



slumberkins®
for Educators

Scope and Sequence



Lesson Title

Student Objectives

Unit 1: Routines with Sloth

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness



Pre-Lesson:

Before the First Day of School

- Create a routine to support the home-school transition.
- Complete activities at home with their caregiver before the first day of school to share with peers.
- Walk into a supportive classroom environment on the first day knowing they have support at home and school.

Lesson 1:

Routines with Sloth

- Determine how Sloth feels throughout the book.
- Explain what Sloth did to prepare for school.
- Explain a Goodbye Code.
- Reflect on an activity they can do at home that makes them feel prepared for school.

Lesson 2:

Introducing Routines and Procedures

- Follow simple classroom routines with teacher support.
- Follow the routines and expectations of a morning meeting.

Lesson 3:

My School Passport

- Draw key locations outside of the classroom.
- Identify important locations around the building.
- Identify the adults in the important locations around the building.

Lesson 4:

Introducing the Comfort Corner

- Know where the Comfort Corner is located.
- Access the Comfort Corner when needed.
- Give one example of how to calm their body or brain in the Comfort Corner.

Unit 2: Building Connections with Otter

CASEL Core Competencies: Self-Awareness, Social Awareness, Relationship Skills



Lesson 1:

Building Connections with Otter

- Identify the main character in "Otter's Community Grows."
- Name at least two members of their Heart Family.
- Identify one way to stay connected to their Heart Family even if the members are far away.

Lesson 2:

Classroom Culture Connections

- Share examples of their family culture.
- Identify their Heart Family's traditions.
- Show acceptance for their peers.
- Start to make connections with all classroom peers.

Lesson 3:

Classroom Heart Family Connections

- Understand that a Classroom Heart Family involves the teacher(s) and their classmates.
- Understand the difference between their Classroom Heart Family and their Heart Family.

Lesson 4:

Exploring Community Connections

- Ask questions and listen to understand others' points of view.
- Offer comfort to others.
- Show acceptance by giving encouragement or support.

Lesson Title

Student Objectives

Unit 3: Conflict Resolution with Hammerhead

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making, Relationship Skills



Lesson 1:

Conflict Resolution with Hammerhead

- Identify the big feelings Hammerhead experiences in the book.
- Identify at least one way to calm down when having a big feeling.

Lesson 2:

Mad and Calm: How Does it Feel?

- Identify at least two signs of feeling mad in their bodies.
- Identify at least two signs of feeling calm in their body.
- Locate calming strategies to relax after big emotions.
- Identify one breathing technique to use in the moment when experiencing big emotions.

Lesson 3:

Mad is Not Bad – Let's Find a Tool to Cool!

- Complete the sentence "Mad is not _____."
- Name one positive thing about "mad feelings."
- Name and identify two potential stressors.
- Identify calming strategies ("Tools to Cool") to relax after big emotions.

Lesson 4:

The 4 R's – Relax, Repeat, Rejoin, and Repair

- State the steps of the 4 R's (Relax, Repeat, Rejoin, Repair).
- Locate calming space and strategies in the classroom.
- Identify who they can seek support from when their mad feels too big.

Unit 4: Self-Esteem with Bigfoot

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness



Lesson 1:

Self-Esteem with Bigfoot

- Determine how Bigfoot's feelings changed throughout the story.
- Determine what Bigfoot's problem was in the story.
- Determine how Bigfoot solved his problem.

Lesson 2:

What I Like About Me

- Show their understanding of positive Self-Esteem by naming what makes them special and unique.
- Say one positive affirmation (an "I am " statement) about themselves, when prompted.

Lesson 3:

Building a Safe Space

- Show their understanding of Positive Attachments by describing who their safe people are in their lives.
- Practice breathing and accessing comfort items to self-soothe.
- Practice expressing their feelings by using their brave words while taking space from the stressor.

Lesson 4:

Mending Hearts

- Learn that expressing thoughts, beliefs, and opinions can have impact on themselves and others.
- Learn how to use words of affirmation to build their self-esteem and confidence.
- Learn how to use words of affirmation to mend relationships with others.

Lesson Title

Student Objectives

UNIT 5: Self-Expression with Lynx

CASEL Core Competencies: Self-Awareness, Relationship Skills, Responsible Decision-Making



Lesson 1:

Self-Expression with Lynx

- State the main character in the story "Lynx Sets Boundaries."
- Say what Lynx taught them about Self-Expression.
- Give an example of a personal boundary.

Lesson 2:

Listening to My Inner Voice

- Identify how to check in with their inner voice to determine if something feels safe.
- Identify a time they listened to their inner voice.
- Identify a helpful thought that will help them listen to their inner voice.

Lesson 3:

Expressing My Inner Voice

- Identify the two steps for self-expression/expressing their inner voice.
- Identify who they can ask for help at school.
- Demonstrate speaking up to ask for help.

