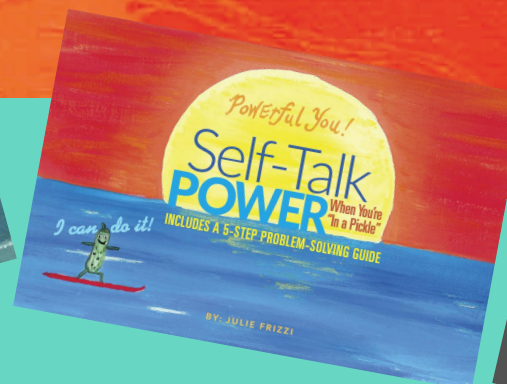
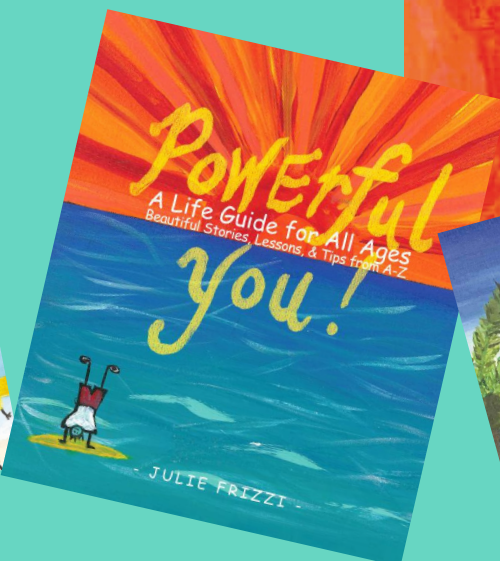
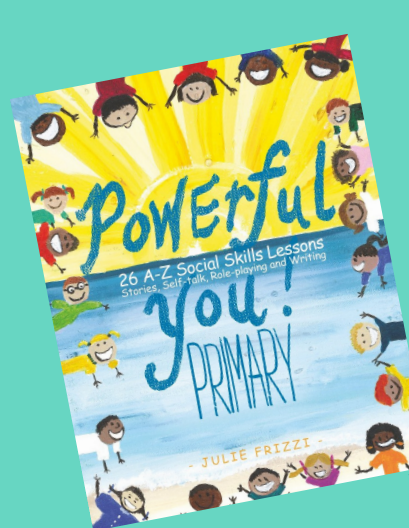


2023-24

The Powerful You SEL Calendar is designed to help educators map out students' social-emotional learning needs throughout the school year. It includes an SEL theme for each month and lesson plans that are aligned with the ASCA National Standards. Click on the Powerful You lesson plan links to find primary and intermediate yoga videos, books, and helpful resources to integrate into each monthly theme. Use this calendar to take action steps to prioritize students' SEL for the future.



Meet Mrs. Frizzi
| Author - School Counselor
Registered Children's Yoga Teacher



Social Skills Lessons

- A Attentive Al - Listening
- B Brave Betsy - Separation Anxiety
- C Controlled Cal - Self-Control
- D Different Diane - Family Diversity
- E Energetic Erica - Healthy Behaviors
- F Forgiving Floyd - Apologizing
- G Good Sport Grady - Teamwork
- H Honest Holden - Honesty
- I Ignoring Ina - Ignoring Distractions
- J Joking Jodi - Appropriate Play
- K Kind Kelly - Kindness
- L Loving Logan - Resilience
- M Mindful Maria - Managing Emotions
- N No-fear Nate - Worry
- O Okay Odie - Accepting Change
- P Problem Solving Pat - Independent Problem Solving
- Q Questioning Quinton - Thinking Before Questioning
- R Responsible Reese - Responsibility
- S Stick with it Stan - Grit
- T Turn-taker Trish - Sharing
- U Uplifting Uma - Giving Compliments
- V Voicing Viv - Standing Up for Yourself
- W Waiting to Speak Willa - Waiting To Speak
- X Xpressing Xander - Expressing Feelings
- Y Yes Ma'am Yuri - Obeying Safety Rules
- Z Zesty Zhen - Goal Setting

