

PATHS SEL SCOPE AND SEQUENCE

K-6

KINDERGARTEN		
Unit 1 Fostering Positive Classroom Climate	Lesson Number	Topic
	1	Circle Rules/Classroom Rules (September)
	2	PATHS Animals (September)
	3	PATHS Kid for Today (September)
	4	Compliments I (September)
Unit 2 Basic Feelings I		
	5	We All Have Feelings (November)
	6	Happy (December)
	7	Sad (January)
	8	Twiggle Makes Friends (October)
	9	Compliments II (September)
Unit 3 Basic Feelings II		
	10	Mad or Angry I (January)
	11	Scared or Afraid (February)
	12	My Feelings (June)
	13	Mad II (January)
Unit 4 Self Control		
	14	Twiggle Learns to do Turtle, Part 1 (September)
	15	Twiggle Learns to do Turtle, Part 2 (September)
	16	Turtle Technique Review (September)
	17	Appropriate Turtles I (September)
	18	Appropriate Turtles II (September)
	19	Calm or Relaxed (December)

PATHS SEL SCOPE AND SEQUENCE

K-6

Unit 5 Sharing, Caring, and Friendship		
	20	Sharing and Caring I (November)
	21	Sharing and Caring II (November)
	22	Twiggle's Special Day (October)
	23	Advanced Compliments (September)
	24	Feelings Review (June)
Unit 6 Basic Problem Solving		
	25	Making Choices (September/February)
	26	Solving Problems (February/March)
	27	Solving Problems with Friends (February/March)
Unit 7 Intermediate Feelings		
	28	Comfortable and Uncomfortable (November)
	29	Different Types of Feelings (November)
	30	Excited (December)
	31	Tired (February)
	32	Frustrated (April)
	33	Proud (May)
Unit 8 Advanced Feelings		
	34	Love (January)
	35	Worried (May)
	36	Disappointed (March)
	37	Jealous (April)
	38	Furious (April)
	39	Guilty (May)

PATHS SEL SCOPE AND SEQUENCE

K-6

	40	Generous (May)
Unit 9 PATHS Preschool/Kindergarten Wrap-Up		
	41	PATHS Preschool/Kindergarten Review (June)
	42	Saying Goodbye
	43	Ending and Transitioning
	44	PATHS Party

GRADE 1		
Unit 1 Establishing a Positive Classroom Environment	Lesson Number	Topic
	1	Classroom Rules
	2	PATHS Readiness Lesson
	3	PATHS Kid for Today
	4	Giving and Receiving Compliments
Unit 2 Promoting Responsibility and Group Cohesion	5	Good Teamwork
	6	Listening to Others
	7	Sharing
	8	Fair Play Rules
Unit 3 Improving Self-Control, Anger Management and Distress	9	<i>The Turtle Story</i> and Role-plays
	10	Appropriate Use of Turtle Response
	11	Three Steps for Calming Down
	12	Inappropriate Turtles
	13	Appropriate vs Inappropriate Turtles

PATHS SEL SCOPE AND SEQUENCE

K-6

Unit 4 Introduction to Basic Emotions	14	Introduction to Feelings
	15	Happy, Sad, Private
	16	Fine, Excited, Tired
	17	Scared or Afraid, Safe
Unit 5 Feelings, Behaviors and Self-Control	18	Mad or Angry I
	19	Mad or Angry II: Feelings vs Behaviors
	20	Calm or Relaxed, Worried
	21	Sharing Feelings
Unit 6 Improving Self-Control and Basic Problem Solving	22	Self-Control I: Reviewing the Three Steps for Calming Down
	23	Self-Control II: Red Light
	24	Self-Control III: Yellow and Green Lights
	25	Problem-Solving Meeting I
	26	Problem-Solving Meeting II
Unit 7 Manners: A Specific Kind of Caring	27	Accident, On Purpose
	28	Introduction to Manners: Why Are They Important?
	29	<i>Mandy and Her Manners</i>
	30	Manners: Role-plays
Unit 8 Feelings and Expectations	31	Surprised, Expect
	32	Confused, Sure
	33	Embarrassed
	34	Curious or Interested, Bored
	35	Frustrated