Lesson 4:

Setting and Expressing Boundaries

- Identify how they like to be greeted.
- Give an example of speaking their truth to someone who is not respecting their boundary.
- Give an example of checking in with a friend through a greeting before touching them.

UNIT 6: Stress Relief with Alpaca

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making



Lesson 1:

Stress Relief with Alpaca

- State how Alpaca can help them or others.
- Identify one thing that makes them feel stressed or worried.

Lesson 2:

My Powerful Brain

- Identify what their calm brain looks like using the hand signal.
- Identify what their anxious brain looks like using the hand signal.
- Identify if they typically experience a fight, flight, or freeze response when faced with anxiety.

Lesson 3:

Body Mapping Worried and Calm

- Identify how their body feels when anxious or worried.
- Identify how their body feels when at peace.
- Identify one thing they can do to feel better when they have big feelings.

Lesson 4:

Coping and Problem Solving

- Identify at least one thought or experience that makes them feel worried.
- Identify two coping strategies that can help them take care of their worries.
- Identify who can support them when needing to problem solve at school.

Lesson Title

Student Objectives

UNIT 7: Gratitude with Honey Bear

CASEL Core Competencies: Self-Awareness, Social Awareness, Relationship Skills



Lesson 1:

Gratitude with Honey Bear

- Determine how Honey Bear was feeling throughout the story.
- Identify what Honey Bear was grateful for.
- Identify something they are grateful for.

Lesson 2:

Noticing Gratitude

- Show an understanding of the term “grateful.”
- Name one person they are grateful for.
- Name one thing they are grateful for.
- Name one place they are grateful for.

Lesson 3:

Showing Gratitude

- Identify how to show or express gratitude to others.
- Identify how to show gratitude to the things they care about.

Lesson 4:

A Celebration of Gratitude

- Identify something in nature they are grateful for.
- Identify how they can celebrate gratitude with others.

UNIT 8: Mindfulness with Yeti

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness



Lesson 1:

Mindfulness with Yeti

- Identify how Yeti changed throughout the story “Yeti Focuses on Her Senses.”
- Identify how Yeti used mindfulness to focus on her feelings.

Lesson 2:

Introducing the Five Senses

- Identify the five senses.
- Identify different things they experience with each of their five senses on a nature walk.

Lesson 3:

Identifying Feelings

- Identify feeling happy, excited, sad, mad, and worried.
- Identify how these feelings might show up in their bodies.
- Identify how they feel when given a variety of scenarios

Lesson 4:

Regulation Tools

- Explore a variety of emotional regulation tools and decide what works best for them.
- Identify tools that calm their bodies.
- Identify tools that energize their bodies.

Lesson Title

Student Objectives

UNIT 9: Growth Mindset with Narwhal

CASEL Core Competencies: Self-Awareness, Self-Management, Relationship Skills



Lesson 1:

Growth Mindset with Narwhal

- Identify the problem in “Narwhal Uses Teamwork.”
- Identify how the problem was solved in “Narwhal Uses Teamwork.”

Lesson 2:

Changing Our Mindset

- Identify an example of a Fixed Mindset.
- Identify an example of a Growth Mindset.
- Share an example of changing their mindset.

Lesson 3:

Setting Goals

- Identify a goal they would like to achieve.
- Give an example of something they can be proud of while working towards a goal.
- Give an example of why it’s okay to make a mistake.

Lesson 4:

Try a New Way and Problem-Solve

- Identify what to do when they make a mistake.
- Identify how to problem-solve when they feel stuck.
- Identify when to ask for help.
- Give an example of how to ask for help.

UNIT 10: Emotional Courage with Ibex

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills



Lesson 1:

Emotional Courage with Ibex

- Identify the character in the story “Ibex Feels Deeply.”
- Identify Ibex’s ability to feel deeply can be both a gift and struggle.
- Identify a place that makes them feel safe and can help support their feelings.

Lesson 2:

Sensitivity is a Superpower

- Identify how their own feelings (happy, mad, sad) look.
- Identify how others might be feeling based on their body language and facial expressions.
- Identify a feeling that is difficult to express.
- Identify what Emotional Courage means.

Lesson 3:

Saying and Doing the Hard Things

- Name five ways to show Emotional Courage.
- Give an example of who they trust to ask for help.
- Identify a feeling that is difficult for them to share.

Lesson 4:

Building Empathy

- Define what empathy means to them.
- Name the steps to the PALS strategy.
- Provide an example of how to support others’ feelings.
- State they are only in charge of their own feelings.

Lesson Title

Student Objectives

UNIT 11: Authenticity with Unicorn

CASEL Core Competencies: Self-Awareness, Social Awareness, Relationship Skills



Lesson 1:

Authenticity with Unicorn

- Identify the main character in the story.
- Identify how Unicorn’s feelings changed throughout “Unicorn Dares to be Unique.”
- Identify the lesson Unicorn learned about authenticity

Lesson 2:

I Define Me

- Say what it means to “let your light shine.”
- Name at least three things that “make their light shine.”

