




**SELweb Late Elementary (LE)** is a direct assessment of key social-emotional competencies in 4th to 8th grade, including: self-awareness, understanding others' emotions and perspectives, social problem-solving, and self-control. **Create a Culture of Kindness in Middle School (CCKMS)** lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in CCKMS 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.

Unit	Create a Culture of Kindness in Middle School Lesson	 Self-Awareness	 Understanding Others	 Problem-Solving	 Self-Control
The Core Lessons	Creating a Vision of a Peaceful School				
	Creating Group Agreements for Classroom Discussions		✓		
	Respectful Listening		✓		
	Train Your Brain to Be More Compassionate				✓
	Train Your Brain to Handle Anger				✓
	Words Can Change Your Brain	✓			
	Using Your Breathing to Calm Your Brain				✓
	Using Stop, Breathe, Chill to Respond, Not React				✓
	Your Actions Create Ripples				✓
	The Power of Each Individual	✓			
Fostering Courage, Kindness, and Empathy	The Interconnected Web		✓		
	Honoring Uniqueness		✓		
	Choosing Your Words				✓
	Strengthening Your Empathy Muscle		✓		
	People Can Change		✓		
	Exclusion Hurts		✓		
	The Courage to Be Kind			✓	
	The Dignity Stance			✓	
	The Courage to Stand Up: Malala Yousafzai			✓	
Celebrating Uniqueness and Accepting Differences	Why Be an Upstander?			✓	
	Redefining Cool			✓	
	Living Kindness			✓	
	Accepting Differences		✓		
	Different and Alike		✓		
	Assumptions and Stereotyping		✓		
	Challenging Prejudice and Discrimination			✓	
	The Power of Conscience			✓	✓
Dealing with Conflict	Gossip, Rumors, and Conscience			✓	
	Social Power and Personal Power	✓		✓	
	Social Groups and Cliques		✓	✓	
	Resolving Conflicts			✓	
	Responsibility vs. Blame			✓	✓
	Perceptions and Perceptual Filters	✓	✓		
	Perceptions, Conflict, and Ripples		✓	✓	
	Positive and Negative Choices in Conflict			✓	✓
	Dealing with Anger			✓	✓
Coping with and Counteracting Bullying	Willingness Blocks	✓			✓
	Being Assertive	✓			✓
	Learning to Detach from Negativity	✓			✓
	Bullying vs. Teasing			✓	
	If Someone Bullies You			✓	
	If You've Bullied Others			✓	
	Be an Upstander in the Face of Bullying			✓	
	What is Cyberbullying?			✓	
	Responding to Bullying			✓	
	Moral Courage: What's Okay, What's Not?			✓	
	When Bullying Leads to Self-Harm			✓	
	Ending Bullying in Your School Starts with You!			✓	