

WEST DEPTFORD SCHOOL DISTRICT

Content Area: SEL

Course Title: Choose Love

Grade Level: First Grade

Unit 1: Courage

10/3/2022 - 12/9/2022

9 weeks

Unit 2: Gratitude

12/12/2022 - 1/27/2023

6 weeks

Unit 3: Forgiveness

1/30/2023 - 2/24/2023

4 weeks

Unit 4: Compassion In Action

2/27/2023 - 3/31/2023

5 weeks

Date Created: August 2021
Revised: August 2022

Board Approved: August 2021
Revised Board Approved: August 2022

WEST DEPTFORD SCHOOL DISTRICT
First Grade Choose Love Pacing Guide for 2021- 2022

Title: Choose Love Please note: Even though Choose Love is taught two days a week , skills and vocabulary should be integrated and reinforced throughout the school day.	Instructional Period	# of Days
Unit 1: Courage (10/3/2022 - 12/9/2022)		
Week 1 -Choosing Love	10/3, 10/5	2
Week 2- Feelings	10/11, 10/12	2
Week 3- The Four Ingredients of Choose Love	10/17, 10/19	2
Week 4- Difficult Feelings	10/24, 10/26	2
Week 5- Courage and the Brave Breath	10/31, 11/2	2
Week 6- Strong Feelings and the Brave Pose	11/7, 11/14	2
Week 7- Listening and Being Courageous	11/16, 11/21	2
Week 8- Positive Relationships and Friendship Skills	11/28, 11/30	2
Week 9- Courage with Friends	12/5, 12/7	2
Unit 2: Gratitude (12/12/2022 →1/27/2023)		
Week 1- The Benefits of Gratitude	12/12, 12/14	2
Week 2- The Gifts of Gratitude	12/19, 12/21	2
Week 3- Gratitude for Our World	1/3, 1/4	2
Week 4- Gratitude for Myself	1/9, 1/11	2
Week 5- Gratitude for Diversity	1/17, 1/18	2
Week 6- An Attitude of Gratitude	1/23, 1/25	2
Unit 3: Forgiveness (1/30/2023 →2/24/2023)		
Week 1- What is Forgiveness?	1/30, 2/1	2
Week 2- Cutting the Cord to Anger	2/6, 2/8	2
Week 3- The Brain, Anger and Hot Feelings	2/13, 2/15	2
Week 4- Forgiveness is Action, Not Just Words	2/21, 2/22	2
Unit 4: Compassion In Action (2/27/2023→3/31/2023)		
Week 1-Compassion and Belonging	2/27, 3/1	2
Week 2-Compassion for Self and Others	3/6, 3/8	2
Week 3- Compassion for Our Similarities and Differences	3/13, 3/15	2
Week 4-Making Compassionate Decisions	3/20, 3/22	2
Week 5- We are All Connected	3/27, 3/29	2