

# Quaver Ready™

## Scope and Sequence Pre-Kindergarten





# Scope and Sequence

# PRE-K

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	Pre-K Lesson	Competency / Sub-Competency
1	Rules Are Important	Self-Management / Self-Discipline
2	My First Day at School	Social Awareness / Respect for Others
3	Saying, "Hello!"	Self-Awareness / Self-Confidence
4	Finding My Way Around	Responsible Decision-Making / Solving Problems
5	Asking Questions	Relationship Skills / Communication
6	Getting to Know Each Other	Relationship Skills / Social Engagement
7	Friends Are Great	Relationship Skills / Relationship Building
8	All Kinds of Friends	Self-Awareness / Recognizing Strengths
9	Ways to Be Happy	Self-Management / Goal Setting
10	What Makes You Happy?	Responsible Decision-Making / Reflecting
11	Sharing	Responsible Decision-Making / Identifying Problems
12	I Can Share	Responsible Decision-Making / Ethical Responsibility
13	Being Kind	Social Awareness / Empathy
14	Take the Time to Be Kind	Social Awareness / Perspective Taking
15	Learning to Listen	Self-Management / Impulse Control
16	Listening Practice	Self-Management / Impulse Control
17	A Good Team	Relationship Skills / Teamwork
18	Working as a Team	Relationship Skills / Teamwork
19	Learning and Growing	Self-Management / Self-Discipline
20	I Am Learning	Self-Management / Self-Motivation
21	Naming My Feelings	Self-Awareness / Accurate Self-Perception
22	How Are They Feeling?	Self-Awareness / Identifying Emotions



## Self-Awareness

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 3 <b>Saying, “Hello!”</b>	<b>Sub-Competency: Self-Confidence</b>  The purpose of this lesson is to build student communication skills in order to initiate conversations with others.	<ul style="list-style-type: none"><li>• Identify conversation-starter phrases.</li><li>• Practice initiating communication with others.</li><li>• Identify and attempt positive interactions with peers.</li></ul>
Lesson 8 <b>All Kinds of Friends</b>	<b>Sub-Competency: Recognizing Strengths</b>  The purpose of this lesson is to develop an understanding of each other’s unique traits in a positive manner.	<ul style="list-style-type: none"><li>• Identify and describe self with consideration to unique qualities.</li><li>• Describe strengths of each student’s unique qualities.</li><li>• Demonstrate inclusion scenarios to reinforce diverse friendships.</li></ul>
Lesson 21 <b>Naming My Feelings</b>	<b>Sub-Competency: Accurate Self-Perception</b>  The purpose of this lesson is for students to deepen their understanding of the connections between their feelings and their daily lives and experiences.	<ul style="list-style-type: none"><li>• Discuss feelings in connection with pictures and sound.</li><li>• Share facts about themselves while playing a game.</li><li>• Identify and discuss how they are feeling.</li></ul>
Lesson 22 <b>How Are They Feeling?</b>	<b>Sub-Competency: Identifying Emotions</b>  The purpose of this lesson is to explore the connection between feelings and daily events.	<ul style="list-style-type: none"><li>• Use manipulatives to reflect emotions.</li><li>• Identify emotions through body language and facial expressions.</li><li>• Discuss their own feelings in given scenarios.</li></ul>



## Self-Management

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
Lesson 1 <b>Rules Are Important</b>	<b>Sub-Competency: Self-Discipline</b> The purpose of this lesson is to understand what classroom rules and routines are.	<ul style="list-style-type: none"><li>• Define a classroom rule.</li><li>• Identify where to find classroom rules.</li><li>• Name and demonstrate a classroom rule.</li></ul>
Lesson 9 <b>Ways to Be Happy</b>	<b>Sub-Competency: Goal Setting</b> The purpose of this lesson is to define happiness and the choices one can make to feel happy.	<ul style="list-style-type: none"><li>• Define happiness and the appropriate facial expressions and behaviors that accompany it.</li><li>• Identify scenarios that make the student happy.</li><li>• Reflect on ways each person can obtain happiness and role-play scenarios.</li></ul>
Lesson 15 <b>Learning to Listen</b>	<b>Sub-Competency: Impulse Control</b> The purpose of this lesson is to explore the connection between listening and learning.	<ul style="list-style-type: none"><li>• Make connections between events and emotions.</li><li>• Identify the listening skills of characters in a story.</li><li>• Discuss the connection between listening and learning.</li></ul>
Lesson 16 <b>Listening Practice</b>	<b>Sub-Competency: Impulse Control</b> The purpose of this lesson is to develop and practice listening skills and behaviors.	<ul style="list-style-type: none"><li>• Discuss feelings in connection with pictures and sound.</li><li>• Identify and discuss different sounds and voices.</li><li>• Identify behaviors that show respectful listening.</li></ul>
Lesson 19 <b>Learning and Growing</b>	<b>Sub-Competency: Self-Discipline</b> The purpose of this lesson is to introduce and develop the growth mindset concept and demonstrate ways students can use knowledge to improve their lives.	<ul style="list-style-type: none"><li>• Describe emotions felt during the week.</li><li>• Discuss ways to grow and learn.</li><li>• Create movements to reflect the theme of growth in a song.</li></ul>
Lesson 20 <b>I Am Learning</b>	<b>Sub-Competency: Self-Motivation</b> The purpose of this lesson is to explore different activities and experiences that develop students' understanding of the world.	<ul style="list-style-type: none"><li>• Make connections between events and emotions.</li><li>• Discuss the connection between plant growth and brain growth.</li><li>• Share facts students know and discuss how they gained that knowledge.</li></ul>



