

Quaver Ready™

Scope and Sequence Kindergarten





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	Kindergarten Lesson	Competency / Sub-Competency
1	I Am Happy	Self-Awareness / Identifying Emotions
2	Following Rules	Self-Management / Self-Discipline
3	Learning to Listen	Social Awareness / Respect for Others
4	Making Friends	Relationship Skills / Relationship Building
5	I Care	Responsible Decision-Making / Ethical Responsibility
6	I Am Confident	Self-Awareness / Self-Confidence
7	I Am Growing	Self-Management / Goal Setting
8	Please and Thank You	Social Awareness/ Respect for Others
9	Working Together	Relationship Skills / Teamwork
10	Finding My Way	Responsible Decision-Making / Solving Problems
11	Discovering My Strengths	Self-Awareness / Recognizing Strengths
12	Putting Things in Order	Self-Management / Organizational Skills
13	I Am Different from You	Social Awareness / Perspective-Taking
14	Sharing and Taking Turns	Relationship Skills / Social Engagement
15	What Is a Problem?	Responsible Decision-Making / Identifying Problems
16	How I Feel	Self-Awareness / Accurate Self-Perception
17	When I Worry	Self-Management / Stress Management
18	We Are Different	Social Awareness / Appreciating Diversity
19	Talking to Each Other	Relationship Skills / Communication
20	What Is a Situation?	Responsible Decision-Making / Analyzing Situations
21	I Can Do It	Self-Awareness / Self-Efficacy
22	Controlling Myself	Self-Management / Impulse Control
23	Understanding Others' Feelings	Social Awareness / Empathy
24	I Can Make It Better	Responsible Decision-Making / Evaluating
25	Why We Go to School	Self-Management / Self-Motivation
26	What Can I Remember?	Responsible Decision-Making / Reflecting
27	Be a STAR Student	Quaver Plus – Academic Achievements
28	Using Kind Words	Quaver Plus – Bullying
29	Safe and Unsafe Strangers	Quaver Plus – Personal Safety
30	What Is Honesty?	Quaver Plus – Honesty
31	Trying New Things	Quaver Plus – Anxiety
32	Being Disappointed	Quaver Plus – Disappointment
33	We Have Different Feelings	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 I Am Happy	Sub-Competency: Identifying Emotions The purpose of this lesson is for students to identify and explore what makes them happy.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today using facial expressions and body language.• Identify three things that make them happy.• Name something that makes another person happy.
Lesson 6 I Am Confident	Sub-Competency: Self-Confidence The purpose of this lesson is for students to learn how to build confidence in themselves and in others.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today using facial expressions and body language.• Define and explain confidence.• Name one thing they would like to do in life.
Lesson 11 Discovering My Strengths	Sub-Competency: Recognizing Strengths The purpose of this lesson is for students to recognize a strength they have.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling.• Name and describe at least one thing they are good at.• Understand and be able to explain the meaning of the word strength as it relates to a talent or skill.
Lesson 16 How I Feel	Sub-Competency: Accurate Self-Perception The purpose of this lesson is for students to identify words for various emotions and discover how to use them to describe how they are feeling.	<ul style="list-style-type: none">• Learn to name how they are feeling.• Identify situations or triggers that lead to certain feelings.
Lesson 21 I Can Do It	Sub-Competency: Self-Efficacy The purpose of this lesson is to help students understand that what we think affects how we behave.	<ul style="list-style-type: none">• Identify two positive feelings.• Identify two positive thoughts.• Explain how positive thoughts and feelings can help one accomplish hard tasks.



