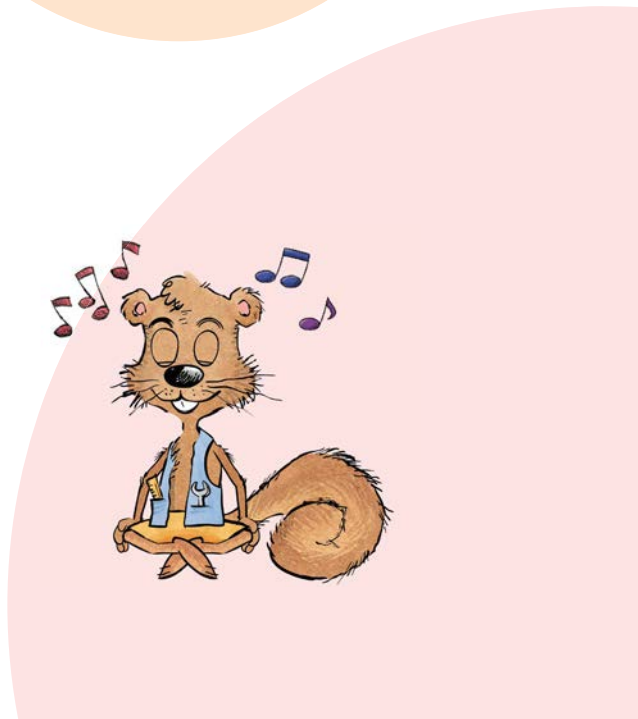
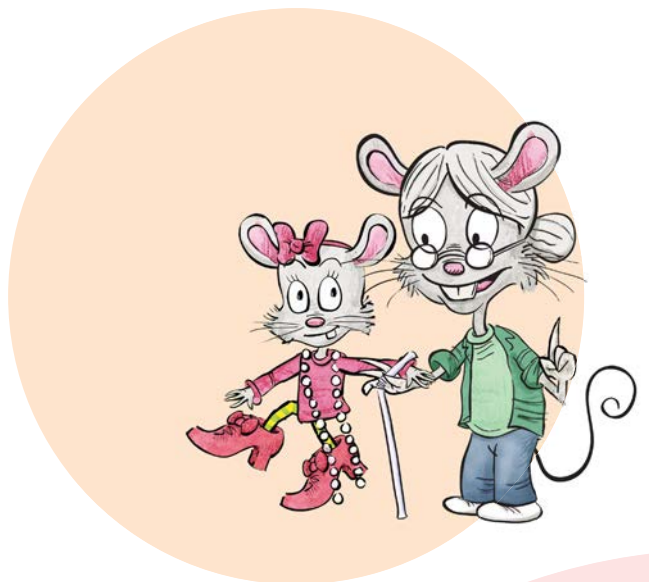


# Early Learning Curriculum Scope & Sequence





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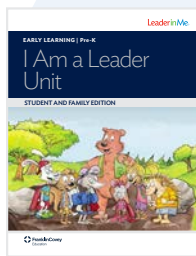
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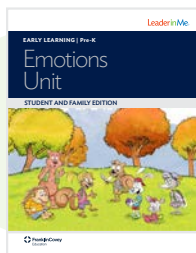
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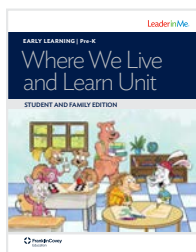
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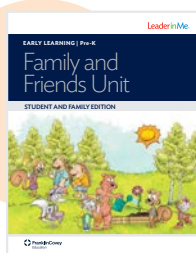
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# *I Am a Leader* Unit Scope and Sequence

Access digital slides and resources for the [I Am A Leader Unit](#) on *Leader in Me* Online.

Access printable versions in the [I Am A Leader Unit Resource Collection](#).

