

Pitman Public Schools Curriculum Guide

Aligned to the 2020 New Jersey Student Learning Standards
(Revised and Adopted in 2016 for Math and ELA)

ENGAGING STUDENTS • FOSTERING ACHIEVEMENT • CULTIVATING 21ST CENTURY GLOBAL SKILLS

COURSE INFORMATION	
Content Area: School Counseling/Character Education	
Course Title: Social Emotional Learning Curricula	Grade Level(s): Pre-K through 5th Grade

EXECUTIVE DESCRIPTION OF THE COURSE	
Course Overview: Students will participate in lessons that focus on social emotional learning. Using the NJ Social and Emotional Learning Competencies and Sub Competencies, students will learn about self awareness, self management, social Awareness, Responsible Decision Making and Relationship Skills. Lessons will be differentiated at each grade level--using different materials/resources/activities.	
List of resources/support materials:	A variety of books and videos will be utilized for these lessons that are appropriate for each grade level. These resources are listed in the lessons.

COURSE TIMELINE		
UNIT #	DESCRIPTION OF CONTENT (BY UNIT)	Length of Unit
1	Self-Awareness <ul style="list-style-type: none">Recognize one's feelings and thoughtsRecognize the impact of one's feelings and thoughts on one's own behavior	30 minutes

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Building on our unique traditions, the mission of the Pitman School District, in partnership with families and our community, is to educate all students through exceptional learning experiences to be discerning, ethical, confident citizens. All students will satisfy the requirements of the New Jersey Student Learning Standards.

	<ul style="list-style-type: none"> ● Recognize one’s personal traits, strengths, and limitations ● Recognize the importance of self-confidence in handling daily tasks and challenges 	
2	<p>Self-Management</p> <ul style="list-style-type: none"> ● Understand and practice strategies for managing one’s own emotions, thoughts, and behaviors ● Recognize the skills needed to establish and achieve personal and educational goals ● Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one’s goals 	30 minutes
3	<p>Social Awareness</p> <ul style="list-style-type: none"> ● Recognize/identify thoughts and feelings and perspectives of others ● Demonstrate an awareness of differences among individuals, groups and other cultural backgrounds ● Demonstrate an understanding for the need of for mutual respect when viewpoints differ ● Demonstrate an awareness of the expectation for social interaction in a variety of settings 	30 minutes
4	<p>Responsible Decision-Making</p> <ul style="list-style-type: none"> ● Develop, implement, and model effective problem solving and critical thinking skills ● Identify the consequences associated with one’s action in order to make constructive choices ● Evaluate personal, ethical, safety and civic impact of decisions 	30 minutes
5	<p>Relationship Skills</p> <ul style="list-style-type: none"> ● Establish and maintain healthy relationships ● Utilize positive communication and social skills to interact effectively with others ● Identify ways to resist inappropriate social pressure ● Demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways 	30 minutes

	<ul style="list-style-type: none"> Identify who, when, where or how to seek help for oneself or others when needed 	
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OTHER INFORMATION	
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