







SELweb and Getting Along Together Alignment





SELweb is a direct assessment of key social-emotional skills, including: emotion recognition, social perspective-taking, social problem-solving, and self-control. **Getting Along Together** helps students build social and emotional skills and apply them both in and out of the classroom. This document describes alignment between SELweb and Getting Along Together skills.

Key: ✓ = some overlap; ✓✓ = significant overlap





KINDERGARTEN Getting Along Together Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 1: Getting Started	Building Our Classroom Community	✓	✓		✓
	Meeting Chilly				
	Being a Cool Kid	✓	✓		
	First Class Council				
Unit 2: Learning to Listen	The Importance of Listening	✓	✓		
	Active-Listening Posture	✓	✓		✓
	Focus	✓	✓		✓
	Focus on Listening		✓		✓
	Say it Back		✓		
	Remembering to Remember				✓
	Putting it All Together	✓	✓		✓

KINDERGARTEN Getting Along Together Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 3: Feelings	We All Have Feelings	✓✓			
	The Feelings Tree	✓✓			
	I Messages	✓			
	The Feelings Thermometer				✓✓
	The Feeling Thermometer: Angry				✓✓
	Stop and Stay Cool				✓✓
Unit 4: Solving Conflicts Together	Win-Win Solutions to Conflict			✓✓	
	Taking Turns Together			✓✓	
	Waiting Can Be Hard				✓✓
	Share, Share Alike			✓✓	✓
	Share, Share Alike, Part 2			✓✓	✓
	I'm Sorry			✓	✓
	Brain Game: Stop and Think				✓✓
	The Peace Path Part 1		✓	✓✓	
	The Peace Path Part 2		✓	✓✓	
	Putting it All Together: The Peace Path		✓	✓✓	✓
	What Have We Learned	✓	✓	✓	✓





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GRADE 1 Getting Along Together Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 1: Building a Getting Along Together Community	Classroom Community Through Teamwork	✓	✓		
	Active Listening Posture and Signal	✓	✓		✓
	Focus, Focus, Focus				✓
	Active Listening: Say it Back and Ask Questions		✓		✓
	Feelings and "I" Messages	✓			
	The Feelings Thermometer and Stop and Stay Cool				✓✓
	Stop and Think--Stay in Control!				✓✓
	Win-Win Solutions			✓✓	
	Conflict Solvers			✓✓	
	Peace Path			✓✓	
	Introduction to Class Council				
	Weekly Class Council Meeting Guide				
Unit 2: Friendship	What is a Friend				
	Are You a Good Friend?	✓	✓	✓	
	Making New Friends			✓	✓
	Friendship and Hurt Feelings			✓✓	✓✓
	Apologize to Our Friends			✓✓	
	Brain Game Aim: Memory				
Unit 3: Empathy	Do you feel the same	✓✓	✓✓		
	Feelings Detectives	✓✓			
	Guess the feeling!	✓✓			
	Show that you care!	✓	✓		
	Empathy practice: Part 1	✓	✓	✓	
	Empathy practice: Part 2	✓	✓	✓✓	
	Empathy on the Peace Path	✓	✓	✓✓	

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GRADE 1 Getting Along Together Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 4: Brain Game Aim	Why do we play Brain Games?				✓✓
	Stop and think--Don't interrupt				✓✓
	Stop and think--Wait, wait, wait!				✓✓
	Spotlight on focus		✓		✓✓
	Spotlight on remember!				
	Name that Brain Game skill!		✓		✓✓
Unit 5: Hurdles on the Path to Teamwork	Why is excluding others a hurdle?			✓	
	Getting over the exclusion hurdle			✓	
	What is teasing?		✓	✓	
	What do I do if I am teased?			✓✓	
	If you see it, stop it			✓✓	
	Jump over the teasing hurdle!			✓✓	
	The Cool Rule: Treat others as you want to be treated!		✓	✓	
Unit 6: Stop and Think Before You Act!	You did that on purpose!			✓✓	
	That's not fair!			✓✓	
	I'm confused				
	Which should I choose?			✓✓	
Unit 7: GAT Wrap-Up Celebration	What did we learn this year?	✓	✓	✓	✓
	Getting Along Together in the summer				


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GRADE 2 Getting Along Together Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 1: Building a Getting Along Together Community	Team Building/Intro to Getting Along Together	✓	✓	✓	
	Active Listening	✓	✓		✓
	Intro to Brain Games				✓
	Feelings and "I" Messages	✓			
	The Feelings Thermometer and Stop and Stay Cool				✓✓
	Brain Game Aim: Stop and Think				✓✓
	Conflict and Win-Win Solutions			✓✓	
	Conflict Solvers			✓✓	
	Peace Path			✓✓	
	Brain Game Aim: Memory				
	Introduction to Class Council			✓	
Unit 2: Friendship	What is a good friend?				
	Friendship and Inclusion		✓	✓	
	Making New Friends			✓	✓
	Feeling Shy			✓	✓
	Friendship and Hurt Feelings		✓	✓✓	✓
	Friendship and Compromising		✓	✓✓	✓
Unit 3: Empathy	I Feel, You Feel	✓✓	✓		
	Stop and Think About How Others Feel	✓✓	✓		
	Putting Yourself in Someone Else's Shoes	✓	✓✓		
	Empathy and Conflict	✓	✓	✓✓	
	Empathy: Show that you care!	✓	✓		
	Empathy Experts	✓	✓		✓





