bullying, understand the different roles that are involved in a bullying situation, and identify steps to report bullying.	<ul style="list-style-type: none">• Define bully, bystander, and victim.• Differentiate the different roles that a bully, bystander, and victim have in a bullying situation.• Identify steps to report bullying.
Lesson 29 Getting Lost	Sub-Competency: Personal Safety The purpose of this lesson is for students to understand what information they need to know and what steps to take if they were in a situation where they were lost.	<ul style="list-style-type: none">• Learn what personal information they need to know if they were lost.• Discuss what steps to take if they were to become lost.• Discuss ways to prevent being lost.
Lesson 30 Telling the Truth	Sub-Competency: Honesty The purpose of this lesson is for students to learn that telling the truth is important, even when it's hard to do.	<ul style="list-style-type: none">• Define truth.• Identify benefits of telling the truth and the consequences of not telling the truth.• Name situations where telling the truth is difficult.
Lesson 31 What to Do When I Worry	Sub-Competency: Anxiety The purpose of this lesson is for students to identify what situations lead to worried feelings, what they do when they worry, and explore helpful exercises that can help them cope.	<ul style="list-style-type: none">• Identify situations that lead to worried feelings.• Identify habits or behaviors that they have when worried.• Learn strategies to help them cope with worried feelings.
Lesson 32 When I Don't Get My Way	Sub-Competency: Disappointment The purpose of this lesson is for students to learn strategies to cope with not getting their way in various situations.	<ul style="list-style-type: none">• Define expectations.• Identify situations in which they may not get their way.• Identify three strategies to cope with disappointment.



Quaver Plus

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 33 What Is a Mood?	Sub-Competency: Moods The purpose of this lesson is to define what a mood is and its relationship with events and feelings.	<ul style="list-style-type: none">• Define mood.• Identify the relationship between moods and events or feelings.• Understand what to do if a mood is felt for a long period of time.
Lesson 34 K–2: Coping with Difficult Times	Sub-Competency: Transition The purpose of this lesson is to help students transition back into school by building community in the classroom and increasing social interactions between children and adults.	<ul style="list-style-type: none">• Identify how they are feeling about returning to school.• Define community.• Identify what it means to build trust.
Lesson 35 K–2: What Is Grief?	Sub-Competency: Grief The purpose of this lesson is to define grief and create a safe and supportive space for students to explore ways to express feelings when grieving.	<ul style="list-style-type: none">• Define grief.• Identify 3 ways to express feelings when grieving.• Categorize what is being grieved.
Lesson 36 K–2: Being Grateful	Sub-Competency: Gratitude The purpose of this lesson is to define gratitude and to suggest ways students can demonstrate gratitude in their daily lives.	<ul style="list-style-type: none">• Define gratitude.• Understand how gratitude benefits their relationships.• List three ways to demonstrate gratitude.