



Elementary
<b>Unit 1:</b> Growth Mindset & Goal Setting
<b>Unit 2:</b> Emotion Management
<b>Unit 3:</b> Empathy & Kindness
<b>Unit 4:</b> Problem Solving

Middle School
<b>Unit 1:</b> Mindset & Goals
<b>Unit 2:</b> Recognizing Bullying & Harassment
<b>Unit 3:</b> Thoughts, Emotions & Decisions
<b>Unit 4:</b> Managing Relations & Social Conflict

**NOTE:** EPS students have been entering high school with SEL instruction through the Second Step curriculum. Pre-pandemic, this was taught by counselors. Since 2021-22, the instruction to students has transitioned to teachers.

# Elementary | RULER & 2<sup>nd</sup> Step Pacing Guide Suggestions



RULER Skills & TOOLS: Charter RULER Skills & Mood Meter Meta-Moment Blueprint

Week of	Kinder	1 <sup>st</sup> & 2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup> & 5 <sup>th</sup>
Sept 6	PBIS Launch/Rodeo		PBIS Launch/Rodeo	
Sept 11	PBIS Launch – add Kinder		PBIS Launch – add Kinder	
Sept 18	Unit 1: Growth Mindset & Goal Setting	Unit 1: Lesson 1	Unit 1: Lesson 1	
Sept 25		Unit 1: Lesson 2	Unit 1: Lesson 2	
Oct 2		Unit 1: Lesson 3	Unit 1: Lesson 3	
Oct 9		Unit 1: Lesson 4	Unit 1: Lesson 4	
Oct 16		Unit 1: Lesson 5	Unit 1: Lesson 5	
Oct 23	Unit 2: on Management	Unit 2: Lesson 1	Unit 2: Lesson 1	Lesson 1 - Recognize, Report, Refuse
Oct 30		No Second Step - Conference Week PBIS - Plan for short day transitions	No Second Step - Conference Week PBIS - Plan for short day transitions	
Nov 6		Unit 2: Lesson 2	Unit 2: Lesson 2	Lesson 2 - Bystander Power
Nov 13		Unit 2: Lesson 3	Unit 2: Lesson 3	Lesson 3 - Bystander
Nov 20		Unit 2: Lesson 4	Unit 2: Lesson 4	Lesson 4 - Bystanders to Cyber Bullying
Nov 27		Unit 2: Lesson 5	Unit 2: Lesson 5	Unit 2: Lesson 1
Dec 4		PBIS Focus on community	PBIS Focus on community	

LINK

<https://docushare.everett.k12.wa.us/docushare/dsweb/Get/Document-129259/ES%20-%20Integrated%20SEL%20Curriculum%20Map%202023-24.pdf>

2 VERSIONS:

CPU/BPU counselor lessons

- replace weekly instruction
- concurrent w/ weekly instruction

Charter	RULER Skills & Mood Meter	Meta-Moment	Blueprint
<b>Classroom Lessons</b>		<b>Counselor Lessons w/ Principal Timeline</b>	
h/Rodeo			
h – add Kinder			
Unit 1: Lesson 1			
Unit 1: Lesson 2			
Unit 1: Lesson 3			
Unit 1: Lesson 4			
Unit 1: Lesson 5			
Unit 2: Lesson 1			
No Second Step - Conference Week		PBIS - Plan for short day transitions	
Unit 2: Lesson 2			
Unit 2: Lesson 3			
Unit 2: Lesson 4			
Unit 2: Lesson 5			
Unit 2: Lesson 1			
Unit 2: Lesson 2			
Unit 2: Lesson 3			
Unit 2: Lesson 4			
Unit 2: Lesson 5			
PBIS Focus on community			
Revisit Second Step concepts students struggling w/			
PBIS SW Celebration (recommended)			

