

PREPARED 2024

Heroes Made

Social-Emotional Learning

Scope and Sequence Document

TEACHER GUIDE

Suggested Lesson Structure, Sequence and Sample Lesson Plan



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Introduction

The Zero Prep & Zero Training SEL Program

Welcome to the HEROES MADE Scope and Sequence guide. This document is designed to provide a structured framework for integrating HEROES MADE lessons into your classroom. Each lesson is aligned with CASEL competencies and tailored to different grade levels: Grade 1 and 2, Grade 3 and 4, and Grade 5 and 6. This guide will help you effectively plan and execute SEL lessons, ensuring that your students receive a comprehensive social and emotional learning experience.

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Grade Levels and Competency Breakdown

Grades 1 and 2, Grades 3 and 4, Grades 5 and 6

For all grade levels, we recommend a balanced rotation through all five CASEL competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making. This ensures that students receive a well-rounded SEL education.

Note: All pre-reading questions, post-reading questions, class activities, worksheets, and metacognition questions are provided within the platform, ensuring a zero prep advantage for teachers.

Lesson Structure



Best for Initial
Engagement

Option 1:

1. Pick a SEL Experience Book
2. Pre-Reading Questions
3. Read the Book
4. Post-Reading Questions

Focus on Pre-Reading Warm-Up Prompts and Post-Reading Debriefing to introduce and summarize the lesson.



Best for Hands-on
Learning

Option 2:

1. Pick a SEL Experience Book
2. Read the Book
3. Class Activity

Conduct the Class Activity to engage students in a hands-on learning experience.



Best for Individual
Work

Option 3:

1. Pick a SEL Experience Book
2. Read the Book
3. Do Activity Worksheets

Assign the Standard Worksheet Activities for individual or group work.



Best for Engagement
and Reflection



Best for Diverse
Readiness Levels

Option 4:

1. Pick a SEL Experience Book
2. Read the Book
3. Do Metacognition Worksheet or Metacognition Prompts

Utilize Metacognition Questions and Worksheets to deepen students' understanding and reflection on the lesson.

Option 5:

1. Pick a SEL Experience Book
2. Read the Book
3. Mix and match how is best to teach it by doing a class activity and then assigning worksheets for home, etc.

Cater to diverse readiness levels by having some students work on worksheets while others engage in discussions or class activities.

You have the flexibility to choose a book based on the specific competency you wish to focus on. You may teach the lesson using any of the five provided options or employ all five across different sessions for a more comprehensive approach. Recognizing that no two classes are the same, you can determine the most effective method. The platform is designed to support this flexibility for optimal implementation.

Suggested Lesson Sequence

To ensure comprehensive coverage of all SEL competencies, we recommend the following sequence for educators:

1. **Start with Self-Awareness:** Begin with a lesson focused on self-awareness to help students understand their own emotions, thoughts, and values.
2. **Next, Self-Management:** Follow with a lesson on self-management to equip students with skills to manage their emotions and behaviors effectively.
3. **Then, Social Awareness:** Proceed with a lesson on social awareness to foster empathy and understanding of others' perspectives.
4. **Follow with Relationship Skills:** Introduce a lesson on relationship skills to enhance students' abilities to build and maintain healthy relationships.
5. **Lastly, Responsible Decision-Making:** Conclude the cycle with a lesson on responsible decision-making to guide students in making ethical and constructive choices.

Continue this rotation to cover all competencies comprehensively.

Flexible Adjustment: Educators can adjust this sequence of competencies based on specific classroom needs or incidents. For instance, if a bullying incident occurs or is suspected, a lesson on Social Awareness can be prioritized to address empathy and understanding immediately.

Practical Implementation Tips

To help you integrate HEROES MADE lessons seamlessly into your classroom, here are some practical tips:

1. **Set a Routine:** Establish a consistent time each week for SEL lessons. This helps students know what to expect and look forward to.
2. **Engage Students Actively:** Use the class activities to engage students actively and make learning interactive. This can help maintain their interest and participation.
3. **Utilize Provided Materials:** Take advantage of the pre-made questions and activities provided on the platform. This ensures you are well-prepared without additional prep time.
4. **Monitor Progress:** Regularly assess student progress through worksheets and discussions to ensure they are grasping the concepts.
5. **Formative Assessments:** Conduct formative assessments at the start and end of the year to note improvements or areas for improvement. These assessments can stay internal or be shared with parents, depending on school policies and relationships with parents.
6. **Student Emotional Reporting:** Encourage students to report how they feel on the platform before joining the lesson. This data is visible on the teacher's dashboard and can help identify if students are feeling upset or sad, allowing teachers to choose the best lesson for the day without singling out any student.
7. **Encourage Reflection:** Use metacognition questions to encourage students to reflect on their learning and personal growth.
8. **Be Flexible:** Adapt the lessons based on classroom dynamics and student needs. The platform's flexibility allows you to switch between methods and components easily.
9. **Promote Inclusivity:** Ensure all students are involved, catering to diverse readiness levels by mixing and matching activities as needed.



Point 5 and 6 are
Features on Platform

Sample Lesson Plan

Grade 3-4 (Adjust up or down based on class readiness)

Lesson Title: My Circle of Control

Competency: Self-Awareness

Sub-Competencies:

- Integrating personal and social identities (SA)
- Identifying one's emotions (SA)
- Linking feelings, values, and thoughts (SA)
- Experiencing self-efficacy (SA)

Components: The following methods will address the competency and sub-competencies using the lesson they just read as a reference:

- 1.Option 1: Pre and Post Reading Questions
- 2.Option 2: Class Activity
- 3.Option 3: Printable Worksheets (can also be assigned as homework)
- 4.Option 4: Metacognition Questions
- 5.Option 5: Mix and match components by conducting a class activity and then assigning worksheets for homework, or any other combination that suits the classroom needs.

A variety of questions and prompts are provided for each component. Teachers can select any combination that fits their classroom schedule or use all if time permits.

Follow-Up Plan: After teaching the lesson, either:

- Revisit the same lesson using a different component in the next class, or
- Move on to the next competency by selecting a new lesson.

Scheduling Recommendations

see next page

For optimal integration, consider the following scheduling recommendations:

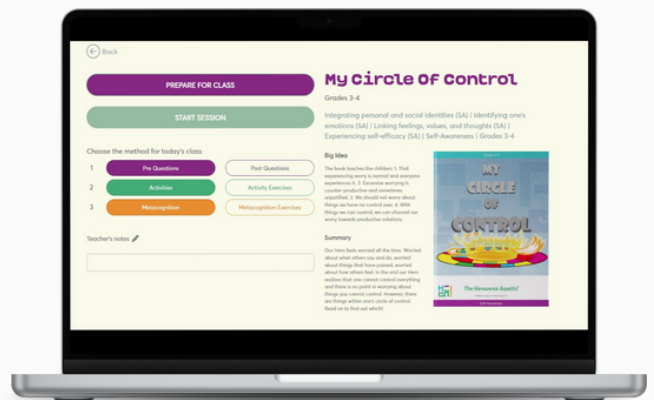
- Weekly SEL Sessions: Dedicate one session per week to HEROES MADE lessons.
- Flexible Timing: Each session can be adjusted based on classroom schedules and student needs, ranging from 20 to 60 minutes.
- Homework Assignments: Worksheets can be assigned as homework to reinforce classroom learning.

Ease of Use

The HEROES MADE platform is designed for simplicity and ease of use, offering a login-and-go process that requires no preparation or training. The streamlined interface allows for a smooth integration of SEL lessons, ensuring a well-rounded approach that is highly engaging for children.



Our comprehensive digital SEL library offers hundreds of choices for teachers. Select the perfect lesson, prepare your class, and watch as each student logs in to discover that they are the HERO of the SEL story! This spectacular learning experience combines a personalized approach with a sense of collective participation, ensuring that every student feels valued and engaged.



Each SEL lesson provides teachers with multiple options for delivering the class content. Once the class embarks on the collective learning adventure, the teacher can choose the option that best fits the specific competency being taught. This approach is incredibly flexible, requiring minimal preparation or training from educators. With minimum effort and maximum impact, our lessons ensure a seamless and effective teaching experience.

Conclusion

The HEROES MADE platform offers a comprehensive and flexible approach to SEL education, catering to the diverse needs of students and classrooms. By following this Scope and Sequence guide, teachers can ensure a structured and effective implementation of SEL lessons, fostering a supportive and engaging learning environment.

Contact us at info@heroesmade.com