

# Comsewogue School District SEL Curriculum Map

## Enduring Understandings

What is SEL? SEL is a lifelong process of learning how to better understand ourselves, connect with others, and work together to achieve goals and support our communities.

- Individuals will develop and demonstrate interpersonal skills in understanding oneself and others.
- Individuals will set goals, apply decision-making strategies & resolve conflict throughout their lives.
- Individuals will demonstrate self-management and responsibility as it relates to healthy behaviors.

## Grades K-2

- Topic 1: Respect: Bullying Prevention
- Topic 2: Citizenship: Being Thankful / Gratitude
- Topic 3: Caring: Identifying Feeling and Emotions
- Topic 4: Self Control: Emotion Regulation
- Topic 5: Empathy: Compassion for Others & Ourselves
- Topic 6: Perseverance: Coping Skills
- Topic 7: Trustworthiness: Erin's Law & Healthy Relationships
- Topic 8: Responsibility: Conflict Resolution

## Grades 3-5

- Topic 1: Self-Awareness: Feelings and Coping Strategies
- Topic 2: Respect: Bully Prevention (DASA)
- Topic 3: Citizenship: Gratitude
- Topic 4: Self-Control: Having a Social Filter & Circle of Control
- Topic 5: Perseverance: Being flexible & Positive self-talk
- Topic 6: Trustworthiness: Erin's Law
- Topic 7: Responsibility: Problems and Conflict Resolution
- Topic 8: Fairness: Celebrating Each Other

## Grades 6-8

- Topic 1: Self Awareness
- Topic 2: Respect: Bullying Prevention (DASA)/ Unity Day
- Topic 3: Mindfulness
- Topic 4: Empathy: Blankets of Hope
- Topic 5: Trustworthiness: Erin's Law
- Topic 6: Responsibility

## Grades 9-12

- Topic 1: Respect: Bullying Prevention
- Topic 2: Empathy: Compassion for Self and Others
- Topic 3: Perseverance: Coping with Failure and Setbacks
- Topic 4: Citizenship: Digital Citizenship
- Topic 5: Self-Control: Mindfulness
- Topic 6: Responsibility: Choices