

SOAR[®] Social-Emotional Learning Skills: Potential Weekly Schedules

Please note that these schedules are provided as guidelines and are in no way meant to exclude other scheduling options.

You are free to modify the curriculum as you see fit to meet your individual needs.

Potential 36 Week Course Schedule

Week Number	What to Cover
1-2	Floor 1: Why SEL?
3-4	Floor 2: Who Am I?
5-6	Floor 3: How Do I Feel?
7-8	Floor 4: How Do I Think?
9-10	Floor 5: How to Build the “Right” Attitude
11-12	Floor 6: How to Manage Emotions
13-14	Floor 7: How to Manage Stress & Anxiety
15-16	Floor 8: How to Set Goals
17-18	Floor 9: How to Get Organized
19-20	Floor 10: How Do Others Think & Feel?
21-22	Floor 11: Diversity, Not Division
23-24	Floor 12: Relationships: Connection Thru Communication
25-26	Floor 13: How to Build Relationships & Communicate
27-28	Floor 14: How to Work With Groups
29-30	Floor 15: How to Handle Relationship Challenges
31-32	Floor 16: Are You an Ally or a Bully?
33-34	Floor 17: How to Make Decisions
35-36	Floor 18: Responsibility in the Real World

Optional Activities for Deeper Learning Opportunities

The following are the types of optional activities provided with each floor to extend the learning process, thus allowing the teacher to choose the best learning opportunities based on students’ needs, interests, and available instructional time.

Discussion Prompts: 3 conversation starters per floor to foster paired or small group discussion.

Writing Reflections: 2 writing prompts per floor for students’ deeper reflection of applying the content.

Articles: 1-3 (varies per floor) articles for students to see skills applied in a variety of real-world scenarios.

Videos: 1-3 (varies per floor) videos to illustrate high-interest application of content for further reflection.

Tools: Some lessons have unique/specific tools that can be used to extend the learning process.

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Potential 18 Week Course Schedule

Week Number	What to Cover
1	Floor 1: Why SEL?
2	Floor 2: Who Am I?
3	Floor 3: How Do I Feel?
4	Floor 4: How Do I Think?
5	Floor 5: How to Build the “Right” Attitude
6	Floor 6: How to Manage Emotions
7	Floor 7: How to Manage Stress & Anxiety
8	Floor 8: How to Set Goals
9	Floor 9: How to Get Organized
10	Floor 10: How Do Others Think & Feel?
11	Floor 11: Diversity, Not Division
12	Floor 12: Relationships: Connection Thru Communication
13	Floor 13: How to Build Relationships & Communicate
14	Floor 14: How to Work With Groups
15	Floor 15: How to Handle Relationship Challenges
16	Floor 16: Are You an Ally or a Bully?
17	Floor 17: How to Make Decisions
18	Floor 18: Responsibility in the Real World

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Potential 9 Week Course Schedule

Week Number	What to Cover
1	Floor 1: Why SEL?
	Floor 2: Who Am I?
2	Floor 3: How Do I Feel?
	Floor 4: How Do I Think?
3	Floor 5: How to Build the “Right” Attitude
	Floor 6: How to Manage Emotions
4	Floor 7: How to Manage Stress & Anxiety
	Floor 8: How to Set Goals
5	Floor 9: How to Get Organized
	Floor 10: How Do Others Think & Feel?
6	Floor 11: Diversity, Not Division
	Floor 12: Relationships: Connection Thru Communication
7	Floor 13: How to Build Relationships & Communicate
	Floor 14: How to Work With Groups
8	Floor 15: How to Handle Relationship Challenges
	Floor 16: Are You an Ally or a Bully?
9	Floor 17: How to Make Decisions
	Floor 18: Responsibility in the Real World

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