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 1: I Am a Leader</b>	Responsibility	Building Habits	Learners will be able to describe how to lead at school.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 1	What Is a Leader?	I can describe what it means to be a leader.	
Lesson 2	What Do Leaders Do and Say?	I can tell what a leader does and says.	
Lesson 3	Let's Think-Pair-Share	I can Think-Pair-Share with a partner.	
Lesson 4	Leading at School	I can explain how to be a leader during the morning routine.	
Lesson 5	Leaders and Habits	I can discuss how leaders build good habits.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 2: I'm in Charge of Me</b>	Responsibility	Habit 1: Be Proactive®	Learners will be able to practice taking charge of their learning and explain how a growth mindset can help them learn difficult things.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 6	My Brain Can Grow	I can name things I can do now that I couldn't do when I was a baby.	
Lesson 7	I Want to Learn ...	I can celebrate the things I know how to do.	
Lesson 8	I Can!	I can prepare my brain to learn difficult things.	
Lesson 9	I Just Can't Do It Yet!	I can prepare my body to learn.	
Lesson 10	I'm in Charge of Me	I can practice being in charge of me.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 3: Have a Plan</b>	Vision Achieve Goals	Habit 2: Begin With the End in Mind®	Learners will be able to practice making plans and achieving goals.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 11	Leaders Want to Grow	I can describe what a goal is and why leaders have goals.	
Lesson 12	Choose a Goal	I can describe something I want to learn or do.	
Lesson 13	Make a Plan	I can create a plan to reach my goal.	
Lesson 14	Helping Each Other Reach Goals	I can encourage others to reach goals.	
Lesson 15	Goals Help Us Begin With the End in Mind	I can describe how a plan helps me accomplish difficult things.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 4: Do the Important Things First</b>	Prioritization	Habit 3: Put First Things First®	Learners will be able to plan and prioritize activities in order to do the most important things first.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 16	What's Important to Me	I can name things that are important to me.	
Lesson 17	Leaders Make Good Choices	I can describe how leaders make good choices.	
Lesson 18	Do The Important Things First	I can tell why leaders do their important things first.	
Lesson 19	First, Then ...	I can share why doing the most important things first is a good choice.	
Lesson 20	Put First Things First	I can list activities in order of importance to me.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 5: Everyone Can Win</b>	Relationship Building	Habit 4: Think Win-Win®	Learners will be able to describe ways to share and will practice sharing with others.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 21	Caring for Others	I can name examples of sharing.	
Lesson 22	How to Help	I can describe why it is important to share with others.	
Lesson 23	Fair Ways to Play	I can name fair ways to play with others.	
Lesson 24	Caring for Our Classroom	I can name ways to be helpful to others.	
Lesson 25	Sharing Is a Win-Win	I can describe how sharing helps everyone win.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 6: Listen First</b>	Empathy Communication	Habit 5: Seek First to Understand, Then to Be Understood®	Learners will be able to practice listening to others' ideas and sharing their own ideas.

LESSON #	LESSON TITLE	LEARNING TARGETS
Lesson 26	Listening With My Eyes and Ears	I can listen with my eyes and ears.
Lesson 27	Listening With My Body and Heart	I can listen with my body and heart.
Lesson 28	Following Directions	I can explain how listening helps me.
Lesson 29	Listening First	I can listen to others' ideas and share my own ideas.
Lesson 30	Seek to Understand a Partner	I can listen and talk with a partner.

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 7: Together Is Better</b>	Collaboration	Habit 6: Synergize®	Learners will be able to describe the value of working together and will practice contributing to their classroom through a leadership role.

LESSON #	LESSON TITLE	LEARNING TARGETS
Lesson 31	Together or Alone	I can name things I can do alone and things that are better to do with others.
Lesson 32	Together Is Better	I can describe ways teams can work together.
Lesson 33	Helping on a Team	I can name ways to contribute to a team.
Lesson 34	Classroom Leadership Roles	I can help design leadership roles for our class.
Lesson 35	Synergize	I can explain how leadership roles help my classroom team.

