***NOTE:*** *This version allows for CPU/BPU lessons to be taught by counselors* ***concurrently with*** *the regular Second Step instruction during specified weeks*



**RULER Skills & Tools:** Charter RULER Skills & Mood Meter Meta-Moment Blueprint

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Week of*** | ***Unit & Lesson*** | | **Kinder** | **1st** | ***2nd*** |  |  | ***RULER Emphasis*** |
| **Sept 2** | **Unit 1:**  **Growth Mindset & Goal Setting** | ***PBIS Launch/Rodeo*** | | | |  |  | **A yellow paper with a blue feather  Description automatically generated**  **Classroom Charters**  (the “why”) as a resource for classroom rules & expectations (the “what” and the “how”) |
| **Sept 9** | ***PBIS Launch – add Kinder*** | | | |  |  |
| **Sept 16** | Lesson 1 | We Watch. We Listen. We Think. | Time to Pay Attention | How to Get Good at Something |  |  |
| **Sept 23** | Lesson 2 | Why We Pay Attention | Everyone Gets Distracted | What Mistakes Tell Us |  |  |
| **Sept 30** | Lesson 3 | Mistakes Are Okay! | You Did It! | Helpful and Unhelpful Thoughts |  |  |
| **Oct 7** | Lesson 4 | Practice Makes Better | Helpful Thoughts | We Can Change Our Thoughts |  |  |
| **Oct 14** | 5: **Perf. Task** | Let’s Practice and Learn! | We Can Do It! | Learn and Get Better |  |  |
| **Oct 21** | **Unit 2:**  **Emotion Management** | Lesson 6 | Sometimes We Feel Happy | Noticing Feelings | Feeling Proud |  |  | **A logo of a microsoft company  Description automatically generated**  **Mood Meter** RULER Skills:  Recognizing & Labeling  RULER Feeling Words |
| **Oct 28** | Lesson 7 | Sometimes We Feel Sad | Sometimes We Feel Worried | Feeling Disappointed |  |  |
| **Nov 4** | Lesson 8 | Sometimes We Feel Mad | Feeling Calm | Help Yourself Feel Better |  |  |
| **Nov 11** | Lesson 9 | We Can Feel Calm | Feeling Frustrated | Different Feelings |  |  |
| **Nov 18** | ***No Second Step - Conference Week | PBIS - Plan for short day transitions*** | | | |  |  |
| **Nov 25** | ***THANKSGIVING WEEK*** | | | |  |  |
| **Dec 2** | 10: **Perf. Task** | What Are They Feeling? | Noticing Clues | How Do You Feel? |  |  |
| **Dec 9** |  | Revisit 2nd Step concepts students may be struggling with | Use connected Second Step Extension Activities | | | |  |  |
| **Dec 16** |  | ***PBIS Celebration*** | | | |  |  |
|  |  | ***WINTER BREAK*** | | | |  |  |  |
| ***NOTES*** |  | **1) Send CPU Parent Letter 30 days prior to lessons 2) Staff Meeting on CPS Reporting before lessons begin** | | | |  |  | **Meta Moment**  RULER Skills: Regulating & Expressing |
| **Jan 6** | **Unit 3:**  **Empathy & Kindness** | Lesson 11 | We Can Be Kind | The Power of Kind Acts | What’s Empathy? |  |  |
| **Jan 13** | Lesson 12 | Why Kindness? | Ways to Be Kind | Empathy in Action |  |  |
| **Jan 21** | Lesson 13 | Showing Kindness | Offering Kind Acts | Having Empathy |  |  |
| **Jan 27** | Lesson 14 | Kindness at School | Practicing Kind Acts | Empathy at School | CPU Kinder | 1: Keeping Yourself Safe |
| **Feb 3** | 15: **Perf. Task** | Demonstrating Kindness | Demonstrating Kind Acts | Empathy and Kindness | CPU Kinder | 2: The Always Ask First Rule |
| **Feb 10** | **Unit 4:**  **Problem Solving**  **PBIS Celebrations** | Lesson 16 | We Can Say the Problem | How to Say the Problem | The Way to Say a Problem | CPU Kinder | 3: Safe and Unsafe Touches | **A drawing of a blueprint and a pencil  Description automatically generated**  **Blueprint**  Practicing Empathy Conflicts in Stories  Connections with STEP  RULER Skill: Understanding |
| **Feb 17** | ***MID-WINTER BREAK*** | | | | CPU Kinder | 4: The Private Body Parts Rule |
| **Feb 24** | Lesson 17 | Ready to Solve Problems | Was It an Accident? | Thinking of Solutions | CPU Kinder | 5: Practicing Staying Safe |
| **Mar 3** | Lesson 18 | Apologizing Can Help | Ask for What You Need | Which Solution? | CPU Kinder | 6: Reviewing Safety Skills |
| **Mar 10** | Lesson 19 | Taking Turns and Sharing | We Can Make It Better | What Would I Want? | CPU 1st /2nd | 1: Keeping Yourself Safe |
| **Mar 17** | 20: **Perf. Task** | We Can Solve Problems | Solving Problems | Be a Problem-Solver | CPU 1st /2nd | 2: The Always Ask First Rule |
| **Mar 24** | RULER Blueprint Practice Using Conflict in a Story | | | | CPU 1st /2nd | 3: Safe and Unsafe Touches |
| **Mar 31** |  | ***No Second Step - Conference Week | PBIS Celebration (before break recommended)*** | | | | CPU 1st /2nd | 4: The Private Body Parts Rule |
| **Apr 7** | ***SPRING BREAK*** | | | | | | |  |
| **Apr 14** |  | | | | | CPU 1st /2nd | 5: Practicing Staying Safe |
| **Apr 21** | CPU 1st /2nd | 6: Reviewing Safety Skills |
| **Apr 28** |  |  |
| **May 5** |  |  |
| **May 12** |  |  |
| **May 19** |  |  |

