

Unit		Lessons for SEL Lesson	SELweb Competence			
			Emotion Recognition	Social Perspective-Taking	Social Problem-Solving	Self-Control
K to 3, Course 1						
Unit 1: Self-Awareness	1.1: What Are Emotions?	✓				
	1.2: Can You Name Your Emotions?	✓				
	1.3: Let's Talk Joy!	✓				
	1.4: What is Sadness?	✓				
	1.5: What is Anger?	✓				
Unit 2: Social Awareness	2.1: Understanding the Emotions of Others	✓	✓			
	2.2: What Does Nervous Mean?	✓	✓			
	2.3: Sasha's Classmate	✓	✓			
	2.4: Funny Derick	✓				
	2.5: Amber's Attention	✓	✓			
Unit 3: Self-Management	3.1: Controlling Anger				✓	
	3.2: Feeling Glad	✓				
	3.3: Overreacting With Anger				✓	
	3.4: Mad, Sad, or Glad, Pt. II	✓	✓			
	3.5: Self-Control				✓	
Unit 4: Relationship Skills	4.1: Positive Relationships			✓		
	4.2: Relationship Skills		✓	✓		
	4.3: Trust is Important		✓	✓		
	4.4: Good Communication Skills		✓			
	4.5: Keys to Building a Stronger Relationship		✓	✓	✓	
Unit 5: Responsible Decision-Making	5.1: Identifying and Solving Problems	✓		✓		
	5.2: Problem-Solving			✓		
	5.3: Decision-Making and Solving Problems			✓		
	5.4: Decision-Making-Big and Small Problems			✓	✓	
	5.5: Right vs Wrong			✓		

Unit		Lessons for SEL Lesson	SELweb Competence			
			Emotion Recognition	Social Perspective-Taking	Social Problem-Solving	Self-Control
K to 3, Course 2						
Unit 1: Self-Awareness	1.1: Fear is Natural	✓			✓	
	1.2: Disgust is a strong feeling of dislike	✓				
	1.3: Surprise	✓				
	1.4: Name that emotion	✓	✓			
	1.5: What is that smell?	✓			✓	
Unit 2: Social Awareness	2.1: Perspective-Taking		✓			
	2.2: Empathy	✓				
	2.3: Lizette Shows Empathy	✓	✓			
	2.4: Share the Feels		✓			
	2.5: Thinking about the feelings of others					
Unit 3: Self-Management	3.1: Mad, Sad, or Glad	✓			✓	
	3.2: What is distraction?				✓	
	3.3: What is impulsivity?			✓	✓	
	3.4: What are coping skills?				✓	
	3.5: What does it mean to manage stress?				✓	
Unit 4: Relationship Skills	4.1: Ways to build relationships		✓	✓		
	4.2: Showing gratitude to a friend		✓			
	4.3: Good Relationships		✓			
	4.4: Showing thanks!			✓		
	4.5: This is Alexis!			✓		
Unit 5: Responsible Decision-Making	5.1: Let's make the best choice			✓		
	5.2: Competetive Jill			✓		
	5.3: Social Skills			✓	✓	
	5.4: Social Problem Solving			✓		
	5.5: Creatively Making Choices			✓		

Unit		Lessons for SEL Lesson	SELweb Competence		
			Understanding Others	Social Problem-Solving	Self-Control
4 to 5, Course 1					
Unit 1: Self-Awareness	1.1: Jay's Lunch	✓			
	1.2: Cali's Favorite Show	✓			
	1.3: Kayvan's Video Games			✓	
	1.4: Blocking Out Distractions	✓		✓	
	1.5: Name Your Feelings	✓		✓	
Unit 2: Social Awareness	2.1: The Pizza Party		✓	✓	
	2.2: Group of Bullies	✓	✓		
	2.3: New Kid in Town	✓	✓		
	2.4: Confused Chris	✓	✓		
	2.5: Talented Linn	✓			
Unit 3: Self-Management	3.1: Jay is in Control			✓	
	3.2: Tim's Itchy Nose			✓	
	3.3: Tim and the Bee			✓	
	3.4: Funny Franny			✓	
	3.5: Frustrated Dalonte			✓	
Unit 4: Relationship Skills	4.1: Getting along with your peers	✓	✓		
	4.2: What is Communication?	✓			
	4.3: Relationship Skills	✓	✓		
	4.4: Starting Conversations	✓	✓	✓	
	4.5: Getting Along with Others		✓		
Unit 5: Responsible Decision-Making	5.1: Making Good Choices		✓		
	5.2: Helping Out		✓		
	5.3: Making the Right Choice		✓		
	5.4: CJ & Eric		✓		
	5.5: Toni's Book		✓		

