

TRANSFORM MY EMOTIONS
3-5 Kindly Learning Purpose Pathways

CASEL Alignment

MY EMOTIONS & FEELINGS

			CASEL Competencies				
Module	Topic Module	Purpose Prep Lessons	SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
1	Why Emotions Are Important	Why Are Emotions Important?	✓	✓	✓	✓	✓
		How to Make Good Decisions	✓	✓			✓
		Changing Bad Feelings	✓	✓	✓		
		Coloring Our Emotions	✓	✓			✓
		How Emotions Impact Others			✓	✓	✓
2	Learning My Basic Emotions	Sadness and Happiness		✓	✓	✓	✓
		Anger	✓	✓		✓	✓
		Love	✓		✓	✓	
		What Do I Do When I'm Afraid?	✓	✓			✓
		Peace	✓	✓	✓	✓	✓
3	Emotions & Relationships	Bullying	✓	✓	✓	✓	✓
		Attitude			✓	✓	✓
		Being A Good Friend	✓		✓	✓	
		Anger Towards Others	✓	✓		✓	✓
		Giving & Receiving Love		✓	✓		✓

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ERIN'S LAW

			CASEL Competencies				
Module	Topic Module	Purpose Prep Lessons	SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
1	Personal Responsibility	Ways to Stay Safe	✓	✓	✓		
		Follow Your Feelings	✓	✓			✓
		Don't Keep Secrets		✓	✓	✓	
		Keep Speaking Up		✓	✓	✓	✓
		Peaceful Words		✓	✓	✓	✓
2	Personal Health Concepts	Be Responsible	✓	✓			✓
		Unsafe vs. Unwanted	✓	✓	✓	✓	
		Respect Everyone & Their Personal Rights	✓		✓	✓	
		How to Say "No"	✓	✓		✓	✓
		Goal Achievement That Brings Hope	✓	✓			
3	Positive & Negative Influences	Always Ask		✓		✓	✓
		Relationships	✓		✓	✓	
		Protecting Others			✓	✓	✓
		Secrets Are Not Safe		✓	✓		✓
		Being Realistic About Our Dreams & Goals	✓	✓			✓

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VALUES & PRINCIPLES

Module	Topic Module	Purpose Prep Lessons	CASEL Competencies				
			SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
1	Living From Purpose	What Are Values & Principles	✓	✓			✓
		Personal Responsibility	✓	✓			✓
		Having Integrity		✓		✓	✓
		Giving Respect to Others		✓	✓	✓	
		Teamwork	✓		✓	✓	
2	Exercising My Heart	Building My Values System	✓	✓			✓
		Personal Grit	✓	✓			✓
		Grateful Hearts		✓	✓	✓	
		Free Forgiveness	✓	✓	✓	✓	✓
		Empathy		✓	✓	✓	
3	Becoming Unstoppable	Values & Purpose	✓	✓			✓
		Being Optimistic	✓	✓			✓
		Healthy Decision-Making	✓	✓			✓
		Bring Generous		✓	✓	✓	
		Leadership	✓	✓	✓	✓	