



THE CORE PROJECT

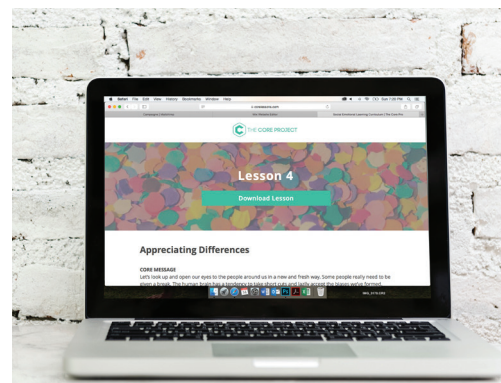
Core Lessons

Middle & High School SEL Curriculum

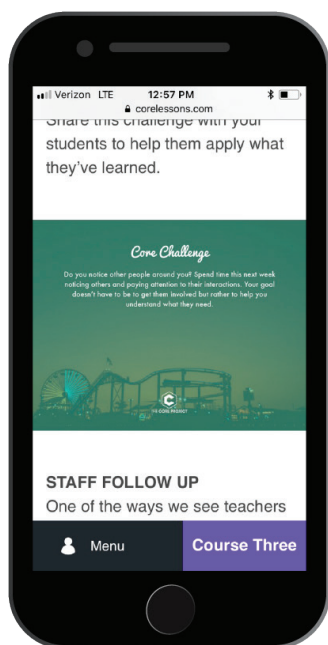


Helping students succeed in school and beyond.

When academics and SEL is combined, academic achievement increases, behavior issues decrease, and the school culture becomes a place where students feel connected and teachers love to teach. Schools shouldn't have to decide between what matters more—academics or SEL—Core Lessons makes it possible to do both.



CORE LESSONS AT-A-GLANCE



What's Included:

- Middle or high school curriculum for SEL courses or Advisory classrooms
- 35 lessons per year or 105 total lessons for Middle School
- 25 lessons per year or 100 total lessons for High School
- An easy-to-use web portal to access digital or print-ready curriculum
- Video tutorials to demonstrate lesson activities
- Curriculum Guide for administrators with course schedules, supply lists, and models for school-wide implementation
- Assessment tools and reports to track results
- Personal consultation and ongoing support

Research Driven-Model

Core Lessons develop five identified SEL competencies: **self-management**, **self-awareness**, **social awareness**, **responsible decision making**, and **relationship skills**. Facilitated by the classroom teacher, Core Lessons provide opportunities for students to learn skills through experiential activities and interactive classroom discussions.

www.thecorepro.com

WHAT'S INCLUDED

Scope & Sequence

Each course contains 35 lessons. 30-minute lessons are implemented one day a week for 35 weeks:

Course 1	Course 2	Course 3
1. Making Connections	1. Making Connections	1. Making Connections
2. Valuing Names	2. Valuing Names	2. Valuing Names
3. Facing Challenges	3. Facing Challenges	3. Facing Challenges
4. Appreciating Differences	4. Appreciating Differences	4. Appreciating Differences
5. Core Check-In	5. Core Check-In	5. Core Check-In
6. Gift	6. Gift	6. Conflict Management
7. Empathy	7. Empathy	7. Empathy
8. Responsible Decision Making	8. Responsible Decision Making	8. Responsible Decision Making
9. Common Ground	9. Friendship	9. Friendship
10. Core Check-In	10. Core Check-In	10. Core Check-In
11. Attitude	11. Respect	11. Habits
12. Belonging	12. Belonging	12. Belonging
13. Cooperation	13. Cooperation	13. Cooperation
14. Social Awareness	14. Social Awareness	14. Social Awareness
15. Core Check-In	15. Core Check-In	15. Core Check-In
16. Stress	16. Stress	16. Stress
17. Including Others	17. Influence and Impact	17. Influence and Impact
18. Kindness	18. Kindness	18. Kindness
19. Diversity	19. Diversity	19. Diversity
20. Core Check-In	20. Core Check-In	20. Core Check-In
21. Goal Setting	21. Goal Setting	21. Goal Setting
22. School Culture	22. School Culture	22. School Culture
23. Making Connections 2	23. Getting Involved	23. Getting Involved
24. Vision	24. Optimism	24. Optimism
25. Core Check-In	25. Core Check-In	25. Core Check-In
26. Effective Communication	26. Effective Communication	26. Effective Communication
27. Teamwork	27. Teamwork	27. Teamwork
28. Honesty	28. Honesty	28. Personal Responsibility
29. Success	29. Success	29. Success
30. Core Check-In	30. Core Check-In	
31. Gratitude	31. Gratitude	
32. Support	32. Support	
33. Listening	33. Understanding	
34. Affirmations	34. Affirmations	
35. Core Check-In	35. Core Check-In	