PATHS SEL SCOPE AND SEQUENCE

K-6

	36	Disappointed, Hopeful
	37	Handling Frustration and Disappointment
	38	Feelings Review: Guessing Feelings
Unit 9 Friendships: Getting Along with Others	39	What is a Friend?
	40	<i>Hip-Hop's New Friend</i>
	41	Lonely
	42	<i>Making Friends</i>
	43	Shy
	44	Repairing Friendships
Unit 10 Complex Feelings	45	Like/Love, Dislike/Hate, Disgusted
	46	Jealous, Content or Satisfied
	47	Proud, Ashamed
	48	Guilty
	49	Malicious, Kind
	50	Privacy and Sharing Your Feelings
Unit 11 Endings, Transitions and Moving On	51	Reactions and Review
	52	Planning a PATHS party
GRADE 2		
Unit 1 Establishing a Positive Classroom Environment and Enhancing Self-Esteem	Lesson Number	Topic
	1	Classroom Rules: <i>Mr. Jones and His Class</i>
	2	PATHS Kid for Today: Complementing

PATHS SEL SCOPE AND SEQUENCE

K-6

	3	Review of PATHS Concepts
	4	Listening to Others
	5	Fair Play Rules
	6	Manners
Unit 2 Self-Control, Self-Awareness & Anger Management	7	Self-Control I: Steps for Calming Down
	8	Self-Control II: Learning Self-Control
	9	Control Signals Poster I: Anger Management
	10	Control Signals Poster II: Using the Control Signals Poster
Unit 3 Introduction to Basic Emotions	11	Introduction to Feelings: Happy, Sad, Private
	12	Fine, Excited Tired
	13	Scared or Afraid, Safe
	14	Mad or Angry I
	15	Mad or Angry II: Recognizing Anger
	16	Calm or Relaxed, Worried
	17	Paths Review Lesson I
Unit 4 Using Our Thinking Skills	18	Mad or Angry II: <i>Baxter and His Temper</i>
	19	Making Good Choices
	20	Problem-Solving Meeting I
	21	Problem-Solving Meeting II: School Transitions
Unit 5 Friendships: Getting Along with Others I	22	Shy, Lonely
	23	Making Friends: <i>Baxter Makes a New Friend</i>
	24	Frustrated
	25	Being a Good Winner/Loser

PATHS SEL SCOPE AND SEQUENCE

K-6

	26	Problem-Solving Meeting III: Friendship/Recess
Unit 6 Feelings in Relationships I	27	Jealous, Content or Satisfied
	28	Like/Dislike, Love/Hate, Tolerance
	29	Different Points of View
	30	Guilty
	31	Proud, Ashamed
	32	PATHS: Review II: Guessing Feelings
Unit 7 Friendship: Getting Along with Others II	33	Keeping a Friend: <i>Baxter's Challenge</i>
	34	Making Up With Friends
	35	Greedy or Selfish, Generous
	36	Practicing Generosity: A Community Project
Unit 8 Feelings and Expectations	37	Surprised, Delighted, Disgusted
	38	Accident, On Purpose
	39	Disappointed, Hopeful
	40	Embarrassed, Humiliated
Unit 9 Feelings about School and Learning	41	Fair/ Not Fair
	42	Curious or Interested, Bored, Confused, Confident
	43	Trying Harder: Attributions of Success
	44	Overcoming Obstacles: Perseverance
Unit 10 Feelings in Relationships II	45	Malicious, Kind
	46	Rejected, Included
	47	Teasing

PATHS SEL SCOPE AND SEQUENCE

K-6

	48	Problem-Solving Meeting IV: Bullying
Unit 11 Endings and Transitions	49	PATHS Reactions and Reviews
	50	Planning a PATHS Party

GRADE 3

Unit 1 Establishing a Positive Classroom Environment	Lesson Number	Topic
	1	Formulating Class Rules
	2	PATHS Review
	3	Cooperative Learning Skills
	4	The Golden Rule
	5	Listening to Others
Unit 2 Self Control and Problem Solving	6	Self Control I
	7	Self Control II
	8	Self Control III
	9	Problem Solving Meeting
Unit 3 Feelings Are Important	10	Intro to Feelings
	11	Recognizing and Controlling Anger
	12	Calm or Relaxed, Tense
	13	Guilty
	14	Jealous
	15	Feelings Dictionary
	16	My Own Feelings Story
	17	Feelings Intensity

