

SELweb is a direct assessment of key social-emotional competencies, including: emotion recognition, social perspective-taking, social problem-solving, and self-control. 7 Mindsets lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in 7 Mindsets lessons. Each row reflects a specific lesson. Each column reflects a competency measured by SELweb. A checkmark (✓) indicates that a specific SELweb competency is a target of instruction in the indicated lesson.

Kindergarten					
Mindset	Lesson	Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
Everything is Possible	Dream Big			✓	✓
	Embrace Creativity		✓	✓	
	Think Positive			✓	✓
	Act and Adjust			✓	✓
Passion First	Focus on Your Strengths		✓		
	Explore Your Interests				
	Take a Stand		✓	✓	
	Be Authentic		✓		
We Are Connected	Embrace Everyone		✓		
	Maximize Positive Relationships			✓	
	Build Your Dream Team	✓	✓		
	Lead with Value	✓	✓		
100% Accountable	Own Your Life				✓
	Overcoming Limiting Beliefs				✓
	Focus Your Energy		✓		✓
	Grow Through Life		✓		✓
Attitude of Gratitude	Treasure Yourself				
	Be More Grateful		✓		
	Thank it Forward		✓		
	Elevate Your Perspective		✓		✓
Live to Give	Stretch Yourself		✓	✓	
	Make a Difference		✓	✓	
	Receive Gratefully		✓		
	Create a Legacy		✓		
The Time is Now	Embrace Every Moment				✓
	Get in the Zone				✓
	Let Yourself Be Vulnerable				✓
	Act with Purpose				✓

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First Grade					
Mindset	Lesson	Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
Everything is Possible	Dream Big			✓	✓
	Embrace Creativity				✓
	Think Positive			✓	✓
	Act and Adjust			✓	✓
Passion First	Focus on Your Strengths		✓		
	Explore Your Interests		✓		
	Take a Stand		✓	✓	
	Be Authentic		✓		✓
We Are Connected	Embrace Everyone		✓	✓	
	Maximize Positive Relationships		✓	✓	
	Build Your Dream Team	✓	✓		
	Lead with Value		✓	✓	
100% Accountable	Own Your Life				✓
	Overcoming Limiting Beliefs				✓
	Focus Your Energy				✓
	Grow Through Life				✓
Attitude of Gratitude	Treasure Yourself				
	Be More Grateful		✓		
	Thank it Forward		✓		
	Elevate Your Perspective		✓	✓	
Live to Give	Stretch Yourself		✓	✓	
	Make a Difference		✓	✓	
	Receive Gratefully		✓	✓	
	Create a Legacy		✓	✓	
The Time is Now	Embrace Every Moment				✓
	Get in the Zone				✓
	Let Yourself Be Vulnerable				✓
	Act with Purpose			✓	✓

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Second Grade					
Mindset	Lesson	Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
Everything is Possible	Dream Big			✓	✓
	Embrace Creativity		✓		✓
	Think Positive	✓		✓	✓
	Act and Adjust			✓	✓
Passion First	Focus on Your Strengths		✓		
	Explore Your Interests		✓		
	Take a Stand		✓	✓	
	Be Authentic		✓		
We Are Connected	Embrace Everyone		✓		
	Maximize Positive Relationships		✓		
	Build Your Dream Team		✓	✓	
	Lead with Value	✓	✓		
100% Accountable	Own Your Life				✓
	Overcoming Limiting Beliefs				✓
	Focus Your Energy				✓
	Grow Through Life				✓
Attitude of Gratitude	Treasure Yourself		✓		
	Be More Grateful		✓		
	Thank it Forward		✓		
	Elevate Your Perspective		✓	✓	
Live to Give	Stretch Yourself		✓	✓	
	Make a Difference		✓	✓	
	Receive Gratefully		✓	✓	
	Create a Legacy		✓		
The Time is Now	Embrace Every Moment				✓
	Get in the Zone				✓
	Let Yourself Be Vulnerable				✓
	Act with Purpose				✓

