

Premier Esteem™ Planner Scope & Sequence

2017–2018

The Premier Esteem™ planner supports students' development of self-understanding and social-emotional skills that help them manage emotions, resolve conflict, and make responsible choices.

This Scope & Sequence chart provides an overview of the monthly themes as they are presented in the student planners. The themes focus on the development of important life skills that students need to become productive, caring citizens of the world. Self-discovery activities and engaging content are incorporated into the planner to inspire ideas, interest, and learning on a personal level and to help students discover who they are and how they fit into the world around them.

Use this chart to examine the planner's monthly and weekly content, connections, and learning outcomes at a glance to assist in your planning process.

MONTH	THEME	CHARACTER CONNECTION	WEEKLY CONTENT	LEARNING OUTCOME
AUG.	PHYSICAL HEALTH: Forming Healthy Habits	Citizenship	Understanding growth and development Knowing the importance of sleep Being active Having good personal hygiene Making nutritious choices	Students will explore how physical health, (such as nutrition, exercise, sleep, and hygiene), can affect mental and emotional health and how their daily choices can affect their growth and development. They will begin to develop self-awareness in these areas to help them make positive changes.
SEP.	EMOTIONAL HEALTH: Respecting Your Feelings	Respect	Showing self-control Identifying your mood and feelings Handling negative emotions Learning from mistakes	Students will explore how and why moods and emotions can influence thoughts and attitudes and how actions can be tied to those feelings. They will also explore and identify ideas and strategies for dealing with difficult emotions in positive ways.
OCT.	SAFETY: Knowing Your Rights and Responsibilities	Responsibility	Avoiding harmful situations Being safe in the community Feeling safe at school Being safe online	Students will explore how choices can affect personal safety as well as appropriate safety practices at school, online, and in the community. They will examine how making wise safety choices can affect personal well-being and performance.
NOV.	SOCIAL AWARENESS: Learning to Walk in Others' Shoes	Empathy	Respecting differences Being mindful of others Exploring new perspectives Using good manners Following the Golden Rule	Students will explore the concepts of empathy, diversity, treating others as they wish to be treated, politeness, and good manners. They will examine the importance of social awareness as well as understanding and responding to the actions of others.
DEC.	RELATIONSHIPS: Building Kind and Caring Friendships	Kindness and Caring	Respecting others Including others Being supportive Accepting others	Students will explore the concept of and strategies for building and nurturing healthy relationships. They will explore how actions can influence relationships with others and ways to positively handle potentially negative situations.

MONTH	THEME	CHARACTER CONNECTION	WEEKLY CONTENT	LEARNING OUTCOME
JAN.	COLLABORATION: Exploring the Power of Teamwork	Teamwork	Sharing responsibility Giving positive feedback Brainstorming Being a leader	Students will explore the collaborative skills needed for project-based learning and how to be an effective leader and/or team member. They will examine the significance of social awareness in the process of developing these essential life skills.
FEB.	COMMUNICATION: Speaking and Listening Fairly	Fairness	Using conflict-resolution strategies Communicating clearly under pressure Being assertive Being an active listener	Students will explore the importance of communication skills, including listening, and students' power to influence the outcome of their communications with others. They will explore how developing positive communication skills can build confidence levels.
MAR.	SELF-REGULATION: Learning to Manage Stress	Honesty	Adapting to change Being resilient Having a support network Incorporating feedback Handling peer pressure	Students will learn to identify stress factors and how those factors impact health, attitudes, and relationships. They will explore ways to reduce stress, remove themselves from destructive habits, build confidence, and make responsible decisions.
APR.	PROBLEM SOLVING: Being a Critical and Cooperative Thinker	Cooperation	Thinking critically Asking questions Thinking creatively Evaluating consequences	Students will explore the importance of developing problem-solving skills to help overcome obstacles at school and in their daily lives. They will also examine responsible decision-making skills and ways to evaluate the consequences of choices.
MAY	SELF-AWARENESS: Knowing Your Worth	Integrity	Having self-respect Challenging yourself Being optimistic Having self-confidence Being accountable	Students will examine how self-respect and perception of personal worth can affect one's attitude and actions. They will explore ideas for self-improvement and confidence building to develop positive attitudes toward themselves and others.
JUNE	GOALS & DECISION-MAKING: Creating a Plan for Your Personal Success	Perseverance	Knowing your personal priorities Making good choices Setting goals Being self-directed	Students will explore personal and life skills that help them take initiative, establish self-direction and maintain productivity. They will also examine ways self-management skills increase their ability to guide their lives in a positive direction.