Unit		Lessons for SEL Lesson	SELweb Competence		
			Understanding Others	Social Problem-Solving	Self-Control
4 to 5, Course 2					
Unit 1: Self-Awareness	1.1: Adelyn's Dance Competition	✓			
	1.2: Disney World, Here I Come!				
	1.3: A Fear of Thunderstorms			✓	
	1.4: The Ice Cream Party	✓		✓	
	1.5: It's Game Time	✓			
Unit 2: Social Awareness	2.1: A Day at the Zoo	✓	✓		
	2.2: Wendy's funny story	✓			
	2.3: Tay's personal Space				
	2.4: Being a Good Friend	✓	✓		
	2.5: Forest's Special Shoes	✓			
Unit 3: Self-Management	3.1: Mandy's Choice	✓	✓		
	3.2: Kev was just clowning around		✓	✓	
	3.3: A Day at the Pool	✓		✓	
	3.4: Ashley's New Glasses		✓	✓	
	3.5: Matty and Math	✓		✓	
Unit 4: Relationship Skills	4.1: Johnny is Bothering Me	✓	✓		
	4.2: Gary's Dangerous Choice	✓	✓		
	4.3: Derick's Tough Night	✓	✓		
	4.4: Ms. Stanton's Big Surprise	✓			
	4.5: Let's Work Together	✓	✓		
Unit 5: Responsible Decision-Making	5.1: Responsible Borrowing	✓	✓		
	5.2: It's Field Trip Day!		✓		
	5.3: Emma's Playground Problem	✓	✓		
	5.4: Can I Have Your Attention?		✓		
	5.5: Karen's Costly Choice		✓		

Unit		Lessons for SEL Lesson	SELweb Competence		
			Understanding Others	Social Problem-Solving	Self-Control
6 to 8, Course 1					
Unit 1: Self-Awareness	1.1: Know Yourself	✓			
	1.2: Confusing Times	✓			
	1.3: First Day	✓	✓		
	1.4: Hope for Tomorrow	✓			
	1.5: Late Draw	✓		✓	
Unit 2: Social Awareness	2.1: What is Social Awareness?	✓			
	2.2: Lunch Time	✓	✓		
	2.3: Gina and Pam	✓	✓		
	2.4: Awareness of Your Actions	✓			
	2.5: A Little Too Loud	✓			
Unit 3: Self-Management	3.1: What is Self-Management			✓	
	3.2: Managing Anger			✓	
	3.3: Spreading Rumors		✓		
	3.4: Controlling Impulses			✓	
	3.5: Hanging Out After School	✓	✓		
Unit 4: Relationship Skills	4.1: What is Relationship Skills?		✓		
	4.2: New Kid in School	✓	✓		
	4.3: What's the Problem?	✓	✓		
	4.4: Good Social Skills	✓			
	4.5: Much Respect	✓	✓		
Unit 5: Responsible Decision-Making	5.1: What is Responsible Decision-Making?	✓	✓		
	5.2: Making the Team		✓		
	5.3: Social Media Gone Wrong	✓	✓		
	5.4: Healthy Social Media Use		✓		
	5.5: To Steal or Not to Steal?		✓		

Unit	Lessons for SEL Lesson	SELweb Competence		
		Understanding Others	Social Problem-Solving	Self-Control
6 to 8, Course 2				
Unit 1: Self-Awareness	1.1: First Trip to the Orthodontist	✓		
	1.2: Austin Does the Work and Makes the Grade!	✓		
	1.3: Shayla's Big Race Day!	✓		
	1.4: New Place, New School, New Demi	✓		
	1.5: Sarah and Jessica's Uncomfortable Conversation	✓	✓	
Unit 2: Social Awareness	2.1: It's So Hard to Say Goodbye	✓		
	2.2: Been There Done That	✓		✓
	2.3: Courtside Conversation	✓		
	2.4: Substituting for the Day	✓		
	2.5: Being a Principal is Easy!	✓		
Unit 3: Self-Management	3.1: Bad Habits are Hard to Break			✓
	3.2: Brian's Poor Choice			✓
	3.3: Jamison Dynamite			✓
	3.4: Basketball Diaries			✓
	3.5: Zero Tolerance		✓	
Unit 4: Relationship Skills	4.1: Good Intentions are Not Always So Good		✓	✓
	4.2: A Worried Sister		✓	
	4.3: Friends Help Friends with Friendship		✓	
	4.4: Jordan and Marvin's Big Project		✓	
	4.5: Unbothered	✓	✓	
Unit 5: Responsible Decision-Making	5.1: Deirdra's Bad Habit	✓	✓	✓
	5.2: Always Playing Catch-Up		✓	
	5.3: I Saw it First		✓	
	5.4: School vs Peers		✓	
	5.5: Derrick and Tommy Roam Around the Campus		✓	