















SELweb and QuaverSEL Program Alignment







SELweb EE is a direct assessment of key social-emotional competencies in K to 3, including: self-awareness, emotion recognition, social perspective-taking, social problem-solving, and self-control. QuaverEd lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in QuaverEd lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

Lesson Number	Lesson Name				
		Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
Kindergarten					
Lesson 1	I Am Happy	✓			
Lesson 2	Following Rules				✓
Lesson 3	Learning to Listen		✓		
Lesson 4	Making Friends		✓		
Lesson 5	I Care	✓	✓	✓	
Lesson 6	I Am Confident	✓			
Lesson 7	I Am Growing	✓			✓
Lesson 8	Please and Thank You	✓	✓		
Lesson 9	Working Together	✓		✓	
Lesson 10	Finding My Way		✓	✓	
Lesson 11	Discovering My Strengths				
Lesson 12	Putting Things in Order				✓
Lesson 13	I Am Different From You		✓		
Lesson 14	Sharing and Taking Turns	✓		✓	
Lesson 15	What Is a Problem			✓	
Lesson 16	How I Feel		✓		✓
Lesson 17	I Feel Overwhelmed				✓
Lesson 18	We Are Different		✓		
Lesson 19	Talking to Each Other		✓	✓	
Lesson 20	What's Happening			✓	
Lesson 21	I Can Do It				✓
Lesson 22	Controlling Myself				✓
Lesson 23	Understanding Others' Feelings		✓		
Lesson 24	I Can Make It Better			✓	
Lesson 25	Why We Go to School				✓
Lesson 26	What Can I Remember?				
Lesson 27	Be a STAR Student				✓
Lesson 28	Using Kind Words	✓	✓		
Lesson 29	Safe and Unsafe Strangers			✓	
Lesson 30	What Is Honesty?		✓		
Lesson 31	Trying New Things				
Lesson 32	Being Disappointed		✓		
Lesson 33	We Have Different Feelings		✓		✓
Lesson 34	K-2nd: Coping With Difficult Times				✓
Lesson 35	K-2nd: What Is Grief?				✓
Lesson 36	K-2nd: All About Gratitude				

Lesson Number	Lesson Name				
		Emotion Recognition	Perspective-Taking	Problem- Solving	Self-Control
First Grade					
Lesson 1	Sharing Happiness		✓		
Lesson 2	Rules Help Us				✓
Lesson 3	Listening Carefully				✓
Lesson 4	Friends Are Special		✓		
Lesson 5	What I Care About	✓			
Lesson 6	Building Confidence	✓			
Lesson 7	Setting Goals	✓			✓
Lesson 8	Good Manners	✓	✓		
Lesson 9	Parts of a Team	✓		✓	
Lesson 10	Finding Our Way			✓	
Lesson 11	Sharing My Strengths		✓		
Lesson 12	Organizing Myself				✓
Lesson 13	Understanding You		✓		
Lesson 14	The Golden Rule		✓		
Lesson 15	Working Through Problems			✓	
Lesson 16	Showing My Feelings				✓
Lesson 17	I Feel Stressed				✓
Lesson 18	Why We're Different		✓		
Lesson 19	Having a Conversation		✓		
Lesson 20	Understanding Situations			✓	
Lesson 21	Positive Mindset				✓
Lesson 22	Practicing My Self-Control				✓
Lesson 23	Understanding My Friends	✓			
Lesson 24	Understanding What Worked			✓	
Lesson 25	Things I Should Do				✓
Lesson 26	How Do I Reflect?				
Lesson 27	Trying My Best				
Lesson 28	Standing Up for Me				
Lesson 29	Safe and Unsafe Touch			✓	
Lesson 30	Why Is Honesty Important?		✓		
Lesson 31	Changes Are Okay				✓
Lesson 32	Understanding Disappointment				✓
Lesson 33	Having Two Feelings at the Same Time				✓
Lesson 34	K-2nd: Coping With Difficult Times				✓
Lesson 35	K-2nd: What Is Grief?				✓
Lesson 36	K-2nd: All About Gratitude				