Powerful
you!
PRIMARY

POWERFUL YOU! SEL SCHOOL CALENDAR



POWERFUL YOU! SELF-TALK ALPHABET

- A. Adjust** I ADJUST to change.
- B. Belong** I BELONG and contribute.
- C. Create** I CREATE healthy habits.
- D. Direct** I am DIRECT and honest with my words.
- E. Encourage** I ENCOURAGE others.
- F. Fake** I FAKE it until I become it.
- G. Gift** Every day is a GIFT.
- H. Home** I return items to their HOME.
- I. Inspire** I INSPIRE others to find their passion.
- J. Judge** I look in the mirror before I JUDGE.
- K. Kindness** I spread KINDNESS.
- L. Listen** I LISTEN to others.
- M. Manners** I use MANNERS to show respect.
- N. Notice** I NOTICE, name and let go of worries.
- O. On** I live life full ON.
- P. Pause** I PAUSE, relax, and breathe.
- Q. Quiet** I QUIET myself.
- R. Report** I REPORT the goodness in others.
- S. Stand** I STAND up for others and myself.
- T. Try** I TRY different solutions.
- U. Unmoved** I am UNMOVED by negative peer pressure.
- V. Value** I VALUE education.
- W. Wondrous** I love this WONDROUS life.
- X. Extra** I bring EXTRA effort.
- Y. Yes** I say YES to adventure.
- Z. Zone** I get in the ZONE.

SELF-AWARENESSES

Understanding your thoughts, feelings, and actions.

“You’re braver than you believe,
and stronger than you seem, and
smarter than you think.”

Winnie the Pooh



AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN

Behaviors for Success

- Identifying feelings
- Rating the intensity of feelings
- Noticing body sensations
- Adjusting to changes
- Recognizing strengths and passions
- Acknowledging struggles and limitations without judgment
- Naming adults who help with things that are difficult
- Understanding that all feelings are okay and important to a good life

Powerful You Lesson Plans

Primary: [A-Attentive Al](#), [B-Brave Betsy](#) | [X-Xpressing Xander](#)

Intermediate: [A-Adjusting Anna](#) | [E-Faking-It Fran](#)

SOCIAL-AWARENESS

Working together with others of similar and diverse backgrounds.

"Together even the smallest can achieve the greatest goal."

A Bug's Life



SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN

Behaviors for Success

- Respecting and appreciating differences in culture, language, gender, and backgrounds.
- Reading others' facial expressions, body language, voice tone, and personal space
- Working together as a team
- Sharing, trading, and taking turns
- Creating positive relationships with adults and peers
- Being open to someone else's point of view
- Staying synergized - Together is better
- Building community

Powerful You Lesson Plans

Primary: [D-Different Diane](#), [G- Good Sport Grady](#), [T-Turn-taker Trish](#)
Intermediate: [B-Belonging Ben](#), [J- Prejudged Jamal](#), [M-Mannerly Mike](#)

RELATIONSHIP SKILLS

Using social skills and communication to get along with others.

“If you can’t say something nice, don’t say nothing at all.”
Bambi



OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN

Behaviors for Success

- Actively listening to others
- Being direct, honest, and kind with words
- Avoiding gossip
- Reporting danger and bullying behavior
- Using appropriate volume, speed, and turn-taking when talking
- Recognizing body language
- Waiting your turn
- Using questions to get information instead of assuming
- Apologizing and forgiving others
- Seeking to understand - listening before talking

Powerful You Lesson Plans

Primary: F-Forgiving Floyd, H-Honest Holden, Voicing Viv, Q-Questioning Quinton

Intermediate: D-Direct Dalia, L-Listening Lucy, Reporting Roxy

PROBLEM-SOLVING

Brainstorming solutions to a difficult situation.

“The problem is not the problem. The problem is your attitude about the problem. Do you understand?”
Pirates of the Caribbean



NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN

Behaviors for Success

- Peacefully resolving conflicts
- Using kind, clear and calm communication
- Practicing safe coping strategies
- Avoiding comparing yourself
- Gathering evidence and considering different perspectives to make informed decisions
- Standing up for yourself and others
- Generating gratitude
- Seeing both sides of a disagreement
- Getting help when needed

Powerful You Lessons Plans

PPrimary: Problem-solving Pat, U-Uplifting Uma

Intermediate: G-Grateful Gretta, S-Stand-up Stella, T-Tenacious Tim

IMPULSE CONTROL

Controlling your thoughts, feelings, and actions.

