|  |  |  |  |
| --- | --- | --- | --- |
| **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 1K-5 Lesson 32 | * Tranquil Turtle Powerpoint & Worksheet
* Quaver SEL Relax Your Mind/ Breathing Calms Me
 |