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 8: My Whole Self</b>	Foster Wellness	Habit 7: Sharpen the Saw®	Learners will be able to classify and plan activities that care for their body, mind, spirit, and heart.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 36	Body, Mind, Spirit, and Heart	I can identify activities that help me take care of my body, mind, spirit, and heart.	
Lesson 37	Caring for My Whole Self	I can describe why finding balance is important.	
Lesson 38	Favorite Ways to Care for Me	I can name my favorite ways to care for my body, mind, spirit, and heart.	
Lesson 39	What's Missing?	I can classify activities as caring for my body, mind, spirit, or heart and determine what is missing.	
Lesson 40	Balance Is Best	I can describe how sharpening my saw helps me lead.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 9: Using My Voice</b>	Develop Strengths	The 8th Habit: Find Your Voice and Inspire Others to Find Theirs®	Learners will be able to celebrate how they lead themselves inside and outside of school.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 41	Why Do Leaders Lead?	I can describe how the 7 Habits help me lead.	
Lesson 42	My Talents	I can describe one of my talents.	
Lesson 43	My Passions	I can describe activities I like to do.	
Lesson 44	Using My Voice	I can describe how I can use my talents and passions to help others.	
Lesson 45	Leading Myself and Others	I can celebrate ways I lead inside and outside of school.	





# Emotions Unit Scope and Sequence

Access digital slides and resources for the [Emotions Unit](#) on *Leader in Me* Online.

Access printable versions in the [Emotions Unit Resource Collection](#).

