



WhyTry Elementary

1st & 2nd grade

Scope & Sequence

Unit Name	Key Concept	Objectives
Week One: Creating the learning environment	Creating Learning Environment	Begin to create a safe learning space by building relationships, establishing purpose and expectations.
Week Two: Reality Ride Part One - Metaphor Walkthrough Lesson	Decision Making	<ul style="list-style-type: none"> I can explain that actions have consequences. I can explain why sometimes a choice sounds or looks fun, but can actually be a negative choice. I can identify choices that hurt me or others. I can stop, think, and choose when faced with a choice
Week Three: Reality Ride Part Two - Metaphor Walkthrough Lesson	Decision Making	
Week Four: Getting Plugged In Part One - Metaphor Walkthrough Lesson	Relationship Building & Support	<ul style="list-style-type: none"> I can name people in my life that can help me at home and at school. I can give examples of strategies to build and strengthen relationships with people at home and at school. I can ask for help from people in my life. I know what adults I can trust in my life.
Week Five: Getting Plugged In Part Two Metaphor Walkthrough Lesson	Relationship Building & Support	
Week Six: Lift the Weight Metaphor Walkthrough Lesson	Expectations & Responsibility	<ul style="list-style-type: none"> I can explain how rules help me. I can explain how daily routines help me. I can identify examples of both rules and routines.
Week Seven: Lift the Weight Support Lesson	Expectations & Responsibility	
Week Eight: Defense Mechanisms Metaphor Walkthrough Lesson	Emotional Regulation	<ul style="list-style-type: none"> I can identify different emotions. I can identify emotions and situations that make me feel overinflated emotions like anger, frustration. I can identify emotions and situations that make me feel underinflated emotions like sadness, fear, embarrassment. I can identify strategies that help me feel better when feeling unhappy emotions.
Week Nine: Defense Mechanisms Support Lesson	Emotional Regulation	
Week Ten: Labels Part One - Metaphor Walkthrough Lesson	Positive Self-image	<ul style="list-style-type: none"> I can explain that what is on the inside is more important than a label. I can explain that the real me means what I am good at, my strengths, goals, dreams, what I want to do, what others like about me, etc. I should be proud of who I am.
Week Eleven: Labels Part Two - Metaphor Walkthrough Lesson	Positive Self-image	



1st & 2nd grade Scope & Sequence Continued

Unit Name	Key Concept	Objectives
Week Twelve: Motivation Formula Metaphor Walkthrough lesson	Resilient Mindset	<ul style="list-style-type: none"> I can explain what positive self talk means. I can give examples of positive self talk. I use positive self talk to help me through hard things.
Week Thirteen: Motivation Formula Support Lesson	Resilient Mindset	
Week Fourteen: Climbing Out Metaphor Walkthrough Lesson	Peer Relationships & Influence	<ul style="list-style-type: none"> I know what it means to be kind I can identify ways to be kind with others
Week Fifteen: Climbing Out Support Lesson	Peer Relationships & Influence	
Week Sixteen: Jumping Hurdles Part One - Metaphor Walkthrough Lesson	Problem Solving & Learning from mistakes	<ul style="list-style-type: none"> I can explain the importance of effort. I can recognize that it is OK to make mistakes and that mistakes are normal. I can learn to keep trying even if something is difficult or unsuccessful.
Week Seventeen: Jumping Hurdles Metaphor Walkthrough Lesson Part II	Problem Solving & Learning from mistakes	
Week Eighteen: Desire Time Effort Part I - Metaphor Walkthrough Lesson	Hard Work & Determination	<ul style="list-style-type: none"> When I finish something, I feel good about myself. I can explain that a goal is anything I plan to accomplish. I can share ideas on how I will accomplish any goal I set. Every day I can set goals that help me.
Week Nineteen: Desire Time Effort Part II - Metaphor Walkthrough Lesson	Hard Work & Determination	
Week Twenty: The Wall Metaphor Walkthrough Lesson	Self-Efficacy	<ul style="list-style-type: none"> I can name different skills I have learned which can be used throughout my life. I believe using these skills will help me in my life. I know how to use the skills of resilience to help me in my life.