PATHS SEL SCOPE AND SEQUENCE

K-6

Unit 4 Friendship	18	Best Friends I
	19	Best Friends II
	20	Best Friends III
	21	Best Friends IV
	22	Best Friends V
Unit 5 Maintaining Relationships and Respecting Others	23	Manners
	24	Playing by the Rules
	25	Avoiding Gossip
	26	We Are All Unique
	27	Respecting Others
Unit 6 Problem Solving and Goal Setting	28	Problem Identification I
	29	Problem Identification II
	30	Problem Identification III
	31	Goals
	32	Setting Positive Goals
	33	Reaching Our Goals
Unit 7 Generating Solutions	34	Generating Solutions I
	35	General Solutions II
	36	General Solutions III
	37	Coping With Difficult Problems
Unit 8 Being Responsible and Caring For Others	38	Being Responsible
	39	Creating Changes: Biography of Malala Yousafzai
	40	Social Responsibility: Project to Improve Our School

PATHS SEL SCOPE AND SEQUENCE

K-6

Unit 9 Endings, Transitions, and Moving On	41	Reactions and Review
	42	Planning a PATHS Party
GRADE 4 Novel Studies: The Hundred Dresses, Drita, My Homegirl, Shiloh, In the Year of the Boar		
Unit 1 Establishing a Positive Classroom Environment	Lesson Number	Topic
	1	Formulating Classroom Rules
	2	PATHS Kid (Complementing)
	3	PATHS Question and Answer Game
	4	Cooperative Learning Skill
	5	The Golden Rule
	6	Problem Solving and the Golden Rule
Unit 2 Introduction to Feelings	7	Feelings Review
	8	Recognizing and Controlling Anger
	9	Calm or Relaxed, Tense
	10	Feelings Dictionary
	11	My Own Feelings Story
	12	Feelings Review
Unit 3 Problem Solving	13	Treasure Hunt / Problem Solving review
	14	Making Good Decisions: <i>At the Mall</i>
	15	Identifying Problems, Feelings, Goals and Solutions
	16	Consequences: What Might Happen Next
	17	Making a Good PLaN
	18	Trying Your Plan and Evaluating What Happens
	19	Trying Your Plan: Refusal Skills

PATHS SEL SCOPE AND SEQUENCE

K-6

	20	Trying Again : Obstacles
	21	Solving Problems: Dear problem Solvers
Unit 4 Goals and Identity	22	Setting and Reaching Your Goal: A Biography of Harriet Tubman
	23	Setting a Goal: A Class Project to Improve the School
	24	Setting a Goal and Making a Plan
	25	Goals For Our World- Global Understanding
Unit 5 Making and Keeping Friends	26	Making New Friends
	27	Joining Other Kids
	28	The Eagles and the Playoffs I
	29	The Eagles and the Playoffs II
	30	The Eagles and the Playoffs III
	31	Managing Our Feelings
	32	Forgiving / Resentful
Unit 6 Being Responsible and Caring For Others	33	Being Responsible and Creating Change: A Biography of Dr Martin Luther King.
	34	Rejected, Excluded
	35	Stereotypes and Discrimination
	36	Dealing With Gossip
	37	Bullying: How to Respond
	38	Being Responsible: Helping Others in Bullying Situations
	39	Being Responsible: A Class Project of Commemoration
	40	PATHS Closing Lesson; Reactions and Review

PATHS SEL SCOPE AND SEQUENCE

K-6

GRADE 5		
Unit 1: Establishing a Positive Classroom Climate	1	PATHS Review: Family Fun
	2	All About Us
	3	Problem Solving I: Meetings and the Golden Rule
	4	Ways to Calm Down
	5	Calm or Relaxed, Tense
	6	Ways to Cope with Stress
	7	Problem Solving II: Dear Problem Solvers
Unit 2: Emotional Understanding I	8	Introduction to Feelings
	9	Feelings Thesaurus I
	10	Feelings Thesaurus II
	11	Linking Feelings and Literature
	12	Linking Feelings and Social Studies
Unit 3: Study and Organizational Skills	13	Study Skills
	14	HEY
	15	Triple T: Part 1
	16	Positive Motivation
	17	Triple T: Part 2 - SET
	18	Being Organized
	19	Planning Ahead: A Project to Improve Our School
Unit 4: Advanced Problem Solving and Peer Relationships	20	Mr. Nelson and the Test: Part 1
	21	Mr. Nelson and the Test: Part 2
	22	Making Good Choices

