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| **Month Content Area** | **Themes** | **QuaverSEL** | **Resources** |
| **September** | School Safety - Safe & Trusted Adult |  | * **Tx School Safety Center & Sandy Hook Lessons** * **Trusted Adult Worksheet** |
| *Intrapersonal* | Mindfulness | Resources in Teacher Toolbox | * Prek- 2nd- Be the Pond Video <https://youtu.be/wf5K3pP2IUQ> * 3rd-5th- What is Mindfulness? <https://youtu.be/7-1Y6IbAxdM> * Mandala coloring pages * Quaver SEL When Bad Things Happen |
| *Effectiveness* | Coping with Anger/Frustration Emotions & Self-Care | Grades 2-5 Lesson 1 K-5 Lesson 32 | * Tranquil Turtle Powerpoint & Worksheet * Quaver SEL Relax Your Mind/ Breathing Calms Me |