WhyTry Elementary

3rd & 4th Grades

Scope & Sequence

Unit Name	Key Concept	Objectives
Week One: Creating the learning environment	Creating Learning Environment	Begin to create a safe learning space by building relationships, establishing purpose and expectations.
Week Two: Reality Ride Part One - Metaphor Walkthrough Lesson	Decision Making	<ul style="list-style-type: none"> I can explain and give examples of decisions students my age make and outcomes. I can explain how a student might make a decision to have fun but can lead to negative consequences. I can identify ideas that can help me make decisions that will help me. I can explain what it means to think before we act. I understand that choices are important.
Week Three: Reality Ride Part Two - Metaphor Walkthrough Lesson	Decision Making	
Week Four: Getting Plugged In Part One - Metaphor Walkthrough Lesson	Relationship Building & Support	<ul style="list-style-type: none"> I can explain what a positive relationship is. I can name people in my life that I have a positive relationship with and can help support me. I can build positive relationships through showing respect, including others and standing up for my peers. I can strengthen my relationships by being a support to people in my life and using listening strategies such as using appropriate body language, asking questions, and not interrupting. I can ask for help from people that I have a positive relationship with.
Week Five: Getting Plugged In Part Two Metaphor Walkthrough Lesson	Relationship Building & Support	
Week Six: Lift the Weight Metaphor Walkthrough Lesson	Expectations & Responsibility	<ul style="list-style-type: none"> I can explain how the kite metaphor (resistance) applies to rules, expectations and responsibilities. I can explain what an expectation is using examples (rules, laws, commitments, schoolwork, chores, routines). I can explain what responsibility means (being dependable, making the choice, and being accountable for the expectations). I can explain how responsibility and expectations help me find success.
Week Seven: Lift the Weight Support Lesson	Expectations & Responsibility	



3rd & 4th Grades Scope & Sequence Continued

Unit Name	Key Concept	Objectives
Week Eight: Defense Mechanisms Part One - Metaphor Walkthrough Lesson	Emotional Regulation	<ul style="list-style-type: none"> I understand how I react to different emotions is a defense mechanism to protect ourselves. I can distinguish between positive and negative defense mechanisms (hurting ourselves or others). I can explain how negative defense mechanisms take away freedom and opportunity. I can explain how positive defense mechanisms lead to opportunities and self-respect. I understand strategies to maintain control of my emotions and select positive defense mechanisms.
Week Nine: Defense Mechanisms Part Two - Metaphor Walkthrough Lesson	Emotional Regulation	
Week Ten: Labels Part One - Metaphor Walkthrough Lesson	Positive Self-image	<ul style="list-style-type: none"> I can explain that what is on the inside is most important. I can explain that the real me means what I am good at, my strengths, goals, dreams, etc. I am proud of the Real Me. I can explain the label sometimes doesn't match what is on the inside. I can identify that just like I have a Real Me, everyone else has a real me we call the Real You.
Week Eleven: Labels Part Two - Metaphor Walkthrough Lesson	Positive Self-image	
Week Twelve: Motivation Formula Metaphor Walkthrough Lesson	Resilient Mindset	<ul style="list-style-type: none"> I can share examples of things that make my day hard. I can share strategies that help me when things feel hard. I can use positive self talk to help me with hard things. I can name people who can help me through challenges. I can explain why it is important to ask for help.
Week Thirteen: Motivation Formula Support Lesson	Resilient Mindset	
Week Fourteen: Climbing Out Metaphor Walkthrough Lesson	Peer Relationships & Influence	<ul style="list-style-type: none"> I understand what it means to be kind. I can explain what it means to be a positive friend. I can give examples of how I can be a positive friend with others.
Week Fifteen: Climbing Out Support Lesson	Peer Relationships & Influence	



3rd & 4th Grades Scope & Sequence Continued

Unit Name	Key Concept	Objectives
Week Sixteen: Jumping Hurdles Part One - Metaphor Walkthrough Lesson	Problem Solving & Learning from mistakes	<ul style="list-style-type: none"> I can recognize we all have hurdles in our life. I know how to get help in jumping over my hurdles. I can motivate myself to try and jump over my hurdles. I understand the importance of trying and not giving up after making mistakes.
Week Seventeen: Jumping Hurdles Support Lesson	Problem Solving & Learning from mistakes	
Week Eighteen: Desire Time Effort Part One - Metaphor Walkthrough Lesson	Hard Work & Determination	<ul style="list-style-type: none"> When I finish something, I feel good about myself. I can set goals for myself I can identify strategies to help me accomplish my goals including not giving up (keep going) and avoiding distractions.
Week Nineteen: Desire Time Effort Part Two - Metaphor Walkthrough Lesson	Hard Work & Determination	
Week Twenty: The Wall Metaphor Walkthrough Lesson	Self-Efficacy	<ul style="list-style-type: none"> I can name different skills of resilience I have learned in WhyTry which can be used throughout my life. I believe I have the power to use those skills in different areas of my life. I can describe a future for myself if I apply the skills I have learned.



