



# LINKS K-I

A series of 30 minute weekly sessions over 8 weeks, focusing on respect

## **Self Awareness:**

Being aware of one's inner life (i.e., emotions, thoughts, behaviors, values, goals, preferences, strengths, challenges, etc.), and how these elements impact one's behaviors and choices.

## **Self Management:**

The ability to navigate your thoughts, emotions and behaviors in a healthy way to make decisions and reach goals that benefit oneself and others.



## **Week 1**

**Expectations & Respect**

## **Week 2**

**Making Choices**

## **Week 3**

**Growth Mindset**

## **Week 4**

**Tattling vs. Telling**

## **Week 5**

**Understanding Emotions**

## **Week 6**

**Positive Thinking**

## **Week 7**

**Friendships**

## **Week 8**

**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.

- Growth Mindset
- Understanding Emotions
- Positive Thinking Skills
- Making Choices

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.

- Friendships
- 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
- Accepting/Giving Feedback
- Making Choices

## 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.

- Growth Mindset
- Positive Thinking Skills
- Accepting/Giving Feedback
- Friendships
- Making Choices
- Teamwork