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Third Grade					
Mindset	Lesson	Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
Everything is Possible	Dream Big	✓		✓	✓
	Embrace Creativity		✓	✓	✓
	Think Positive			✓	✓
	Act and Adjust	✓		✓	✓
Passion First	Focus on Your Strengths		✓		
	Explore Your Interests		✓	✓	
	Take a Stand		✓	✓	
	Be Authentic		✓		
We Are Connected	Embrace Everyone		✓		
	Maximize Positive Relationships		✓		
	Build Your Dream Team		✓	✓	
	Lead with Value	✓	✓		
100% Accountable	Own Your Life		✓		
	Overcoming Limiting Beliefs		✓	✓	✓
	Focus Your Energy		✓	✓	
	Grow Through Life				✓
Attitude of Gratitude	Treasure Yourself				✓
	Be More Grateful		✓		
	Thank it Forward		✓	✓	
	Elevate Your Perspective	✓	✓	✓	
Live to Give	Stretch Yourself		✓	✓	
	Make a Difference		✓	✓	
	Receive Gratefully		✓	✓	
	Create a Legacy		✓		
The Time is Now	Embrace Every Moment				✓
	Get in the Zone				✓
	Let Yourself Be Vulnerable				✓
	Act with Purpose				✓

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Fourth Grade				
Mindset	Lesson	Understanding Others	Problem-Solving	Self-Control
Everything is Possible	Dream Big		✓	✓
	Embrace Creativity	✓	✓	
	Think Positive	✓	✓	✓
	Act and Adjust		✓	✓
Passion First	Focus on Your Strengths			
	Explore Your Interests	✓		
	Take a Stand	✓	✓	
	Be Authentic	✓		
We Are Connected	Embrace Everyone	✓	✓	
	Maximize Positive Relationships	✓	✓	
	Build Your Dream Team	✓		
	Lead with Value	✓	✓	
100% Accountable	Own Your Life	✓	✓	
	Overcoming Limiting Beliefs			✓
	Focus Your Energy			✓
	Grow Through Life			✓
Attitude of Gratitude	Treasure Yourself			
	Be More Grateful	✓		✓
	Thank it Forward	✓		
	Elevate Your Perspective	✓	✓	
Live to Give	Stretch Yourself	✓		
	Make a Difference	✓	✓	
	Receive Gratefully	✓	✓	
	Create a Legacy	✓	✓	
The Time is Now	Embrace Every Moment			✓
	Get in the Zone		✓	✓
	Let Yourself Be Vulnerable			✓
	Act with Purpose		✓	✓

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Fifth Grade				
Mindset	Lesson	Understanding Others	Problem-Solving	Self-Control
Everything is Possible	Dream Big		✓	✓
	Embrace Creativity	✓	✓	✓
	Think Positive		✓	✓
	Act and Adjust		✓	✓
Passion First	Focus on Your Strengths			
	Explore Your Interests			
	Take a Stand	✓	✓	
	Be Authentic	✓		
We Are Connected	Embrace Everyone	✓		✓
	Maximize Positive Relationships	✓	✓	
	Build Your Dream Team	✓	✓	
	Lead with Value	✓		
100% Accountable	Own Your Life			✓
	Overcoming Limiting Beliefs			✓
	Focus Your Energy		✓	✓
	Grow Through Life			✓
Attitude of Gratitude	Treasure Yourself			
	Be More Grateful	✓		
	Thank it Forward	✓		
	Elevate Your Perspective	✓	✓	
Live to Give	Stretch Yourself	✓		
	Make a Difference	✓	✓	
	Receive Gratefully	✓	✓	
	Create a Legacy	✓		
The Time is Now	Embrace Every Moment			✓
	Get in the Zone		✓	✓
	Let Yourself Be Vulnerable			✓
	Act with Purpose		✓	✓

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Sixth Grade				
Mindset	Lesson	Understanding Others	Problem-Solving	Self-Control
Everything is Possible	Dream Big		✓	
	Embrace Creativity		✓	
	Think Positive			✓
	Act and Adjust		✓	✓
Passion First	Focus on Your Strengths			
	Explore Your Interests			
	Take a Stand			
	Be Authentic	✓		
We Are Connected	Embrace Everyone	✓		
	Maximize Positive Relationships	✓	✓	
	Build Your Dream Team	✓	✓	
	Lead with Value	✓		
100% Accountable	Own Your Life			✓
	Overcoming Limiting Beliefs			✓
	Focus Your Energy			✓
	Grow Through Life			✓
Attitude of Gratitude	Treasure Yourself			
	Be More Grateful	✓		
	Thank it Forward	✓		
	Elevate Your Perspective	✓		
Live to Give	Stretch Yourself	✓		
	Make a Difference	✓		
	Receive Gratefully	✓		
	Create a Legacy	✓		
The Time is Now	Embrace Every Moment			✓
	Get in the Zone		✓	✓
	Let Yourself Be Vulnerable			✓
	Act with Purpose		✓	✓