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 1: We All Have Emotions</b>	Responsibility Higher-Order Thinking		Learners will be able to explore and name how emotions look and feel on the inside.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 1	We Are All Experts—Curious and Smart	I can show how I am an expert.	
Lesson 2	Everyone Has Feelings	I can name different emotions.	
Lesson 3	Notice. This Is How Emotions Look	I can show how different emotions look.	
Lesson 4	Notice. This Is How Emotions Feel	I can describe how different emotions feel on the inside.	
Lesson 5	Notice. We Can Feel More Than One Emotion	I can identify that I may feel more than one emotion at the same time.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 2 : Let's Think About Why We're Feeling Emotions</b>	Responsibility Higher-Order Thinking		Learners will be able to name and practice the parts of The Pause Plan.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 6	Notice, Then Name	I can notice that I am feeling an emotion and name it.	
Lesson 7	Name. Calm and Happy Feel Best	I can practice four ways of deep breathing.	
Lesson 8	Think. Feeling and Doing Are Different	I can classify kind and unkind actions in response to emotional moments.	
Lesson 9	Think. Why We Feel Emotions	I can stop and wonder why I'm feeling an emotion.	
Lesson 10	Think. The Pause Plan	I can identify the three parts of The Pause Plan.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 3: Take a Break, Spend Some Time Alone</b>	Responsibility	Habit 1: Be Proactive®	Learners will be able to explore how taking a break and spending time alone can help them feel calm when they are sad or happy.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 11	Pokey Porcupine Is Feeling Sad and Happy	I can recognize and describe the emotions "sad" and "happy."	
Lesson 12	Pokey Porcupine Spends Some Time Alone	I can explain when to spend some time alone to manage my emotions.	
Lesson 13	Pokey Porcupine Needs Help With Feeling Sad	I can identify calming strategies to use when I feel sad.	
Lesson 14	Let's Take a Break	I can describe how to Take a Break to manage my emotions.	
Lesson 15	Be Proactive. You're in Charge	I can describe a calming strategy that shows I am in charge of my emotions.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 4: Breathe, Use Your Imagination</b>	Responsibility Vision	Habit 2: Begin With the End in Mind®	Learners will be able to explore how imagination and a plan can help them feel calm when experiencing fear.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 16	Tagalong Allie Is Feeling Scared and Calm	I can recognize and describe the emotions “scared” and “calm.”	
Lesson 17	Tagalong Allie Uses Her Imagination	I can explain when to use my imagination to manage my emotions.	
Lesson 18	Tagalong Allie Needs Help With Feeling Scared	I can identify calming strategies to use when I feel scared.	
Lesson 19	Let’s Breathe	I can describe how to Breathe to manage my emotions.	
Lesson 20	Begin With the End in Mind. Have a Plan	I can tell how having a plan can help me stay calm.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 5: Use Your Senses, Talk to a Friend</b>	Responsibility Prioritization	Habit 3: Put First Things First®	Leaders will be able to explore how using their senses and talking to a friend can help them feel calm when they are disappointed or happy.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 21	Jumper Rabbit Is Feeling Disappointed and Happy	I can recognize and describe the emotions “disappointed” and “happy.”	
Lesson 22	Jumper Rabbit Talks to a Friend	I can explain when to talk to a friend to manage my emotions.	
Lesson 23	Jumper Rabbit Needs Help With Feeling Disappointed	I can identify calming strategies to use when I feel disappointed.	
Lesson 24	Let’s Use Your Senses	I can describe how to use my senses to manage my emotions.	
