



LINKS 2-4

A series of ten 35-minute weekly sessions, focusing on responsibility

Social Awareness:

The ability to accurately understand the emotions of other people and empathize with them.

Relationship Skills:

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.



Week 1

Expectations & Choices

Week 2

Attention & Focus

Week 3

Accepting Responsibility

Week 4

Self-Talk

Week 5

Problem Solving

Week 6

Boundaries

Week 7

Self-Advocacy

Week 8

Perspective Taking

Week 9

Empathy

Week 10

Teamwork

NYS SEL Benchmarks

Goal 1: Develop self-awareness that: nurtures and affirms a strong sense of identity, informs decisions about personal actions, and builds a sense of agency.

- Boundaries
- Self-Advocacy

Goal 2: Use social awareness and interpersonal skills to establish and maintain mutually supportive relationships with individuals and groups and nurture a strong sense of belonging.

- Perspective Taking
- Empathy
- Friendship
- Teamwork

Goal 3: Demonstrate intentional decision-making skills and behaviors that consider social, emotional, and physical safety and well-being in personal, family, school, and community contexts.

- Expectations
- Attention and Focus
- Boundaries
- Self-Advocacy

NYS ELA Benchmarks Speaking and Listening

Comprehension and Collaboration

Goal 1: Prepare for and participate effectively in a range of conversations and collaborations with diverse partners; express ideas clearly and persuasively, and build on those of others.

- Boundaries
- Perspective Taking
- Empathy
- Friendship
- Teamwork