“Life’s a little bit messy. We all make mistakes. No matter what type of animal you are, change starts with you.”

Zootopia



DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN

Behaviors for Success

- Walking away from trouble
- Accepting responsibility for behavior
- Managing strong emotions
- Waiting
- Delaying gratification to reach a goal
- Understanding what you can control and can't control
- Considering the consequences
- Thinking (pausing) before acting
- Resisting negative peer pressure
- Discovering coping tools
- Putting first things first - Work and then play

Powerful You Lesson Plans

Primary: C-Controlled Cal, W-Waiting-to-Speak Willa, Yes Ma'am Yuri
Intermediate: P-Pausing Pablo, U-Unmovable Uriel

GOAL SETTING/STUDY SKILLS

Motivation, - Concentration - Planning - Organization - Note-taking

“The only way to get what you want in this world is through hard work.”

The Princess and the Frog



JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN

Behaviors for Success

- Practicing time management, organization, and study skills
- Visualizing desired results
- Avoiding distractions / focusing
- Using teamwork with diverse groups
- Setting high standards of quality
- Showing effort to reach goals despite obstacles
- Balancing home, school, and after-school activities
- Taking action toward SMART goals
- Beginning with the end in mind

Powerful You Lessons

Primary: I-Ignoring Ina, R-Responsible Reese, Z-Zesty Zhen
Intermediate: H-Home Organizer Hal, Z-Zoned-In Zeb

EMPATHY

Understanding and sharing the feelings of another.

“She warned him not to be deceived by appearances, for beauty is found within.”
Beauty and the Beast



FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN

Behaviors for Success

- Self-compassion for others and self
- Imagining how it might feel to be in someone else's shoe
- Thinking about how another person feels
- Practicing random acts of kindness
- Discovering friendship tips
- Listening when others share their struggles
- Avoiding judgment towards others and self
- Including others
- Helping others

Powerful You Lesson Plans

Primary: K-Kind Kelly, L-Loving Logan

Intermediate: I-Inspiring Izzie, K-Kind Karen, W-Wondrous Will

SELF-REGULATION

Handling stress in order to feel calm, focused, and ready to learn.

“When life gets you down you know what you’ve gotta do? Just keep swimming.”
Finding Nemo



MARCH

MON	TUE	WED	THU	FRI	SAT	SUN

Behaviors for Success

- Recognizing how the body feels during stress
- Understanding the importance of sleep, exercise, and healthy eating
- Overcoming learning barriers
- Discovering coping tools to reduce anxiety
- Honoring the body with self-care and self-compassion
- Noticing fear in your nervous system
- Quieting the mind
- Keeping the saw sharpened – Balance feels best

Powerful You Lessons

Primary: E-Energizing Erica, M-Mindful Maria, No-fear Nate
Intermediate: C-Changing Charlie, N-Noticing Naima, Q-Quieting Quin,

GRIT

Bravery, courage, and determination despite difficulty.

“The flower that blooms in adversity is the most rare and beautiful of them all.”

Mulan



APRIL

MON	TUE	WED	THU	FRI	SAT	SUN

Behaviors for Success

- Bouncing back from difficult times
- Understanding that obstacles make the body and mind stronger
- Learning from falling down
- Staying engaged during challenging work
- Recognizing negative thoughts and adjusting them
- Managing strong feelings and impulses
- Focusing on events that are in your control
- Having a positive outlook

Powerful You Lessons

Primary: O-Okay Odie, Stick-with-it Stan,

Intermediate: O-Optimistic Oreda, X-Xtra Effort Xaiden

POSSIBILITY

The chance to do something which could be rewarding or beneficial.

“In every job that must be done,
there is an element of fun. You
find the fun and—snap!—the job’s
a game!”
Mary Poppins



MAY

MON	TUE	WED	THU	FRI	SAT	SUN

Behaviors for Success

- Willingly trying new ideas
- Saying yes to new adventures
- Discovering careers
- Participating in extracurricular activities
- Demonstrating creativity
- Evaluating your short and long-term goals
- Applying media and technology to learning
- Staying optimistic

Powerful You Lessons

Primary: Review all Lessons - Design your own Powerful You Kid
Intermediate: Y-Yessing Yula, E-Encouraging Eddie, V-Valuing Van