Lesson 25	Put First Things First. Work First, Then Play	I can explain the benefit of doing work before play.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 6: Ask for Help, Talk to a Grown-up</b>	Responsibility Relationship Building	Habit 4: Think Win-Win®	Learners will be able to explore how asking for help or talking with a grown-up help them feel calm when they are mad or happy.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 26	Sammy Squirrel Is Feeling Mad and Happy	I can recognize and describe the emotions “mad” and “happy.”	
Lesson 27	Sammy Squirrel Talks to a Grown-up	I can explain when to talk to a grown-up to manage my emotions.	
Lesson 28	Sammy Squirrel Needs Help With Feeling Mad	I can identify calming strategies to use when I feel mad.	
Lesson 29	Let’s Ask for Help	I can describe how to Ask for Help to manage my emotions.	
Lesson 30	Think Win-Win. Everyone Can Win	I can tell how thinking of others is good for my emotions.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 7: Move, Do Enjoyable Things</b>	Responsibility Communication	Habit 5: Seek to Understand, Then to Be Understood®	Learners will be able to explore how movement and listening help them feel calm when they are disappointed or happy.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 31	Lily Skunk Is Feeling Disappointed and Happy	I can recognize and describe the emotions “disappointed” and “happy.”	
Lesson 32	Lily Skunk Does Something She Enjoys	I can explain when to do enjoyable things to manage my emotions.	
Lesson 33	Lily Skunk Needs Help With Feeling Hurt	I can identify calming strategies to use when I feel hurt.	
Lesson 34	Let’s Move	I can describe how to Move to manage my emotions.	
Lesson 35	Seek First to Understand, Then to Be Understood. Listen Before You Talk	I can tell why listening is a good way to help others feel calm.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 8: Connect, Talk to a Teacher</b>	Responsibility Collaboration	Habit 6: Synergize®	Learners will be able to explore how connecting with self and others helps them feel calm when they are disappointed or surprised.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 36	Sophie Squirrel Is Feeling Disappointed and Surprised	I can recognize and describe the emotions “disappointed” and “surprised.”	
Lesson 37	Sophie Squirrel Talks to a Teacher	I can explain when to talk to a teacher to manage my emotions.	
Lesson 38	Sophie Squirrel Needs Help With Feeling Surprised	I can identify calming strategies to use when I feel surprised.	
Lesson 39	Let’s Connect	I can describe how to Connect to manage my emotions.	
Lesson 40	Synergize. Together Is Better	I can identify calming strategies I can use to help me play well with others.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 9: Spend Time With Friends</b>	Responsibility Foster Wellness	Habit 7: Sharpen the Saw®	Learners will be able to explore how spending time with friends and other recharging activities help them to feel calm and balanced when they are sad or happy.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 41	Goob Bear Is Feeling Sad and Happy	I can recognize and describe the emotions “sad” and “happy.”	
Lesson 42	Goob Bear Spends Time With Friends	I can explain when to spend time with friends to manage my emotions.	
Lesson 43	Goob Bear Needs Help With Feeling Sad	I can identify calming strategies I can use when I feel sad.	
Lesson 44	Let’s Help Others Feel Calm	I can role-play asking a friend to join in a calming strategy.	
Lesson 45	Sharpen the Saw. Balance Feels Best	I can identify recharging activities that help me feel happy and balanced.	



# Where We Live and Learn Unit Scope and Sequence

Access digital slides and resources for the [Where We Live and Learn Unit](#) on Leader in Me Online.

Access printable versions in the [Where We Live and Learn Unit Resource Collection](#).