Lesson Number	Lesson Name				
		Emotion Recognition	Perspective-Taking	Problem- Solving	Self-Control
Second Grade					
Lesson 1	Identifying Strong Feelings				✓
Lesson 2	The Reason for Rules				✓
Lesson 3	Listening to Others		✓		
Lesson 4	What Makes a Good Friend?			✓	

Lesson 5	Trustworthiness		✓		
Lesson 6	Showing I Am Confident				
Lesson 7	Setting a Short-Term Goal				✓
Lesson 8	Respect for My Family		✓		
Lesson 9	Types of Teams		✓	✓	
Lesson 10	Asking for Help				✓
Lesson 11	My Strengths and Weaknesses		✓		
Lesson 12	Organization Is Important				✓
Lesson 13	My Habits Are Different From Yours		✓		
Lesson 14	Including Others		✓	✓	
Lesson 15	Big and Small Problems			✓	
Lesson 16	What My Feelings Mean				✓
Lesson 17	Causes of Stress				✓
Lesson 18	Our Differences Affect Our Choices		✓		
Lesson 19	People I Can Talk To				✓
Lesson 20	Major and Minor Situations			✓	
Lesson 21	Growth Mindset				✓
Lesson 22	Controlling My Emotions				✓
Lesson 23	Feeling What Others Feel	✓	✓		
Lesson 24	How to Evaluate Something			✓	
Lesson 25	What Is Motivation?				✓
Lesson 26	What Is the Purpose of Reflecting?				
Lesson 27	When I Don't Understand				
Lesson 28	Bullies, Bystanders, and Victims		✓		
Lesson 29	Getting Lost			✓	
Lesson 30	Telling the Truth		✓		
Lesson 31	What to Do When I Worry				✓
Lesson 32	When I Don't Get My Way				✓
Lesson 33	What Is a Mood?				✓
Lesson 34	K-2nd: Coping With Difficult Times				✓
Lesson 35	K-2nd: What Is Grief?				✓
Lesson 36	K-2nd: All About Gratitude				

Lesson Number	Lesson Name				
		Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
Third Grade					
Lesson 1	When I Feel Angry				✓
Lesson 2	Making Rules for Myself				✓
Lesson 3	Benefits of Listening		✓		
Lesson 4	Signs of a Strong Friendship		✓	✓	
Lesson 5	My Responsibilities			✓	✓
Lesson 6	Value of Self-Confidence				
Lesson 7	Goals and Motivation				✓
Lesson 8	Respect for My School		✓		
Lesson 9	Building a Strong Team		✓	✓	
Lesson 10	Brainstorming Solutions		✓	✓	
Lesson 11	Overcoming My Weakness				
Lesson 12	Organizing and Prioritizing My Work				✓
Lesson 13	We All See Things Differently		✓		
Lesson 14	Solving Conflict			✓	
Lesson 15	What Caused the Problem?			✓	





Lesson 16	Perseverance				✓
Lesson 17	Managing Stress				✓
Lesson 18	Learning About Cultures		✓		
Lesson 19	Ways to Communicate My Feelings	✓			✓
Lesson 20	Breaking Down Situations			✓	
Lesson 21	Succeeding in a New Situation			✓	✓
Lesson 22	Thinking Things Through			✓	✓
Lesson 23	My World is Bigger Than Me	✓	✓		
Lesson 24	Evaluating My Day			✓	
Lesson 25	Exploring Motivation				✓
Lesson 26	Reflecting With Others		✓		
Lesson 27	Improving My School Work				
Lesson 28	Assertiveness and Bullying		✓	✓	
Lesson 29	What to Do in an Emergency			✓	
Lesson 30	What Is Integrity?			✓	
Lesson 31	What I Can and Can't Control				✓
Lesson 32	How to Lose Respectfully				✓
Lesson 33	When I Don't Like My Mood				✓
Lesson 34	3rd-5th: Beginning Again				✓
Lesson 35	3rd-5th: Dealing With Grief				✓
Lesson 36	3rd-5th: The Gift of Gratitude				






SELweb and QuaverSEL Program Alignment



SELweb LE is a direct assessment of key social-emotional competencies in Grades 4 to 6, including: self-awareness, understanding others, social problem-solving, and self-control. QuaverEd lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in QuaverEd lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