PATHS SEL SCOPE AND SEQUENCE

K-6

	23	Problem Solving: How to Respond to Bullying
	24	Problem Solving: Helping Others in Bullying Situations
Unit 5: Resolving Conflict	25	Respecting Others When you Disagree
	26	What is Conflict?
	27	Solving Conflicts with the Golden Rule
	28	Stating the Problem: I-Statements
	29	When Others Are Angry
Unit 6: Emotional Understanding II	30	The Guilt Demon
	31	Sorry: Feelings vs. Behaviors
	32	Managing Anxiety
	33	Emotional Cues in Other People
	34	Emotional Cues in Ourselves
	35	Keeping Our Feelings Private
	36	PATHS Closing Lesson: Reactions and Review
Novel Study Guides		
Maniac Magee	1	Chapters 1-3
	2	Chapters 4-8
	3	Chapters 9-10
	4	Chapters 11-15
	5	Chapters 16-18
	6	Chapters 19-21
	7	Chapters 22-26
	8	Chapters 27-29
	9	Chapters 30-32
	10	Chapters 33-35

PATHS SEL SCOPE AND SEQUENCE

K-6

	11	Chapters 36-38
	12	Chapters 39-42
	13	Chapters 43-46
Hatchet	1	Chapters 1-2
	2	Chapters 3-4
	3	Chapters 5-6
	4	Chapters 7-9
	5	Chapters 10-12
	6	Chapters 13-15
	7	Chapters 16-18
	8	Chapter 19 and Epilogue
Number the Stars	1	Chapters 1-3
	2	Chapters 4-6
	3	Chapters 7-9
	4	Chapters 10-12
	5	Chapters 13-15
	6	Chapters 16-17 and Afterword
Bridge to Terabithia	1	Chapters 1-2
	2	Chapters 3-4
	3	Chapters 5-6
	4	Chapters 7-9
	5	Chapters 10-11
	6	Chapters 12-13
Optional Lessons (at PATHSProgram.com; use username PATHS_5 and password 502050-E	1	Formulating Classroom Rules
	2	Feelings Review: Feelings and Your Brain

PATHS SEL SCOPE AND SEQUENCE

K-6

	3	Fair/Not Fair 1
	4	Fair/Not Fair 2
	5	Fair/Not Fair 3
	6	Fair/Not Fair 4
	7	Fair/Not Fair 5
	8	Fair/Not Fair 6
GRADE 6		
Unit 1: A Wrinkle In Time	1	Introduction to Emotions
	2	Understanding and Building Self-Confidence and Self-Esteem
	3	Understanding and Appreciating Character Strengths
	4	Using Compassion to Stand Up to Bullying
	5	Pressure and Stress
	6	Mindfulness Matters
	7	Facing Failure
	8	Growth Mindset
	9	Teamwork and Collaboration
	10	Decision-Making
	11	Values
	12	Responsibility and Accountability
Unit 2: Walk Two Moons	1	Self-Perception
	2	Optimism
	3	Grief
	4	Identity
	5	Nonverbal Communications
	6	Diversity
	7	Perspective Taking

PATHS SEL SCOPE AND SEQUENCE

K-6

	8	Healthy and Unhealthy Relationships
	9	Making and Maintaining Friendships
	10	Rules
	11	Gossiping
	12	Jealousy and Envy
Unit 3: A Long Walk to Water	1	Resilience
	2	Executive Functioning
	3	Fear Less
	4	Reaching Out for Resources
	5	Respect for Living Things
	6	Community Involvement
	7	Giving and Receiving Feedback
	8	Cultural Competence
	9	Go For the Goals
	10	Leadership Skills
	11	Gratitude and Generosity
	12	Perseverance and Hope
		Additional SCOPE Strategies
		Glossary