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Self-Management

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 2 Following Rules	Sub-Competency: Self-Discipline The purpose of this lesson is to explore the benefits to myself and others when I follow the rules.	<ul style="list-style-type: none">• Explain how following the rules show care and kindness for ourselves and others.• Create three examples of rules for a given area of the school.
Lesson 7 I Am Growing	Sub-Competency: Goal Setting The purpose of this lesson is to help students develop a growth mindset and to understand that reaching a goal takes time and effort.	<ul style="list-style-type: none">• Understand that it takes time and effort to learn something new.• Explain why it is important to try your best and be patient when learning new things.• Create a goal statement using the word “yet.”
Lesson 12 Putting Things in Order	Sub-Competency: Organizational Skills The purpose of this lesson is for students to learn how organizing helps us in many ways.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling.• Organize something in the classroom.• Name two reasons why organizing helps us in life.
Lesson 17 When I Worry	Sub-Competency: Stress Management The purpose of this lesson is for students to learn ways of coping when they are feeling worried, overwhelmed, or stressed.	<ul style="list-style-type: none">• Define worry.• Describe how it feels to be worried.• Name 3 actions to take when feeling worried.
Lesson 22 Controlling Myself	Sub-Competency: Impulse Control The purpose of this lesson is for students to understand that they have control over their bodies and that there are acceptable and unacceptable actions for different situations.	<ul style="list-style-type: none">• Identify appropriate use of voice and body in various situations.• Demonstrate control of voice and body.
Lesson 25 Why We Go to School	Sub-Competency: Self-Motivation The purpose of this lesson is for students to explore self-motivation and realize that going to school is important.	<ul style="list-style-type: none">• Identify the reasons why attending school daily is important.• Connect daily steps to achieving long-term goals.• Identify school as a place where students learn to work with others and make friends.



Social Awareness	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 3 Learning to Listen	Sub-Competency: Respect for Others The purpose of this lesson is for students to practice listening skills.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today.• Describe two ways to show they are listening to somebody.
Lesson 8 Please and Thank You	Sub-Competency: Respect for Others The purpose of this lesson is to help students build relationships by using “please” and “thank you.”	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today using facial expressions and body language.• Explain what respecting others means.• Role-play a conversation that involves good manners.
Lesson 13 I Am Different from You	Sub-Competency: Perspective-Taking The purpose of this lesson is for students to understand that we all like different things.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling.• Express at least one preference during the class.• Name something they like that is different from someone else.
Lesson 18 We Are Different	Sub-Competency: Appreciating Diversity The purpose of this lesson is to understand diversity and recognize how although we are different, differences can be celebrated and accepted.	<ul style="list-style-type: none">• Understand diversity.• Explain diversity.• Recognize and learn how we are different.
Lesson 23 Understanding Others’ Feelings	Sub-Competency: Empathy The purpose of this lesson is for students to realize that they may feel differently from their friends about the same situation, and that they can view situations from another perspective.	<ul style="list-style-type: none">• Understand what the phrase “walking in someone else’s shoes” means.• Identify another’s feelings when viewing various scenarios.• Act out how they would feel in various situations.



Relationship Skills

LESSON PURPOSE

OBJECTIVES – Students Will Be Able To:

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 4 Making Friends	Sub-Competency: Relationship Building The purpose of this lesson is to help students learn how to be a good friend.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today.• Name three traits of a good friend.
Lesson 9 Working Together	Sub-Competency: Teamwork The purpose of this lesson is for students to understand the importance of working together as a team and to practice teamwork as a strategy for problem-solving.	<ul style="list-style-type: none">• Identify characteristics of teamwork.• Make a connection between teamwork and accomplishing a collective goal.• Practice using teamwork as a problem-solving strategy.• List three reasons working on a team is beneficial.
Lesson 14 Sharing and Taking Turns	Sub-Competency: Social Engagement The purpose of this lesson is for students to recognize different ways in which they can share and take turns with others.	<ul style="list-style-type: none">• Link a body language pose with an emotion.• Discover how people feel when they share.• Problem-solve ways to share different items and activities.
Lesson 19 Talking to Each Other	Sub-Competency: Communication The purpose of this lesson is to help students learn the steps to having a conversation.	<ul style="list-style-type: none">• Name three steps of good conversation skills.• Evaluate examples and non-examples of good conversation skills.• Practice good conversation skills with a peer.