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 1: Our Community</b>	Actively Contribute	The 8th Habit: Find Your Voice and Inspire Others to Find Theirs®	Learners will be able to describe the meaning of community and identify the communities where they live and learn.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 1	My Community	I can describe the meaning of community.	
Lesson 2	My Home and School	I can describe my home and school community.	
Lesson 3	My State or Province	I can describe my state or province.	
Lesson 4	My Country	I can describe my country.	
Lesson 5	My World	I can describe how I am part of a global community.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 2: Taking Initiative to Help Others</b>	Responsibility Actively Contribute	Habit 1: Be Proactive®	Learners will be able to notice the needs of others and choose actions to help them.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 6	Taking Initiative	I can describe how to take initiative.	
Lesson 7	Helping Others Shows Initiative	I can describe how helping others shows initiative.	
Lesson 8	Helpers in My Community	I can show how helpers take initiative in my community.	
Lesson 9	Taking Initiative in My Classroom	I can practice taking initiative in my classroom.	
Lesson 10	Taking Initiative in My School	I can practice taking initiative to help others in my school.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 3: Planning a Community</b>	Vision Actively Contribute	Habit 2: Begin With the End in Mind®	Learners will be able to describe why planning is an important part of building a structure.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 11	Planning a Community	I can describe how planning helps build the places where we live.	
Lesson 12	Dreaming Big	I can describe my dream home.	
Lesson 13	Building Structures	I can use a plan to build a structure.	
Lesson 14	My Dream Home	I can design my dream home.	
Lesson 15	My Dream Community	I can design my dream community.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 4: Routines at Home and School</b>	Prioritization Actively Contribute	Habit 3: Put First Things First®	Learners will be able to describe schedules and routines at home and school that help them Put First Things First.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 16	My Routines	I can describe why routines and schedules help me Put First Things First.	
Lesson 17	Routines at Home	I can name my routines at home.	
Lesson 18	Routines at School	I can demonstrate my routines at school.	
Lesson 19	Our Classroom Mission Statement	I can show how to prioritize our classroom mission statement.	
Lesson 20	Routines in Our Classroom	I can practice doing the important things first in our classroom.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 5: Consideration in My Community</b>	Relationship Building Actively Contribute	Habit 4: Think Win-Win®	Learners will be able to describe how to use consideration with people in their community.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 21	Thinking Win-Win With Kindness	I can describe how to Think Win-Win by showing kindness with my words and my actions.	
Lesson 22	Showing Kindness	I can name ways to show kindness to people in my community.	
Lesson 23	Using Caring Words	I can show how to use caring words with others.	
Lesson 24	Using Polite Words at School	I can practice using polite words at school.	
Lesson 25	Practicing Kindness	I can practice showing kindness toward others in my community.	



WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 6: Understanding Communities</b>	Communication Empathy Actively Contribute	Habit 5: Seek First to Understand, Then to Be Understood®	Learners will be able to seek to understand others in their classroom and in communities around the world.

LESSON #	LESSON TITLE	LEARNING TARGETS
Lesson 26	Seeking to Understand Others	I can describe how seeking to understand others can help me learn about other cultures.
Lesson 27	All About Me	I can name important parts of my culture and learn more about my classmates.
Lesson 28	Hello Around the World	I can say hello in a new language.
Lesson 29	People in My School	I can seek to understand people in my school community.
Lesson 30	People in My Community	I can seek to understand people in my local or global community.

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 7: Friends Can Be Different</b>	Collaboration Actively Contribute	Habit 6: Synergize®	Learners will be able to practice celebrating differences.

LESSON #	LESSON TITLE	LEARNING TARGETS
Lesson 31	Alike and Different	I can describe how understanding our similarities and differences can help us work together.
Lesson 32	Friends Can Be Different	I can describe why it's okay for friends to be different.
Lesson 33	Celebrating Similarities and Differences	I can participate in creating a class mural that celebrates our similarities and differences.
Lesson 34	Different Perspectives	I can practice thinking about different perspectives.
Lesson 35	Celebrating Differences	I can learn about others and celebrate our differences.