## Social Awareness

### LESSON PURPOSE

### OBJECTIVES – Students Will Be Able To:

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
<b>Lesson 2</b> <b>My First Day at School</b>	<b>Sub-Competency: Respect for Others</b>  The purpose of this lesson is to explore their surroundings at school and identify ways following rules and showing respect to others helps make school a better place.	<ul style="list-style-type: none"><li>• Identify personal space.</li><li>• Demonstrate respectful play and interactions with peers.</li><li>• Explore communication with peers.</li></ul>
<b>Lesson 13</b> <b>Being Kind</b>	<b>Sub-Competency: Empathy</b>  The purpose of this lesson is to explore ways to show kindness to others and discuss the connection between kindness and friendship.	<ul style="list-style-type: none"><li>• Identify emotions based on facial expressions.</li><li>• Discuss ways to be kind in given scenarios.</li><li>• Explore the connection between being kind and making friends.</li></ul>
<b>Lesson 14</b> <b>Take the Time to Be Kind</b>	<b>Sub-Competency: Perspective Taking</b>  The purpose of this lesson is to identify and discuss different ways to show kindness to others.	<ul style="list-style-type: none"><li>• Describe emotions felt during the week.</li><li>• Identify kind actions in a story.</li><li>• Identify different ways to show kindness to others.</li></ul>



## Relationship Skills

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
<b>Lesson 5</b> <b>Asking Questions</b>	<b>Sub-Competency: Communication</b>  The purpose of this lesson is to engage in question asking in order to build communication skills.	<ul style="list-style-type: none"><li>• Identify appropriate questions to use in conversations.</li><li>• Demonstrate asking questions in both group and individual interactions.</li><li>• Demonstrate listening skills in order to respond to questions.</li></ul>
<b>Lesson 6</b> <b>Getting to Know Each Other</b>	<b>Sub-Competency: Social Engagement</b>  The purpose of this lesson is to build skills to learn about each other and cultivate relationships.	<ul style="list-style-type: none"><li>• Develop awareness of others as part of the classroom community.</li><li>• Identify ways to interact with others.</li><li>• Engage in group activities.</li></ul>
<b>Lesson 7</b> <b>Friends Are Great</b>	<b>Sub-Competency: Relationship Building</b>  The purpose of this lesson is to develop friendship skills in order to establish relationships.	<ul style="list-style-type: none"><li>• Define friendship and traits of a desirable friend.</li><li>• Identify characteristics of themselves that make them a good friend.</li><li>• Demonstrate how to be a friend to others.</li></ul>
<b>Lesson 17</b> <b>A Good Team</b>	<b>Sub-Competency: Teamwork</b>  The purpose of this lesson is to introduce the concept of teamwork and explore its benefits.	<ul style="list-style-type: none"><li>• Use manipulatives to reflect emotions.</li><li>• Explore teamwork in connection with a story.</li><li>• Discuss how to use teamwork to accomplish a goal.</li></ul>
<b>Lesson 18</b> <b>Working as a Team</b>	<b>Sub-Competency: Teamwork</b>  The purpose of this lesson is to identify and practice different elements of teamwork in connection to daily life.	<ul style="list-style-type: none"><li>• Identify emotions based on facial expressions.</li><li>• Discuss teamwork in given scenarios.</li><li>• Identify different ways to work as a team.</li></ul>



## Responsible Decision-Making

### LESSON PURPOSE

### OBJECTIVES – Students Will Be Able To:

	LESSON PURPOSE	OBJECTIVES – Students Will Be Able To:
<b>Lesson 4</b> <b>Finding My Way Around</b>	<b>Sub-Competency: Solving Problems</b>  The purpose of this lesson is to understand different kinds of problems and how they can solve them and/or ask for help.	<ul style="list-style-type: none"><li>• Identify and discuss problem scenarios.</li><li>• Demonstrate possible solutions through role-playing.</li><li>• Determine when to ask for help.</li></ul>
<b>Lesson 10</b> <b>What Makes You Happy?</b>	<b>Sub-Competency: Reflecting</b>  The purpose of this lesson is to create an attainable goal and a plan to accomplish it in order to build self-confidence.	<ul style="list-style-type: none"><li>• Identify an attainable goal.</li><li>• Create steps to accomplish the goal.</li><li>• Discuss emotions throughout the creation, implementation of steps, and accomplishment of the goal.</li></ul>
<b>Lesson 11</b> <b>Sharing</b>	<b>Sub-Competency: Identifying Problems</b>  The purpose of this lesson is to define sharing and the behaviors associated with it in order to create a positive classroom environment.	<ul style="list-style-type: none"><li>• Define sharing and the appropriate words and behaviors that accompany it.</li><li>• Identify scenarios that would require sharing and the importance of each student's cooperation.</li><li>• Reflect on ways each student can implement sharing.</li></ul>
<b>Lesson 12</b> <b>I Can Share</b>	<b>Sub-Competency: Ethical Responsibility</b>  The purpose of this lesson is to implement sharing skills to impact decision-making and establish ownership of one's actions.	<ul style="list-style-type: none"><li>• Demonstrate sharing in group scenarios/role-play.</li><li>• Practice sharing throughout the student's normal routine.</li><li>• Discuss why sharing is important and the impact each student's sharing can have on the community.</li></ul>