Lesson 3:

Shining Bright and Dimming Lights

- Identify how others might dim their light.
- Identify an example of using their inner voice to help them feel brave during hard times.
- Identify someone or something that helps them stay true to themselves.

Lesson 4:

Helping Others Shine Bright

- Identify friendships that celebrate them being true to themselves.
- Practice celebrating everyone’s bravery to be authentically themselves.
- Learn different ways to show they accept others just as they are.

UNIT 12: Self-Acceptance with Yak

CASEL Core Competencies: Self-Awareness, Self-Management



Lesson 1:

Self-Acceptance with Yak

- Identify how Yak felt at the beginning of “Yak Struggles with Mistakes” when she made a mistake.
- Identify the lesson that Yak learned in “Yak Struggles with Mistakes”.

Lesson 2:

My Self-Talk Matters

- Provide an example of Positive Self-Talk.
- Provide an example of Negative Self-Talk.
- Begin to identify when negative thoughts occur and replace those thoughts with more positive ones.

Lesson 3:

Learning From Our Mistakes

- Share what to do when a mistake is made.
- Give one example of why it’s okay to make a mistake.

Lesson 4:

Imagining a Positive Place

- Identify how they can use their imagination to create a safe and calm place.
- Identify what a calm and safe body looks like.

Lesson Title

Student Objectives

UNIT 13: Creativity with Dragon

CASEL Core Competencies: Self-Awareness, Social-Awareness, Relationship Skills, Responsible Decision-Making



Lesson 1:

Creativity with Dragon

- Identify the main character in the story "Dragon Dreams and Creates."
- State what skill Dragon helps them remember.
- Identify how they like to be creative.

Lesson 2:

Dragon's Experiments

- Participate as a member of the group during the science experiment(s).
- Take turns with peers during the activities.
- Provide verbal feedback to peers appropriate to the group discussion and activities.

Lesson 3:

How Do You Like to Create?

- Show participation within the group by brainstorming and sharing ideas.
- Determine their favorite way to create.
- Identify their dream playground equipment.
- Share how they greet a peer.
- Identify how they can invite a peer to play.
- Identify what to do if a friend doesn't want to play with them.

Lesson 4:

Collaborative Art with Dragon and Friends

- Participate in the group activity.
- Use communication to share supplies and art work

UNIT 14: Change with Fox

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness



Lesson 1:

Change With Fox

- Identify the main character in the story.
- Identify a change or transition they have experienced that has felt difficult for them.
- Identify how a big change might make them feel.

Lesson 2:

Changes and Transitions

- Recognize that different people may have different feelings in change or transition situations.
- Identify one way to manage big feelings in situations involving change or transitions.

Lesson 3:

Supporting Change and Transitions

- Practice making a plan to help transitions go more smoothly.
- Identify what transition might feel difficult for them at school.
- State one idea that will help them during a difficult transition.

Lesson 4:

Helping Hands

- Identify a person who can help them cope with change or transitions.

Additional Lessons & Materials

Lesson Title

Student Objectives

The Feels

CASEL Core Competencies: Self-Awareness, Self-Management



Lesson 1:

Feels are Friends

- Identify 5 core feelings from the book and learn that all Feels are friends who want to help

Lesson 2:

Meet Scared

- Identify scared feeling and strategies for taking care of scared.

Lesson 3:

Meet Mad

- Identify mad feeling and strategies for taking care of mad.

Lesson 4:

Meet Sad

- Identify sad feeling and strategies for taking care of sad.

Lesson 5:

Meet Worried

- Identify worried feeling and strategies for taking care of worried.

Lesson 6:

Meet Calm

- Identify calm feeling and strategies for taking care of calm.

Lesson 7:

Reflection: My Feels Book

- Compile learning into a book that can be used as an ongoing resource for students in class or at home.

Grief and Loss with Sprite

CASEL Core Competencies: Self-Awareness, Self-Management



A resource guide created to help educators support students where they are in their grief process. Sprite's story and activities bring students important information about grief and loss in sensitive and hopeful ways.

Under the Sea Camp

CASEL Core Competencies: Self-Awareness, Self-Management, Relationship Skills



Growth Mindset focused activities where students practice seeing challenges as opportunities to grow. Students learn the importance of resilience when learning new things.

Hero Camp

CASEL Core Competencies: Self-Awareness, Self-Management, Relationship Skills, Social Awareness, Responsible Decision Making



Hero Camp activities encourage students to build meaningful relationships through social communication and play. Empower your students to know and communicate their boundaries, ask for help when they need it, and to engage in inclusive play and interactions.