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 8: Celebrations</b>	Continuously Improve Actively Contribute	Habit 7: Sharpen the Saw®	Learners will be able to discover how celebrating cultures is one way to renew themselves.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 36	Sharpen the Saw With Celebrations	I can describe how celebrations help me Sharpen the Saw.	
Lesson 37	My Favorite Celebration	I can name my favorite holiday to celebrate.	
Lesson 38	Drawing My Favorite Celebration	I can draw my favorite celebration.	
Lesson 39	My Dream Birthday	I can plan my dream birthday celebration.	
Lesson 40	Celebrations Around the World	I can learn about celebrations around the world.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 9: Contributions in My Community</b>	Actively Contribute Develop Strengths	The 8th Habit: Find Your Voice and Inspire Others to Find Theirs	Learners will be able to work with others to contribute to a service-learning project.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 41	What Is a Contribution?	I can describe what it means to make a contribution.	
Lesson 42	Contributions at Home and School	I can describe how I make contributions at home or school.	
Lesson 43	Ways to Help Others	I can name ways to help others.	
Lesson 44	Planning a Service-Learning Project	I can choose a class service-learning project.	
Lesson 45	Our Class Service-Learning Project	I can make a plan to contribute to a class service-learning project.	



# Family and Friends Unit Scope and Sequence

Access digital slides and resources for the [Family and Friends Unit](#) on *Leader in Me* Online.

Access printable versions in the [Family and Friends Unit Resource Collection](#).

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 1: My Important People</b>	Relationship Building	The Emotional Bank Account	Learners will be able to describe and celebrate their family, caregivers, and friends.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 1	Important People	I can name people who are important to me.	
Lesson 2	Family and Friends	I can tell why I love my family and friends.	
Lesson 3	Families Are Special	I can tell what makes my family special.	
Lesson 4	Same and Different	I can celebrate that families are alike and different.	
Lesson 5	I Care	I can practice telling my family and friends why I care about them.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 2: Emotional Bank Accounts</b>	Relationship Building	The Emotional Bank Account	Learners will be able to describe how to make deposits into the Emotional Bank Accounts of family and friends.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 6	Kind or Unkind?	I can describe the Emotional Bank Account.	
Lesson 7	Deposits and Withdrawals	I can describe how deposits and withdrawals feel.	
Lesson 8	My Relationships	I can explain how to make deposits and withdrawals.	
Lesson 9	Making Deposits	I can recall a time when I made a deposit.	
Lesson 10	Building Relationships	I can practice building relationships with Emotional Bank Account deposits.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 3: Proactive Words</b>	Responsibility Relationship Building	Habit 1: Be Proactive®	Learners will be able to describe how the words they choose impact themselves, family, and friends.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 11	I Know What It Means to Be Proactive	I can describe what it means to Be Proactive.	
Lesson 12	Words Can Hurt	I can explain how words can harm relationships.	
Lesson 13	Words Can Help	I can explain how words can help relationships.	
Lesson 14	Using Proactive Words	I can recall a time when I used proactive words with a family member or friend.	
Lesson 15	Apologies Are Important	I can practice repairing relationships with thoughtful apologies.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 4: Personal Mission Statement</b>	Vision	Habit 2: Begin With the End in Mind®	Learners will be able to create a personal mission statement and describe how their actions impact relationships with family and friends.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 16	Imagine ...	I can describe what it means to use my imagination to Begin With the End in Mind.	
Lesson 17	My Special Qualities and Abilities	I can celebrate my unique qualities and abilities.	
Lesson 18	When I Grow Up	I can describe something I will do when I grow up.	
Lesson 19	My Personal Mission Statement	I can recall a time when I practiced my personal mission statement.	
Lesson 20	My Imagination, My Plan	I can practice building relationships by using my imagination.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 5: A Place for Everything</b>	Prioritization	Habit 3: Put First Things First®	Learners will be able to describe how prioritizing and staying organized can help them to be better family members and friends.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 21	Important Things First	I can describe how to Put First Things First.	
Lesson 22	Organized Spaces	I can explain how being organized impacts me.	
Lesson 23	Staying Organized	I can explain how being organized impacts others.	
Lesson 24	Organization Works!	I can recall a time when I kept a space neat and organized.	
Lesson 25	Doing My Part	I can practice building relationships by getting organized at home and at school.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 6: Celebrating Others' Wins</b>	Relationship Building	Habit 4: Think Win-Win®	Learners will be able to describe how to think abundantly and be happy for the success of family and friends.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 26	Think Win-Win	I can describe what it means to Think Win-Win.	
Lesson 27	We Can Both Win!	I can describe how it feels to be jealous.	
Lesson 28	Happy for Others	I can tell why it is important to be happy for others.	
Lesson 29	Celebrating Family and Friends	I can recall a time when I celebrated a family member or friend.	
Lesson 30	Celebrating Others	I can practice building relationships by celebrating others.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 7: Listen First</b>	Empathy Communication	Habit 5: Seek First to Understand, Then to Be Understood®	Learners will be able to explain how listening to family and friends helps to build relationships.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 31	Seek First to Understand	I can describe what it means to seek to understand others.	
Lesson 32	Listening Is Important	I can tell why it is helpful to listen to directions.	
Lesson 33	Feeling Heard	I can describe how it feels when others listen to me.	
Lesson 34	Listening to Others	I can recall a time when listening helped people I care about.	
Lesson 35	Listening Builds Relationships	I can practice building relationships by listening.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 8: Everyone Matters</b>	Collaboration	Habit 6: Synergize®	Learners will be able to understand the importance of including family and friends in work and play.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 36	Synergize	I can describe what it means to Synergize.	
Lesson 37	Including Others With My Words and Actions	I can tell how to include others with my words and actions.	
Lesson 38	It Feels Good to Be Included	I can describe how it feels to be included.	
Lesson 39	Including Family and Friends	I can share an example of a time when I included someone.	
Lesson 40	Including Others Builds Relationships	I can practice building relationships by including others.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 9: Sharpen the Heart</b>	Wellness Empathy Relationship Building	Habit 7: Sharpen the Saw®	Learners will explore how to care for family and friends when they need support.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 41	Sharpen the Heart	I can describe how spending time with people can renew my heart.	
Lesson 42	Empathy	I can describe why it is important to understand and care about others' feelings.	
Lesson 43	Connecting With Others	I can connect with others when I feel sad.	
Lesson 44	Caring for Others	I can name an example of caring for a family member or friend.	
Lesson 45	Caring Builds Relationships	I can practice building relationships by connecting with family and friends.	