WhyTry Elementary

5th & 6th Grades

Scope & Sequence

Unit Name	Key Concept	Objectives
Week One: Creating the learning environment	Creating Learning Environment	Begin to create a safe learning space by building relationships, establishing purpose and expectations.
Week Two: Reality Ride Part One - Metaphor Walkthrough Lesson	Decision Making	<ul style="list-style-type: none"> I can explain what is an easy fast choice. I can give examples of how choices affect my future in the short term and the long term. I can identify situations where students make easy fast decisions that lead to harmful or negative consequences. I can explain what it means to crash. I can explain how harder decisions lead to opportunities.
Week Three: Reality Ride Support Lesson	Decision Making	
Week Four: Getting Plugged In Part One - Metaphor Walkthrough Lesson	Relationship Building & Support	<ul style="list-style-type: none"> I can explain what a positive relationship is. I can identify (name) people in my life that I have a positive relationship with and can help support me. I can explain how relationships in my life help me every day. I can build relationships by showing interest in other people and using my interests, passions and hobbies to connect with other people. I can strengthen my relationships by listening to others, giving time, showing respect and valuing the positive relationships that I have.
Week Five: Getting Plugged In Part Two Metaphor Walkthrough Lesson	Relationship Building & Support	
Week Six: Lift the Weight Metaphor Walkthrough Lesson	Expectations & Responsibility	<ul style="list-style-type: none"> I can explain how resistance (or doing difficult things) makes me stronger. I can share examples of resistance that makes me stronger (expectations: rules, laws, commitments, schoolwork, chores, routines). I can explain how lifting the weight (continuing to climb) is the harder choice. I can explain how self discipline is a skill that helps me follow through with the responsibility I have. I can explain what self discipline means (controlling emotions and making decisions to do the harder thing).
Week Seven: Lift the Weight Support Lesson	Expectations & Responsibility	



5th & 6th Grades Scope & Sequence Continued

Unit Name	Key Concept	Objectives
Week Eight: Defense Mechanisms Part One - Metaphor Walkthrough Lesson	Emotional Regulation	<ul style="list-style-type: none"> I understand that in pressure situations if I lose control or let others control me, I will often lose opportunities, privileges, or face negative consequences. I understand I control how I react in pressure situations and when I remain in control I will be able to have greater opportunities in life. I can follow the steps to control my defense mechanisms: recognize situations, recognize feelings, pause and choose.
Week Nine: Defense Mechanisms Part Two - Metaphor Walkthrough Lesson	Emotional Regulation	
Week Ten: Labels Part One - Metaphor Walkthrough Lesson	Positive Self-image	<ul style="list-style-type: none"> I can explain that negative labels are inaccurate and don't show who the real person is on the inside. I can identify that negative labels cause us to feel that way about ourselves. I can identify that I have power to change negative labels. I can see that I have the power to share the REAL ME with others around me. I can recognize the REAL YOU in others.
Week Eleven: Labels Part Two - Metaphor Walkthrough Lesson	Positive Self-image	
Week Twelve: Motivation Formula Metaphor Walkthrough Lesson	Resilient Mindset	<ul style="list-style-type: none"> I can share examples of things that make my day hard. I can share strategies that help me when things feel hard. I can use positive self talk to help me with hard things. I can give examples of how to help others around me. I can name interests, passions or things I want to be involved in. I can name people who can help me through challenges. I can explain why it is important to ask for help.
Week Thirteen: Motivation Formula Support Lesson	Resilient Mindset	
Week Fourteen: Climbing Out Metaphor Walkthrough Lesson	Peer Relationships & Influence	<ul style="list-style-type: none"> I can give examples of being kind and positive peer pressure I can give examples of negative peer pressure I can identify situations where negative peer pressure occurs I can identify strategies to help me (withstand/avoid) negative peer pressure I can identify personal strengths that can help me in peer pressure situations
Week Fifteen: Climbing Out Support Lesson	Peer Relationships & Influence	



5th & 6th Grades Scope & Sequence Continued

Unit Name	Key Concept	Objectives
Week Sixteen: Jumping Hurdles Part One - Metaphor Walkthrough Lesson	Problem Solving & Learning from mistakes	<ul style="list-style-type: none"> • I can recognize we all have hurdles in our life. • I understand the importance of trying and not giving up after tripping on a hurdle. • I can identify a series of hurdles that stand in the way of accomplishing a goal.
Week Seventeen: Jumping Hurdles Part Two - Metaphor Walkthrough Lesson	Problem Solving & Learning from mistakes	
Week Eighteen: Desire Tme Effort Part One - Metaphor Walkthrough Lesson	Hard Work & Determination	<ul style="list-style-type: none"> • I can explain what a goal is. • I can create long term goals. • I can create a plan for achieving the goals I set. • I can explain the relationships between hard work and goals. • I can define hard work as a combination of desire, time, and effort. • I can explain how desire, time and effort relate to one another.
Week Nineteen: Desire Time Effort Part Two - Metaphor Walkthrough Lesson	Hard Work & Determination	
Week Twenty: The Wall Metaphor Walkthrough Lesson	Self-Efficacy	<ul style="list-style-type: none"> • I can name different skills of resilience I have learned in WhyTry which can be used throughout my life. • I believe I have the power to use those skills in different areas of my life. • I can explain challenges, both present and future examples, and how these skills can help me with those challenges. • I can describe a future for myself if I apply the skills I have learned.