GRADE 2 Getting Along Together Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 4: Brain Game Aim	Why are Brain Game skills important for school?				✓✓
	Brain Game Aim: Spotlight on Stop and Think				✓✓
	Stop and think before you interrupt!				✓✓
	Stop and Think: Wait!				✓✓
	Brain Game Aim: Spotlight on Focus				
	Brain Game Aim: Spotlight on Memory				
	Brain Game Aim Wrap-Up				✓✓
Unit 5: Hurdles on the Path to Teamwork	Hurdles to Teamwork: Interrupting and Not Waiting			✓✓	✓✓
	Hurdle to Teamwork: Excluding Others			✓✓	
	Hurdle to Teamwork: Mean Teasing and empathy	✓	✓	✓	
	Mean Teasing: How do I respond?			✓✓	✓✓
	Mean Teasing: How to I help others?			✓✓	
	Don't be such a tattletale!			✓	✓
	Use the Cool Rule at School			✓	
	Practicing the Cool Rule by saying kind/encouraging words		✓		
Unit 6: Stop and Think Before You Act!	Stop first when you have strong feelings			✓	✓✓
	Stop in your tracks, and get the facts!			✓✓	
	Stop and Think it Through			✓✓	✓
Unit 7: GAT Wrap-Up Celebration	Getting Along Together: Reflect and Review, Part I	✓	✓	✓	✓
	Getting Along Together: Reflect and Review, Part II	✓	✓	✓	✓
	Let's Celebrate!				

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GRADE 3 Getting Along Together Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 1: Building a Getting Along Together Community	Introduction to GAT and the Importance of Teamwork	✓	✓	✓	
	Active Listening!	✓	✓		✓
	Intro to Brain Games and Focus on Focusing				✓
	Exploring Feelings				✓
	Managing Strong Feelings				✓✓
	Introduction to Stop and Think Brain Games				✓✓
	Introduction to Conflict and Conflict Resolution			✓✓	
	Introduction to the Peace Path			✓✓	
	Practicing the Peace Path			✓✓	
	Introduction to the Thinking Spot and to Memory BGs				
	Introduction to Class Council			✓	
Unit 2: Friendship	The importance of friendship and how to make a friend				
	Feeling Shy			✓	✓
	What makes a good friend?			✓	✓
	Tricky Friendship Situations: Hurt Feelings and Conflict			✓✓	
	More on Friendship: Spotlight on Apologizing		✓	✓✓	
	More on Friendship: Spotlight on Compromising		✓	✓✓	✓
Unit 3: Empathy	What is point of view?	✓	✓✓		
	What is the other person's point of view?	✓	✓✓		
	Introduction: Standing in Someone Else's Shoes	✓	✓✓		
	Empathy Practice: Spotlight on Feeling Embarrassed	✓✓	✓		
	More Empathy, Fewer Conflicts	✓	✓	✓✓	
	Empathy Review	✓	✓	✓	

GRADE 3 Getting Along Together Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 4: Brain Game Aim	Why play Brain Games?				✓✓
	Brain Game Aim: Stop and think before you interrupt				✓✓
	Brain Game Aim: Stop, think, wait!				✓✓
	Brain Game Aim: Stop and think to manage frustration!				
	Brain Game Aim: Focus on Focusing!				
	Brain Game Aim: Memory!				
	Brain Game Aim: More memory				
	Brain Game Aim: Self-Check on the Brain Game Skills				✓✓
Unit 5: Hurdles on the Path to Teamwork	Introduction to Hurdles: Spotlight on Exclusion				
	What to Try if You Feel Left Out	✓		✓✓	
	Introduction to the Teasing Hurdle			✓	
	Let's not tease, please!			✓✓	
	What to Try if You Are Being Teased			✓	
	Leaping Hurdles with the Cool Rule!			✓	✓
	The Cool Rule Pledge			✓	
Unit 6: Stop and Think Before You Act!	Stop in your tracks, and get the facts!			✓	✓✓
	Stop first!			✓✓	
	Stop and think: What might happen next?			✓✓	
Unit 7: GAT Wrap-Up Celebration	GAT: Review, Reflect, Celebrate, Part 1	✓	✓	✓	✓
	GAT: Review, Reflect, Celebrate, Part 2	✓	✓	✓	✓
	Summer is Coming!				