# Balance Feels Best Unit Scope and Sequence

Access digital slides and resources for the [Balance Feels Best Unit](#) on Leader in Me Online.

Access printable versions in the [Balance Feels Best Unit Resource Collection](#).

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 1: Find Balance</b>	Foster Wellness	Habit 7: Sharpen the Saw®	Learners will be able to describe what it means to Sharpen the Saw by caring for their body, mind, spirit, and heart.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 1	Balance Feels Best	I can describe what it means to Sharpen the Saw.	
Lesson 2	Caring for My Body	I can explain what it means to care for my body.	
Lesson 3	Caring for My Mind	I can explain what it means to care for my mind.	
Lesson 4	Caring for My Spirit	I can explain what it means to care for my spirit.	
Lesson 5	Caring for My Heart	I can explain what it means to care for my heart.	



WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 2: Make Responsible Choices</b>	Responsibility Foster Wellness	Habit 1: Be Proactive®	Learners will be able to renew their body by making proactive and healthy choices.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 6	Pause and Think	I can describe how to pause when thinking about consequences.	
Lesson 7	Dance	I can practice renewing my body by dancing.	
Lesson 8	Walk or Run	I can practice renewing my body by walking or running.	
Lesson 9	Stretch or Do Yoga	I can practice renewing my body by stretching or doing yoga.	
Lesson 10	My Body and Exercise	I can name my favorite Sharpen the Saw activity to make responsible choices for my body.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 3: Have a Plan</b>	Vision Foster Wellness	Habit 2: Begin With the End in Mind®	Learners will be able to renew their mind by practicing activities that help them Begin With the End in Mind.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 11	Imagine	I can describe what it means to use my imagination.	
Lesson 12	Use Positive Self-Talk	I can practice renewing my mind with positive self-talk.	
Lesson 13	Read	I can practice renewing my mind by reading.	
Lesson 14	Draw	I can practice renewing my mind by drawing.	
Lesson 15	My Mind and Imagination	I can name my favorite Sharpen the Saw activity to use my imagination.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 4: Prioritize Healthy Habits</b>	Prioritization Foster Wellness	Habit 3: Put First Things First®	Learners will be able to renew their body by putting first things first with healthy habits.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 16	Have Healthy Habits	I can describe how to do the important things to care for my body first.	
Lesson 17	Keep Clean	I can practice renewing my body by focusing on keeping clean.	
Lesson 18	Eat Healthy Food	I can name healthy foods that will renew my body.	
Lesson 19	Wash Hands	I can practice renewing my body by keeping my hands clean.	
Lesson 20	My Body and Healthy Habits	I can name my favorite Sharpen the Saw activity to prioritize healthy activities for my body.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 5: Focus on Relationships</b>	Relationship Building Foster Wellness	Habit 4: Think Win-Win®	Learners will be able to renew their heart by focusing on important relationships.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 21	Show Kindness	I can describe ways to show kindness to others.	
Lesson 22	Make Emotional Bank Account (EBA) Deposits	I can practice renewing my heart by making EBA deposits.	
Lesson 23	Spend Quality Time	I can practice renewing my heart by spending quality time with friends and family.	
Lesson 24	Make New Friends	I can practice renewing my heart by making new friends.	
Lesson 25	My Heart and Kindness	I can name my favorite Sharpen the Saw activity to focus on relationships.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 6: Practice Empathy</b>	Empathy Communication Foster Wellness	Habit 5: Seek First to Understand, Then to Be Understood®	Learners will be able to renew their heart by learning about others and sharing about themselves.

LESSON #	LESSON TITLE	LEARNING TARGETS
Lesson 26	Show Empathy	I can describe empathy.
Lesson 27	Notice and Name Emotions	I can practice renewing my heart by noticing and naming others' feelings.
Lesson 28	Listen and Share	I can practice renewing my heart by listening and talking to others about how I feel.
Lesson 29	Ask Questions	I can practice renewing my heart by asking and answering questions.
Lesson 30	My Heart and Empathy	I can name my favorite Sharpen the Saw activity to seek to understand.

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 7: Work With a Team</b>	Collaboration Foster Wellness	Habit 6: Synergize®	Learners will be able to renew their mind by practicing activities that use the strengths of a team.

LESSON #	LESSON TITLE	LEARNING TARGETS
Lesson 31	Work as a Team	I can describe the benefits of teamwork.
Lesson 32	Visualize	I can practice renewing my mind by visualizing a team goal.
Lesson 33	Learn and Problem-Solve	I can practice renewing my mind by problem-solving with a team.
Lesson 34	Do Puzzles and Play Games	I can practice renewing my mind by completing a puzzle with a team.
Lesson 35	My Mind and Teamwork	I can name my favorite Sharpen the Saw activity to use when working with a team.

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 8: Get Inspired</b>	Foster Wellness	Habit 7: Sharpen the Saw®	Learners will be able to renew their spirit by encouraging and inspiring themselves and others.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 36	Feel Inspired	I can describe what it means to feel inspired.	
Lesson 37	Encourage	I can practice renewing my spirit by using encouraging words.	
Lesson 38	Be Mindful	I can practice renewing my spirit by practicing mindfulness.	
Lesson 39	Visit Inspiring Places	I can practice renewing my spirit by visiting or looking at inspiring places.	
Lesson 40	My Spirit and Inspiration	I can name my favorite Sharpen the Saw activity to encourage myself and others.	

WEEK NAME	STUDENT LEADERSHIP PORTRAIT COMPETENCIES	7 HABITS CONNECTION	WEEK STANDARD
<b>Week 9: Find Your Voice</b>	Develop Strengths Actively Contribute Foster Wellness	The 8th Habit: Find Your Voice and Inspire Others to Find Theirs®	Learners will be able to renew their spirit by finding and using their voice.
LESSON #	LESSON TITLE	LEARNING TARGETS	
Lesson 41	Find My Voice	I can describe the things I enjoy doing.	
Lesson 42	Give Service to Others	I can practice renewing my spirit by helping others.	
Lesson 43	Listen to Music	I can practice renewing my spirit by listening to inspiring music.	
Lesson 44	Do Creative Activities	I can practice renewing my spirit by creating art.	
Lesson 45	My Spirit and Voice	I can name my favorite Sharpen the Saw activity to find and share my voice.	