

Open Circle is an evidence-based social and emotional learning program for grade K-5 that proactively develops children’s skills for recognizing and managing emotions, empathy, positive relationships and problem solving. Open Circle also helps schools build a community where students feel safe, cared for and engaged in learning. The following table describes the 2015 Open Circle Curriculum scope and sequence of units and lessons. All units also include a reflection lesson whereby students reflect on, discuss and set goals for skills addressed across the unit.

Open Circle Lesson	K	1	2	3	4	5
Unit 1 – Beginning Together						
Getting In and Out of Open Circle	✓	✓	✓	✓	✓	✓
Being Together in Open Circle	✓	✓	✓	✓	✓	✓
Ways We Are the Same and Different	✓	✓	✓	✓	✓	✓
Classroom Rules	✓	✓	✓	✓	✓	✓
Nonverbal Signals	✓	✓	✓	✓	✓	✓
Unit 2 – Managing Ourselves						
Being Calm	✓	✓	✓	✓	✓	✓
Listening Skills	✓	✓	✓	✓	✓	✓
Recognizing and Naming Your Feelings	✓	✓	✓	✓	✓	
Understanding the Feelings of Others						✓
Body Language	✓	✓	✓	✓	✓	✓
Getting Calm When You Feel Upset	✓	✓	✓	✓	✓	✓
Positive Self-Talk	✓	✓	✓	✓	✓	✓
Unit 3 – Strengthening Relationships						
Giving and Receiving Compliments	✓	✓	✓	✓	✓	✓
Including One Another	✓	✓	✓	✓	✓	✓
Cooperating	✓	✓	✓	✓	✓	✓
Speaking Up	✓	✓	✓	✓	✓	✓
Expressing Angry Feelings	✓	✓	✓	✓	✓	✓

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Unit 4 – How to Sort Problems						
Dangerous and Destructive Behaviors	✓	✓	✓	✓	✓	✓
Responding to Annoying Behavior	✓	✓	✓	✓	✓	✓
Teasing	✓	✓	✓	✓	✓	✓
What is Bullying Behavior?*				✓	✓	✓
What is a Bystander?				✓	✓	✓
What is an Ally?				✓	✓	✓
Recognizing Discrimination					✓	✓
Unit 5 – Problem Solving						
Introducing Problem Solving	✓	✓	✓	✓		
Discussing Problem Solving					✓	✓
Stop and Calm Down	✓	✓				
Tell Yourself How You Feel and Why	✓	✓				
Calm Down and Identify the Problem			✓	✓	✓	✓
Decide on a Positive Goal			✓	✓	✓	✓
Think of Many Ideas	✓	✓				
What Might Happen if...?	✓	✓				
Think of Several Solutions Using Brainstorming			✓	✓	✓	✓
Evaluate Solutions			✓	✓	✓	✓
Make a Plan and Try It	✓	✓	✓	✓	✓	✓
Practicing the Problem-Solving Process	✓	✓	✓	✓	✓	✓
Overcoming Obstacles					✓	✓
Being a Positive Leader	✓	✓	✓	✓	✓	✓

*All lessons provide a foundation for bullying prevention through social and emotional skill instruction and the development of a positive classroom and school climate. In addition, bullying is discussed as a dangerous and destructive behavior for all grades.