Responsible Decision-Making

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 5 I Care	Sub-Competency: Ethical Responsibility The purpose of this lesson is to understand the importance of caring for others and to identify specific ways to show how we care.	<ul style="list-style-type: none">• Identify situations where we can show care for others.• Discuss ways we can show we care.
Lesson 10 Finding My Way	Sub-Competency: Solving Problems The purpose of this lesson is for students to understand different kinds of problems and how they can solve them for someone else.	<ul style="list-style-type: none">• Identify and name an emotion they are feeling today.• Name one way to help someone else.• Describe a way to solve someone else's problem.
Lesson 15 What Is a Problem?	Sub-Competency: Identifying Problems The purpose of this lesson is to help students understand what makes a problem.	<ul style="list-style-type: none">• Identify and name an emotion that they are feeling.• Learn to recognize and name a problem.• Decide between a situation that is a problem and one that isn't.
Lesson 20 What Is a Situation?	Sub-Competency: Analyzing Situations The purpose of this lesson is to help students understand situations and how to deal with them.	<ul style="list-style-type: none">• Define situation.• Identify what happens in a situation where there is a problem.
Lesson 24 I Can Make It Better	Sub-Competency: Evaluating The purpose of this lesson is to teach students that there is room for improvement when completing a task or project.	<ul style="list-style-type: none">• Identify what makes something good.• Evaluate one way to make a class procedure better.
Lesson 26 What Can I Remember?	Sub-Competency: Reflecting The purpose of this lesson is for students to learn how reflections and memory are connected.	<ul style="list-style-type: none">• Define memory and feeling.• Identify what you can remember and how you felt about it.



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Quaver Plus

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 27 Be a STAR Student	Sub-Competency: Academic Achievements The purpose of this lesson is for students to explore feelings experienced when goals are met and to develop strategies for setting them.	<ul style="list-style-type: none">• Explore the elements of STAR goals and learn how to set them.• Discuss specific ways to achieve STAR goals at home and at school.
Lesson 28 Using Kind Words	Sub-Competency: Bullying The purpose of this lesson is for students to explore feelings that are experienced when others say kind and unkind words, and to practice using kind words.	<ul style="list-style-type: none">• Describe how they think others feel when people say kind or unkind words to them.• Explore steps to take when others say unkind words to them.• Practice saying kind words and phrases to peers.
Lesson 29 Safe and Unsafe Strangers	Sub-Competency: Personal Safety The purpose of this lesson is for students to understand who strangers are and to explore situations and strategies regarding strangers.	<ul style="list-style-type: none">• Define a stranger as anyone they do not know, and that they can be of any age and have any appearance.• Identify trusted adults they can go to if they are approached by a stranger.• Identify times when a stranger can be a safe person based on their role.
Lesson 30 What Is Honesty?	Sub-Competency: Honesty The purpose of this lesson is for students to understand what honesty is and why it is important.	<ul style="list-style-type: none">• Define honesty.• Describe the benefits of honesty in their daily lives.• Identify emotions they experience when telling the truth.
Lesson 31 Trying New Things	Sub-Competency: Anxiety The purpose of this lesson is to encourage students to try new things and to explain why that is important.	<ul style="list-style-type: none">• Discover that trying new things will help you learn what you like and don't like.• Understand that trying new things helps you build skills and character.• Practice how to overcome a fear.
Lesson 32 Being Disappointed	Sub-Competency: Disappointment The purpose of this lesson is for students to learn strategies to deal with disappointment.	<ul style="list-style-type: none">• Understand that it is okay to feel more than one feeling at a time.• Follow the four steps to Paw-sitivity to work through disappointment.



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	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 33 We Have Different Feelings	Sub-Competency: Moods The purpose of this lesson is to explore ways to cope with unwanted feelings.	<ul style="list-style-type: none">• Discuss different feelings they might experience.• Understand they can change the way they feel if they don't like the feeling they're having.• Explore how movement and exercise can impact the way they are feeling.
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.