# Middle School | RULER & 2<sup>nd</sup> Step Pacing Guide Suggestions



RULER Skills & TOOLS: Charter RULER Skills & Mood Meter Meta-Moment Blueprint

Week of	Principal Timeline		Friday's	6th	7th	8th	RULER
Sept 6	UD Day:			PBIS Launch/Rodeo			
Sept 11	Launch SEL Vision & Overview of Curriculums and Frameworks	Unit 1: Mindset & Goals	Lesson 1	Starting Middle School (1a) or Helping New Students (1b)		Welcome!	
Sept 18			Lesson 2	How to Grow Your Brain		Who Am I? My Identity	
Sept 25			Lesson 3	Trying New Solutions		My Interests and Strengths	
Oct 2			Lesson 4	Making Goals Specific		Harnessing My Strengths	
Oct 9	Monitor: Panorama Survey Window		Lesson 5	Breaking Down Your Goals		Pursuing My Interests	
Oct 16			Lesson 6	Monitoring Your Progress		My Future Self	
Oct 23			Lesson 7 - Performance Task	Bringing It All Together		My Path Forward	
Oct 30	★ Alert Staff in Prep for Bullying Unit prior to Nov 27 (Include all staff)		Half-Day Friday	This is a great time focus on PBIS Program Elements that you want to enforce through the year. The student will have just discussed Goal Setting, so Setting a PBIS Monthly Goal would reinforce and link the two programs. (Also... if you had to shift a week for Panorama in September, you can get back on schedule in November so that everyone does Bullying Lessons at the same time)			Charter Check-in se to do as Grade Level or Class Periods
Nov 6			No School Friday				
Nov 13			Half-Day Friday	Thanksgiving Week – only 2 days			
Nov 20			No School Friday				
Nov 27		Unit 2: Recognizing Bullying & Harassment	Lesson 8	Common Types of Bullying	What is Harassment?	Understanding Bullying	
Dec 4			Lesson 9	Recognizing Bullying	What is Sexual Harassment?	Social Factors that Contribute to Bullying	
Dec 11			Half-Day Friday	PBIS – Culture Activities			
				WINTER BREAK			
Jan 2			Lesson 10	Responding to Online Bullying	The Effects of Sexual Harassment	Environmental Factors that Contribute to Bullying	
Jan 8			Lesson 11	How to Be an Upstander	Gender-Based Harassment	Speak Up and Start a Movement	
Jan 16			Lesson 12	Standing Up and Staying Safe	Our Rights and Responsibilities	Be Inclusive and Ask for Change	
Jan 22			Lesson 13 - Performance Task	Raising Awareness About Bullying	Preventing Harassment	Stand Up for Change	
Jan 29	★ Staff Meeting: SEL Mid-Year Check (20-30 minutes)	Unit 3: Thoughts, Emotions & Decisions	No School Friday				Revisiting the Charter
Feb 5			Lesson 14	What Emotions Tell You	Emotions Matter	Understanding Stress and Anxiety	Mood Meter Check-in
Feb 12			Lesson 15	Emotions and Your Brain	Feel, Think, Do	Where Does Stress Come From?	
Feb 21			Lesson 16	How Emotions Affect Your Decisions	Unhelpful Thoughts	Can Stress Help You Grow?	
Feb 26			Lesson 17	Managing Your Emotions	Reframe the Situation	Strategies for Managing Stress	
Mar 4	Monitor: Panorama Survey Window		Lesson 18	What Works Best for You?	Practicing Positive Self-Talk	Changing Strategies and Getting Help	
Mar 11			Lesson 19-Performance Task	Raising Awareness About Managing Emotions	Making Better Decisions	My Stress-Management Plan (HS Transitions Time!)	Meta Moment Focused Breathing
Mar 18			Lesson 20	You're Changing	What Makes a Conflict Escalate?	My Values	
Mar 25			Lesson 21	Why Conflicts Escalate	Keeping Your Cool in a Conflict	Values and Relationships	


LINK

<https://docushare.everett.k12.wa.us/docushare/dsweb/Get/Document-129258/MS%20-%20Integrated%20SEL%20Curriculum%20Map%202023-24.pdf>

# High School | RULER Pacing Guide Suggestions



RULER Skills & TOOLS: Charter RULER Skills & Mood Meter Meta-Moment Blueprint

Week of	Principal Timeline	Year 1				RULER Tools
Sept 6	LID Day:	PBIS Launch/Rodeo				
Sept 11	Launch SEL Vision & Overview of Curriculums and Frameworks	Unit 1: Emotions Matter	Lesson 1	Introduction to Emotions		
Sept 18			Lesson 2	Emotions Matter		
Sept 25			Lesson 3	Introduction to the Mood Meter		
Oct 2	Monitor: Panorama Survey Window		Lesson 4	Identifying and Tracking Emotions		
Oct 9		Unit 2: RULER Skills	Lesson 5	Recognizing Emotions		
Oct 16			Lesson 6	Understanding Emotions		
Oct 23			Lesson 7	Labeling Emotions		
Oct 30	Lesson 8		Expressing Emotions			
Nov 6	Share Panorama Results to support revisiting the charter	Unit 3: Mood Meter & Emotion Regulation	Option A		Option B	
Nov 13			Lesson 9	Revisiting the Charter	Thanksgiving FOOD DRIVE	
Nov 20	Lesson 10		Introduction to Emotion Regulation			
Nov 27	No Lesson		Thanksgiving Week	No Lesson	Thanksgiving Week	
Dec 4	Holiday FOOD DRIVE		Lesson 9	Revisiting the Charter		
Dec 11			Lesson 10	Introduction to Emotion Regulation		
Dec 18/25			No Lesson – ** Suggest PBIS / Culture Focus			
Jan 2			WINTER BREAK		WINTER BREAK	
		Lesson 11	Regulating Emotion	Lesson 11	Regulating Emotion	

LINK

<https://docushare.everett.k12.wa.us/docushare/dsweb/Get/Document-129260/HS%20-%20Integrated%20SEL%20Curriculum%20Map%202023-24.pdf>