



Social Emotional Learning Lesson Information

In an effort to ensure that Amherst Remote Academy parents/guardians have all of the information needed regarding Social Emotional Learning(SEL) lessons being taught in ACPS, we are providing lesson topics by grade level below. If you feel uncomfortable with any of the lesson topics, it is your right as a parent/guardian to opt your child out of that particular lesson. If you choose to opt your child out of a lesson, please be sure to communicate this decision with your child’s teacher. We encourage parents/guardians to discuss with their children what they are learning through the SEL lessons. For the first 13 days, in conjunction with the lessons each day, your child will be adding to their SEL Toolkit. You are an integral part of your child’s education, and we appreciate your support in this process.

Week of September 14-18, 2020

Grade Level	Date or Subject	Topic
K-5	September 14	Identifying Emotions
K-5	September 15	Identifying Problems
K-5	September 16	Stress and Anxiety Management
K-5	September 17	Respect for Others
6-12	English	Identifying Emotions
6-12	Math	Stress and Anxiety Management
6-12	Science	Identifying Problems
6-12	History	Organizational Skills
6-12	Health/PE	Ethical Responsibility
6-12	CTE or STEM	Respect for Others
6-12	Fine Arts	Analyzing Situations

Week of September 21-25, 2020

Grade Level	Date or Subject	Topic
K-5	September 21	Communication
K-5	September 22	Identifying Emotions
K-5	September 23	Regulating Emotions
K-5	September 24	Solving Problems
6-12	English	Solving Problems
6-12	Math	Communication
6-12	Science	Identifying Emotions

6-12	History	Regulating Emotions OR Stress Management
6-12	Health/PE	Empathy
6-12	CTE or STEM	Relationship Building
6-12	Fine Arts	Teamwork

K-2 SEL Toolkit Components

- Design your own cubby
- Emotions wheel
- 5 competencies and “I will” statements
 - Self-Awareness
 - Self-Management
 - Social Awareness
 - Relationship Skills
 - Responsible Decision-Making
- Coping skills
- Understanding others’ feelings
- SEL superhero shield

3-5 SEL Toolkit Components

- Virtual cubby
- Feelings chart
- 5 competencies & “I will” statements
 - Self-Awareness
 - Self-Management
 - Social Awareness
 - Relationship Skills
 - Responsible Decision-Making
- Understanding others’ feelings
- Coping strategies challenge
- SEL superhero shield

6-12 SEL Toolkit Components

- Virtual locker
- Feelings wheel & reflection
- Coping strategies challenge
- 5 competencies & examples
 - Self-Awareness
 - Self-Management
 - Social Awareness
 - Relationship Skills
 - Responsible Decision-Making
- Showing empathy
- Mood meter & reflection
- Toolkit reflection