



SOAR® Social-Emotional Learning Skills/Concepts

	SOAR® SEL Lesson		Skills/Concepts Covered
	Lesson #	Lesson Title	
Self	1	Introduction	<ul style="list-style-type: none"> • Develop Mindsight
	2	Who Am I?	<ul style="list-style-type: none"> • Identify your strengths • Explore your personality • Establish your values • Determine “Who I am NOT?”
	3	How Do I Feel?	<ul style="list-style-type: none"> • Understand where feelings come from • Name feelings (and the power of doing so)
	4	How Do I Think?	<ul style="list-style-type: none"> • Understand where thoughts come from • Recognize schemas • Establish a growth mindset • Identify the Four Levels of Thinking • Understand the Paradox of Thought
	5	How to Build the “Right” Attitude	<ul style="list-style-type: none"> • Decide to be resilient • Foster mindfulness • Practice self-reflection/journaling • Learn the power of gratitude • Establish self-care habits • Identify “What motivates me?”
	6	How to Manage Emotions	<ul style="list-style-type: none"> • Recognize triggers • Change feelings • Build emotional intelligence skills • Control anger/Impulse reactions • Recognize guilt/shame • Manage frustration • Responding to sadness & depression • Identify signs of suicide & getting help • Processing grief
	7	How to Manage Stress & Anxiety	<ul style="list-style-type: none"> • Manage stress • Handle anxiety • Build confidence • Respond appropriately to disappointments, setbacks, & failure • Handle peer pressure • Adapt to new situations
	8	How to Set Goals	<ul style="list-style-type: none"> • Establish goals • Prioritize activities
	9	How to Get Organized	<ul style="list-style-type: none"> • Organize time • Organize school papers & bookbag • Organize your space: bedroom & locker



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Others	10	How Do Others Think & Feel?	<ul style="list-style-type: none"> Identify Fundamental Attribution Error Recognize others' perspectives (situations, feelings, levels of thinking, schema, etc.) Develop empathy 	
	11	Diversity, not Division	<ul style="list-style-type: none"> Appreciate diversity Respect others 	
Align	12	Different Types of Relationships	<ul style="list-style-type: none"> Recognize "Circles of Myself" Identify different types of relationships (family, friends, school/professional, romantic, etc.) Establish people you can ask for help (from "Circles of Myself") 	
	13	How to Communicate & Build Relationships	<ul style="list-style-type: none"> Build rapport + relationships Utilize effective speaking & listening Avoid group-think Active listening Identify all components of communication 	
	14	How to Work with Groups	<ul style="list-style-type: none"> Work effectively on a team Manage conflicting ideas Leadership 	
	15	How to Handle Relationship Challenges	<ul style="list-style-type: none"> Establish boundaries Manage conflict Create win-win outcomes Handle miscommunication Handle pressure from others 	
	16	Are You an Ally or a Bully?	<ul style="list-style-type: none"> Be an ally Diffuse a bullying situation Support others: make peers feel welcome, avoid saying the wrong thing Resist making fun of someone in the name of "humor" 	
Responsibility	17	How to Make Decisions	<ul style="list-style-type: none"> Make decisions (with the best outcomes) Consider consequences 	
	18	Responsibility in the Real World	<ul style="list-style-type: none"> Identify your role in the world Practice ethical behavior Display professionalism 	