Lesson Number	Lesson Name				
		Self Awareness	Understanding Others	Problem- Solving	Self-Control
		Fourth Grade			
Lesson 1	Understanding My Feelings				
Lesson 2	Benefits of Self-Discipline				✓
Lesson 3	Thinking Before Speaking				✓
Lesson 4	Celebrating Our Friendships		✓		✓
Lesson 5	Understanding Right from Wrong			✓	
Lesson 6	Recovering My Self-Confidence	✓			
Lesson 7	Setting Long-Term Goals				✓
Lesson 8	Respect for My Community		✓		
Lesson 9	Keeping the Team Together		✓	✓	
Lesson 10	Making the Right Decision			✓	
Lesson 11	My Personality Traits	✓			
Lesson 12	Optimizing My Time				✓
Lesson 13	My Actions and Words Affect Others		✓		
Lesson 14	What Is Bullying?			✓	

Lesson 15	Preventing the Problem			✓	
Lesson 16	Improving Myself	✓			
Lesson 17	Different Types of Stress				✓
Lesson 18	Similarities and Differences of Cultures		✓		
Lesson 19	Reading Body Language		✓		
Lesson 20	Learning from Situations			✓	
Lesson 21	Steps to Complete a Task				✓
Lesson 22	Controlling My Thoughts				✓
Lesson 23	How to Express Empathy		✓		
Lesson 24	Evaluating Our Decisions			✓	✓
Lesson 25	Long-Term Motivation				✓
Lesson 26	How Do I Apply My Reflection?			✓	
Lesson 27	Good Study Skills				✓
Lesson 28	Standing Up for Others		✓		
Lesson 29	Setting Personal Boundaries			✓	
Lesson 30	Being Honest with Myself and Others	✓			
Lesson 31	What I Feel Anxious About				✓
Lesson 32	Setting Realistic Expectations	✓			✓
Lesson 33	When a Mood Stays Too Long				
Lesson 34	3rd-5th: Beginning Again				✓
Lesson 35	3rd-5th: Dealing With Grief				✓
Lesson 36	3rd-5th: The Gift of Gratitude				

Lesson Number	Lesson Name				
		Self Awareness	Understanding Others	Problem- Solving	Self-Control
		Fifth Grade			
Lesson 1	Dealing with Multiple Feelings		✓		✓
Lesson 2	Practicing Self-Discipline				✓
Lesson 3	Balancing Listening and Talking		✓		
Lesson 4	Maintaining Friendship Groups		✓	✓	
Lesson 5	Being a Responsible Citizen			✓	
Lesson 6	I am Valuable	✓			
Lesson 7	Setting Life Goals				✓
Lesson 8	Respect the Planet			✓	
Lesson 9	Being a Strong Team Leader	✓			
Lesson 10	Short-Term and Long-Term Solutions			✓	
Lesson 11	Using My Strengths to Help Others	✓			
Lesson 12	Organize, Prioritize, Optimize				✓
Lesson 13	Results of Different Perspectives		✓		
Lesson 14	Conflict vs. Bullying		✓	✓	✓
Lesson 15	My Friend Has a Problem			✓	
Lesson 16	Understanding My Personality	✓			
Lesson 17	Consequences of Stress				✓
Lesson 18	Appreciating Diversity		✓		
Lesson 19	Having Difficult Conversations			✓	
Lesson 20	Anticipating a Situation			✓	
Lesson 21	Character Helps Me Succeed	✓			
Lesson 22	Impulses and My Brain				✓
Lesson 23	Empathy in Action		✓		
Lesson 24	Evaluating Information			✓	
Lesson 25	Self-Motivation Leads to Success				✓

Lesson 26	Where Do I Go From Here?	✓			
Lesson 27	Setting Yourself up for Future Success				✓
Lesson 28	Why Bullies Bully		✓		
Lesson 29	Technology Safety				
Lesson 30	Consequences of Honesty and Dishonesty			✓	
Lesson 31	Reframing Anxious Thoughts				✓
Lesson 32	Handling Broken Promises			✓	
Lesson 33	Mood: Changes in My Body and My Brain				✓
Lesson 34	3rd-5th: Beginning Again				✓
Lesson 35	3rd-5th: Dealing With Grief				✓
Lesson 36	3rd-5th: The Gift of Gratitude				