

Premier Esteem™ Planner

Scope & Sequence

The Premier Esteem™ planner supports students' social-emotional skill development. Throughout the planner, students explore topics and planning skills that contribute to social-emotional wellness.

The Scope & Sequence charts provide an overview of the planner's themes, connections, and learning outcomes to assist you in your planning process.

THEMES EXPLORED IN THE SOCIAL-EMOTIONAL LEARNING GUIDE

THEME	LEARNING OUTCOME
SAFETY: Knowing Your Rights and Responsibilities	Students will examine the impact personal choices have on safety and well-being. They will also explore strategies, such as being prepared for tasks, to help them stay safe and carry out their responsibilities.
PHYSICAL HEALTH: Forming Healthy Habits	Students will explore ways physical health, such as fitness and nutrition, affects mental and emotional health. They will also examine ways their planners can help them develop or maintain healthy habits.
SELF-AWARENESS: Knowing Your Value	Students will examine the importance of positive self-image, and ways self-perception impacts attitudes and actions. They will also explore the benefits of planning and organization, and ways these skills support the development of self-confidence.
EMOTIONAL HEALTH: Respecting Your Feelings	Students will explore how and why moods and emotions influence thoughts and attitudes, and ways actions are tied to feelings.
SELF-REGULATION: Learning to Manage Stress	Students will identify stress factors and how those factors impact health, attitudes, and relationships. They will also consider ways planning can help reduce stress.
PROBLEM SOLVING: Being a Critical and Cooperative Thinker	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 the connection between problem solving and goal-setting.
GOALS AND DECISION MAKING: Creating a Plan for Success	Students will examine personal and life skills that help them take initiative, establish self-direction, and maintain productivity. They will also explore ways prioritizing can help them make choices that support reaching goals.
COMMUNICATION: Listening and Speaking Fairly	Students will explore the importance of communication skills and their power to influence the outcome of communications with others.
SOCIAL AWARENESS: Learning to Walk in Others' Shoes	Students will explore the importance of social awareness, as well as understanding and responding to the actions of others. They will examine ways social awareness impacts teamwork and collaboration.
RELATIONSHIPS: Building Kind and Caring Friendships	Students will examine strategies for building and nurturing healthy relationships. They will also consider ways using time wisely can provide them with more time for fun with friends and family.
COLLABORATION: Exploring the Power of Teamwork	Students will explore skills needed for project-based learning, such as collaboration and time-management skills. They will also examine ways to be an effective team member.

THEMES EXPLORED ON THE MONTHLY PAGES OF THE PREMIER ESTEEM™ PLANNER

MONTH	THEME	SEL CONNECTION	LEARNING OUTCOME
AUG.	Developing Habits for Success	Self-Regulation Self-Awareness	Students will explore the importance of developing personal habits that support success at school, and their responsibility to develop these habits.
SEP.	Getting Organized	Self-Regulation Self-Awareness	Students will explore the importance of being organized, as well as examine ways to assess and regulate habits that support personal organization.
OCT.	Being Prepared	Self-Regulation Self-Awareness Problem Solving	Students will explore the importance of being prepared, and the role preparation plays in academic success. Students will also explore strategies to be prepared.
NOV.	Being an Active Listener	Communication Relationships	Students will explore active listening as an effective tool for learning and communication, and for building relationships with teachers, family members, and friends.
DEC.	Setting Goals	Goals and Decision Making Self-Awareness Problem Solving	Students will explore personal goals and decision-making strategies that help them establish and work on a plan.
JAN.	Prioritizing	Problem Solving Self-Regulation Goals and Decision Making	Students will examine strategies that will help them develop awareness of personal priorities to meet deadlines and goals.
FEB.	Estimating Time	Problem Solving Self-Awareness	Students will develop an awareness for how long tasks take to complete and will examine ways this information can help them prioritize and overcome obstacles.
MAR.	Using Time Wisely	Self-Regulation	Students will explore ways planning ahead, prioritizing, and scheduling can reduce stress and help them stay focused.
APR.	Doing Group Projects	Communication Social Awareness Collaboration	Students will examine relationship-building and collaborative skills needed for successful teamwork.
MAY	Completing Long-Term Projects	Self-Regulation Self-Awareness Goals and Decision Making	Students will explore long-term project strategies, such as breaking projects into manageable steps, to help them stay focused on reaching their end goal.
JUNE	Staying Motivated	Self-Regulation Emotional Health Goals and Decision Making	Students will consider how moods and emotions can influence motivation, and will examine strategies that will help them stay focused on their goals.
JULY	Learning to Adapt	Self-Awareness Emotional Health Problem Solving	Students will examine useful strategies, such as positive thinking and problem solving, to help them reduce stress, adapt to change, and overcome obstacles.