***NOTE:*** *This version allows for CPU/BPU lessons to be taught by counselors* ***in place of*** *the regular second step instruction during specified weeks*



**RULER Skills & Tools:** Charter RULER Skills & Mood Meter Meta-Moment Blueprint

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Week of*** | ***Unit & Lesson*** | | **3rd** | **4th** | ***5th*** |  |  | ***RULER Emphasis*** |
| **Sept 2** | ***PBIS Launch/Rodeo*** | | | | |  |  | **A yellow paper with a blue feather  Description automatically generated**  **Classroom Charters**  (the “why”) as a resource for classroom rules & expectations (the “what” and the “how”) |
| **Sept 9** | ***PBIS Launch – add Kinder*** | | | | |  |  |
| **Sept 16** | **Unit 1:**  **Growth Mindset & Goal Setting** | Lesson 1 | Changing Your Brain | Setting a Good Goal | The Right Goal for Me |  |  |
| **Sept 23** | Lesson 2 | Getting Better with Practice | Making a Plan | My Plan |  |  |
| **Sept 30** | Lesson 3 | More Than Practice | Checking Our Progress | Changing My Plan |  |  |
| **Oct 7** | Lesson 4 | Planning for Practice | Reflecting On Our Journey | Time to Reflect |  |  |
| **Oct 14** | 5: **Perf. Task** | Make a Practice Plan | Ready, Set, Goal! | My 10-Minute Goal |  |  |
| ***NOTES*** | **1) Send BPU Parent Letter 30 days prior to lessons 2) Staff Meeting on HIB Reporting before lessons begin** | | | | |  |  |
| **Oct 21** | **Unit 2:**  **Emotion Management** | Lesson 6 | Why Emotions? | The Balanced Brain | Strong Emotions | BPU 4th / 5th | 1: Recognize, Report, Refuse | **A logo of a microsoft company  Description automatically generated**  **Mood Meter** RULER Skills:  Recognizing & Labeling  RULER Feeling Words |
| **Oct 28** | Lesson 7 | How Angry? | What Is Rethinking? | What Is Stress? | BPU 4th / 5th | 2: Bystander Power |
| **Nov 4** | Lesson 8 | Take a Break | How to Rethink | Planning for Change | BPU 4th / 5th | 3: Bystander Responsibility |
| **Nov 11** | Lesson 9 | How Happy? | Take Another Look | What Can I Change? | BPU 4th / 5th | 4: Bystanders to Cyber Bullying |
| **Nov 18** | ***No Second Step - Conference Week | PBIS - Plan for short day transitions*** | | | | Revisit Classroom Charters  (with emphasis on feeling safe) | |
| **Nov 25** | ***THANKSGIVING WEEK*** | | | |
| **Dec 2** | 10: **Perf. Task** | Strength of Feelings | Rethink It! | Making a Change |  |  |
| **Dec 9** |  | Revisit 2nd Step concepts students may be struggling with | Use connected Second Step Extension Activities | | | | BPU 3rd | 1: Recognizing Bullying |  |
| **Dec 16** |  | **PBIS Celebration** | | | | BPU 3rd | 2: Reporting Bullying |  |
|  |  | ***WINTER BREAK*** | | | | | |  |
| **Jan 6** | **Unit 3:**  **Empathy & Kindness** | Lesson 11 | BPU 3rd | The Same, But Different | Empathy in the Community | BPU 3rd | 3: Refusing Bullying | **Meta Moment**  RULER Skills: Regulating & Expressing |
| **Jan 13** | Lesson 12 | Building a Friendship | Ask, Listen, Learn | What’s the Problem? | BPU 3rd | 4: Bystander Power |
| **Jan 21** | Lesson 13 | My Kind of Kindness | Seeing It Differently | A Different Point of View | Revisit Classroom Charters  (with emphasis on feeling safe) | |
| **Jan 27** | Lesson 14 | Asking Questions | Changing Your Mind | Community Solutions |
| **Feb 3** | 15: **Perf. Task** | Do Something Kind | A New Point of View | Your Solution |  |  |
| **Feb 10** | **Unit 4:**  **Problem Solving** | Lesson 16 | STEP by Step | A Good Problem-Solver | Beginning to STEP |  |  | **A drawing of a blueprint and a pencil  Description automatically generated**  **Blueprint**  Practicing Empathy Conflicts in Stories  Connections with STEP  RULER Skill: Understanding |
| **Feb 17** | ***MID-WINTER BREAK*** | | | |  |  |
| **Feb 24** | Lesson 17 | S: Say the Problem | Saying It Respectfully | When? Where? Who? |  |  |
| **Mar 3** | Lesson 18 | T: Think and E: Explore | Exploring Outcomes | Solutions Web |  |  |
| **Mar 10** | Lesson 19 | P: Pick a Solution | A Good Solution | Let’s Reflect |  |  |
| **Mar 17** | 20: **Perf. Task** | Solving a Problem | STEP into Problem-Solving | Putting It All Together |  |  |
| **Mar 31** | ***No Second Step - Conference Week | PBIS Celebration (before break recommended)*** | | | | |  |  |  |
|  |  | ***SPRING BREAK*** | | | |  |  |
| **Apr 14** |  | | | | |  |  |
| **Apr 21** |  |  |
| **Apr 28** |  |  |
| **May 5** |  |  |
| **May 12** |  |  |