Scope & Sequence

HIGH SCHOOL CURRICULUM | CORE LESSONS

Course 1	Course 2	Course 3	Course 4
1. A Core Project Intro	1. Social Awareness	1. Making Connections	1. Who We Are
2. Class Agreement	2. Appreciating Differences	2. Support	2. Character
3. School as Community	3. Empathy	3. Being Present	3. Belonging
4. Trustability	4. Creating Community	4. Empathy	4. Conflict Management
5. Expanding Comfort Zones	5. Sharing & Reflection	5. Sharing & Reflection	5. Giving an Apology
6. Sharing & Reflection	6. Critical Thinking Skills	6. Habits	6. Sharing & Reflection
7. Speak Life	7. Taking Control	7. Being Dependable	7. Power of Thought
8. Mindful Mandates	8. Hitting the Reset Button	8. Self-Efficacy	8. Training Your Brain
9. Staying Well		9. Self-Efficacy	9. Emotioning the Future
10. Pressure from the Outside	10. Facing Fear	10. Satisfaction & Motivation	10. Victim Mentality
11. Pressure from the Inside	11. Expecting More	11. Power & Privilege	11. Power & Privilege
12. Sharing & Reflection	12. Being Grateful	12. Work Ethic	12. Sharing & Reflection
13. Choosing Attitudes	13. Expanding Empathy	13. Sharing & Reflection	13. Sharing & Reflection
14. Respecting Agreements	14. Being Grateful	14. Organization Skills	14. Mental Health Part 1
15. Freedom & Responsibility	15. Relationships	15. Organization Skills	15. Mental Health Part 2
16. Managing Emotions	16. De-polarizing the Environment	16. Responding to Threats	16. Setting Boundaries
17. Apologizing & Forgiveness	17. Interviewing	17. Interviewing	17. Humor & Coping Mechanisms
18. Sharing & Reflection	18. Sharing & Reflection	18. Sharing & Reflection	18. The Pursuit of Happiness
19. Goal Setting Part 1	19. Knowing Your Worth	19. Positive Attitude	19. Feedback
20. Goal Setting Part 2	20. Vulnerability	20. Staying Healthy	20. Negotiation Skills
21. Valuing Time	21. Honesty	21. Ask for Help	21. Interviewing
22. Challenge By Choice	22. Cooperation & Teamwork	22. Gratitude	22. Leadership
23. Big Picture Thinking	23. Making Healthy Decisions	23. Gratitude	23. Unshakable
24. Sharing & Reflection	24. Sharing & Reflection	24. Sharing & Reflection	24. Sharing & Reflection
25. Final Thoughts	25. Final Thoughts	25. Final Thoughts	25. Final Thoughts

Experience-Based Learning

30-minute lessons are accessed from a web-based portal and require very little prep time or supplies. Lesson include an **introduction, practice, reflection, and discussion**, and a **Core Challenge**. Each 4-week unit is followed by a small-group reflection and check-in to reinforce skills and increase support for students.

Educator Development & Support

Expert facilitators provide Professional Development for the Curriculum Coordinator(s) or a team of educators. Training is provided on social and emotional competencies, research, instructional practices, and program concepts.

Teachers and administrators receive year-round support with the purchase of an annual school-wide license.

Resources, Tools, & Video Tutorials

A resource section provides teachers with access to course schedules, tips for success, professional learning, and other helpful tools. Video tutorials are also available to demonstrate activities for several lessons. Teachers have direct access to our staff for technical support, to provide feedback, or inquire about specific lessons.