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GRADE 4 Getting Along Together Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 1: Getting Ready to Learn	Working Together	✓	✓	✓	
	Focus: Have a plan!				✓
	Finding Ways to Stop and Think			✓	✓✓
	Flexible Thinking				
	Becoming a Memory Champ				
	Creating a Feelings Universe				✓✓
	Paraphrasing and Questioning		✓		
	Coping with Strong Feelings				✓✓
	Think it through, it could be you! "Pizza or Dogs?"			✓✓	
	Keep the Peace!			✓✓	
	Class Council			✓	
Unit 2: Friendship	Friends matter!				
	What makes a good friend?				
	Think it through, it could be you! "I Won't Tell!"			✓✓	
	Friendship is Not Always Easy: Feeling Jealous			✓	
	Think it through, it could be you! BFFs?			✓✓	
	The Friendliest Class in Town				
	Brain Workout 1: Stop and Think practice				✓✓
Unit 3: Empathy	Different Angles, Different Views	✓	✓✓		
	Point of View, Feelings, and Perception	✓	✓✓		
	I know just how you feel!	✓	✓✓		
	Showing empathy				
	Think it through, it could be you! "I Failed the Test!"		✓	✓✓	
	I'm an empathy expert!	✓	✓	✓	
	Brain workout 2: Focus Practice				





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GRADE 4 Getting Along Together Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 4: The Power of Positive Self-Talk	What is self-talk?				✓✓
	Practice Encouraging Self-Talk				✓✓
	If I can make little dots...				✓✓
	Disappointed you did not do better? Try a little self-talk!				✓✓
	From steel brace to gold medal? Yes, I can!				✓✓
	Brain Game Workout 3: Memory Practice				
Unit 5: Hurdles on the Path to Teamwork	Introduction to Hurdles to Teamwork	✓	✓	✓	
	Think it through, it could be you! Team Huddle Meeting			✓✓	
	Words can hurt and exclude			✓✓	
	Think it through, it could be you! Payback Time			✓✓	
	Think it through, it could be you! "It's All Your Fault!"			✓✓	
	Be a buddy, not a bystander!				
	Hurdle wrap-up	✓	✓	✓	
	Brain Workout 4: Cognitive Flexibility Practice				
Unit 6: Stop and Think	Stop and think positively!			✓	✓
	Stop in your tracks, and get the facts!			✓✓	
	Think it through, it could be you! "Look Before Leaping"			✓✓	
Unit 7: GAT Wrap-Up Celebration	Looking back at GAT	✓	✓	✓	✓
	Looking back and looking ahead				

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GRADE 5 Getting Along Together Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 1: Getting Organized	One is not a team!	✓	✓	✓	✓
	Focus--Get organized!				
	Stay in control!			✓	✓✓
	Be flexible!				
	Need to remember? Write it down!				
	What's your mood?	✓			✓✓
	Asking Follow-Up Questions		✓		
	Keep your feelings in check!				✓✓
	Think it through, it could be you! "Flying Checkers"			✓✓	
	Peace is Powerful!			✓✓	
	Class Council			✓	
Unit 2: Friendship	Friends matter!				
	Who is a good friend for me? What kind of friend am I?				
	A Sticky Friendship Situation			✓✓	
	Winning and Losing with Friends			✓	
	Think it through, it could be you! "In or out, Ricardo?"			✓✓	
	Celebrating friendship				
	Brain Workout 1: Stop and Think practice				✓✓
Unit 3: Empathy	Two Sides to Every Story	✓	✓✓		
	Trading Places to Solve Conflicts	✓	✓✓		
	Making the Empathy Connection: I can relate!	✓✓	✓✓		
	Random Acts of Empathy				
	Think it through, it could be you! "Strikes or Spares?"			✓	
	I can empathize!	✓	✓	✓	
	Brain workout 2: Focus Practice				

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GRADE 5 Getting Along Together Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 4: The Power of Positive Self-Talk	Half empty or half full?				✓✓
	Watch out for the I Can't chant!				✓✓
	Watch out for extreme thinking!				✓✓
	Watch out for thought reader thinking!				✓✓
	Strategies for Using Positive Self-Talk				✓✓
	Brain Game Workout 3: Memory Practice				
Unit 5: Hurdles on the Path to Teamwork	The Cool Rule	✓	✓	✓	
	Team Trouble			✓✓	
	Think it through, it could be you! "I Got All A's!"			✓✓	
	Trouble Talk			✓✓	
	Think it through, it could be you! Do we clique?			✓✓	
	Empowering the Bystander			✓	
	Cool Rule Wrap-Up	✓	✓	✓	
	Brain Workout 4: Cognitive Flexibility Practice				
Unit 6: Stop! Don't Jump!	Stop and think before you jump!			✓	✓
	Think it through, it could be you! "Are we friends?"			✓✓	✓
	Don't like the facts? Relax! You know what to do!			✓✓	
Unit 7: Wrap-Up, Reflect, Review	Looking back at Getting Along Together	✓	✓	✓	✓
	Looking ahead at Getting Along Together	✓	✓	✓	✓