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Seventh Grade				
Mindset	Lesson	Understanding Others	Problem-Solving	Self-Control
Everything is Possible	Dream Big		✓	✓
	Embrace Creativity		✓	
	Think Positive			✓
	Act and Adjust		✓	
Passion First	Focus on Your Strengths			
	Explore Your Interests	✓		
	Take a Stand		✓	
	Be Authentic	✓		
We Are Connected	Embrace Everyone	✓	✓	
	Maximize Positive Relationships	✓	✓	
	Build Your Dream Team	✓	✓	
	Lead with Value	✓	✓	
100% Accountable	Own Your Life		✓	✓
	Overcoming Limiting Beliefs		✓	✓
	Focus Your Energy	✓		✓
	Grow Through Life			✓
Attitude of Gratitude	Treasure Yourself			
	Be More Grateful	✓		
	Thank it Forward	✓	✓	
	Elevate Your Perspective	✓	✓	
Live to Give	Stretch Yourself	✓	✓	
	Make a Difference	✓	✓	
	Receive Gratefully	✓	✓	
	Create a Legacy	✓	✓	
The Time is Now	Embrace Every Moment			✓
	Get in the Zone		✓	✓
	Let Yourself Be Vulnerable			✓
	Act with Purpose		✓	✓

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Eighth Grade				
Mindset	Lesson	Understanding Others	Problem-Solving	Self-Control
Everything is Possible	Dream Big		✓	✓
	Embrace Creativity		✓	
	Think Positive		✓	✓
	Act and Adjust		✓	✓
Passion First	Focus on Your Strengths			
	Explore Your Interests			
	Take a Stand	✓	✓	
	Be Authentic	✓		
We Are Connected	Embrace Everyone	✓	✓	
	Maximize Positive Relationships	✓	✓	
	Build Your Dream Team	✓	✓	
	Lead with Value	✓	✓	
100% Accountable	Own Your Life	✓	✓	✓
	Overcoming Limiting Beliefs			✓
	Focus Your Energy		✓	✓
	Grow Through Life			✓
Attitude of Gratitude	Treasure Yourself			
	Be More Grateful	✓		
	Thank it Forward	✓		
	Elevate Your Perspective	✓	✓	
Live to Give	Stretch Yourself	✓	✓	
	Make a Difference	✓	✓	
	Receive Gratefully	✓	✓	
	Create a Legacy	✓		
The Time is Now	Embrace Every Moment			✓
	Get in the Zone		✓	✓
	Let Yourself Be Vulnerable		✓	✓
	Act with Purpose		✓	✓

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Ninth Through Twelfth Grade						
Unit	Lesson	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
Everything is Possible	Dream Big	✓	✓			
	Embrace Creativity	✓	✓			✓
	Think Positive	✓	✓			
	Act and Adjust		✓			✓
Passion First	Focus on Strengths	✓	✓			
	Explore Your Interests	✓	✓			
	Make a Stand	✓	✓			✓
	Be Authentic	✓	✓			
We Are Connected	Embrace Everyone		✓	✓	✓	
	Maximize Positive Relationships		✓	✓	✓	
	Build Your Dream Team			✓	✓	
	Lead with Value			✓	✓	
100% Accountable	Own Your Life	✓	✓			✓
	Overcome Limiting Beliefs		✓			
	Focus Your Energy	✓	✓			
	Grow Through Life	✓				✓
Attitude of Gratitude	Treasure Yourself	✓				
	Be More Grateful		✓			
	Thank it Forward			✓	✓	
	Elevate Your Perspective			✓	✓	
Live to Give	Stretch Yourself		✓		✓	✓
	Make a Difference			✓	✓	
	Receive Gracefully		✓		✓	
	Leave a Legacy					
The Time is Now	Embrace Every Moment		✓		✓	
	Get in the Zone	✓	✓		✓	✓
	Let Yourself Be Vulnerable	✓	✓			
	Act on Purpose				✓	✓