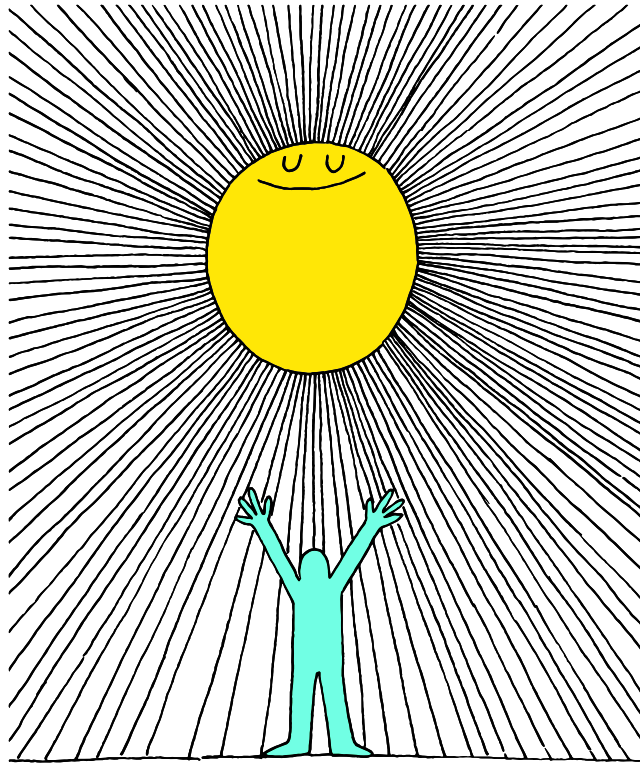


WELL-BEING CANADA CURRICULUM Pacing Guide



Grades 4 - 6

THE ROAD TO POSITIVE WELL-BEING IN EVERY CLASSROOM STARTS HERE

Overview

This pacing guide is intended to give you flexible options to implement the Well-being program at a pace that best meets the needs of your classroom and schedule. In each pacing guide you will find suggested timing and pacing for each lesson, key vocabulary, as well as some additional activities. We recommend reviewing each pacing guide and selecting the one that works best for you! You can always contact us at info@educationplus.org for more help.

7 Week Program Completion: Accelerated Pacing

This pacing guide is ideal for those who have time for SEL included in their daily classroom routine and would like to have their students learn the skills included in the Well-being program as quickly as possible. This option would require about 40 minutes each day. Upon completing the program, we recommend reviewing the skills by utilizing the Monthly Theme pacing guide, or by using our Skill Reinforcement pacing guide to keep all the Well-being skills fresh throughout the remainder of the year.

12 Week Program Completion: 2-3 Lessons Per Week Pacing

This pacing guide is ideal for those who are able to dedicate at least two 40 minute blocks per week to SEL lessons. This option would allow for program completion within 12 weeks. Upon completing the program, we recommend reviewing the skills by utilizing the Monthly Theme pacing guide, or by using our Skill Reinforcement pacing guide to keep all the Well-being skills fresh throughout the remainder of the year.

Monthly Theme Pacing Guide

For this pacing guide, we suggest completing the lessons at your own pace within the first 3 weeks of the month, using the final week of the month to review and reinforce the skill. This can be done through reviewing the activities you completed as a class and holding class meetings to discuss how they have been practising the skill, how they have seen the skill practised by others, and what they still need to work on. Upon completing the program, we recommend continuing to review the skills as needed through class meetings and reinforcing skills throughout the remainder of the year.

Program Review/Reinforce Pacing Guide

This pacing guide is for teachers who have completed the Well-being program, have at least two days during the week for SEL lessons, and would like to review and reinforce the skills learned throughout the remainder of the year. In this pacing guide, you will find our recommended pacing for review, as well as suggested activities.

7 Week Accelerated Pacing

	Well-being Topic	Vocabulary	Sample Daily Pacing
Week 1	Foundational Module Suggested pacing: <i>Within 2 weeks</i>	<i>Community Caring Collaboration</i>	Monday: ½ of Lesson 1 - 20 mins Tuesday: Remainder of Lesson 1 - 20 mins Wednesday: Lesson 2 - 30 mins Thursday: ½ of Lesson 3 - 20 mins Friday: Remainder of Lesson 3 - 20 mins
Week 2	Foundational Module Suggested pacing: <i>Within 2 weeks</i>	<i>Community Caring Collaboration</i>	Monday: Lesson 4 - 30 mins Tuesday: Lesson 5 - 30 mins Wednesday-Friday: Review and reinforce learnings from Foundational Module
Week 3	Unit 1: Introduction to Well-Being Suggested pacing: <i>Within 1 week</i>	<i>Well-Being Comfortable Stress Mindfulness Intentions Goals</i>	Monday: Lesson 1 - 40 mins Tuesday: Lesson 2 - 40 mins Wednesday: Lesson 3 - 40 mins Thursday: Lesson 4 - 40 mins Friday: Review and Reinforce learnings from Unit 1
Week 4	Unit 2: Learning About Gratitude Suggested pacing: <i>Within 1 week</i>	<i>Thankful Gratitude Expression</i>	Monday: ½ of lesson 5 - 20 mins Tuesday: Remainder of lesson 5 - 20 mins Wednesday: Lesson 6 - 40 mins Thursday: Complete expressions of gratitude, if needed Friday: Lesson 7 - 40 mins

7 Week Accelerated Pacing

	Well-being topic	Vocabulary	Sample Daily Pacing
Week 5	Unit 3: Learning About Empathy and Compassion Suggested pacing: <i>Within 1 week</i>	<i>Empathy</i> <i>Compassion</i>	Monday: ½ of lesson 8 - 20 mins Tuesday: Remainder of lesson 8 - 20 mins Wednesday: Lesson 9 - 40 mins Thursday - Friday: Review and reinforce learnings from Unit 3
Week 6	Unit 4: Learning about Altruism Suggested pacing: <i>Within 1 week</i>	<i>Altruism</i>	Monday: Lesson 10 - 40 mins Tuesday: Lesson 11 - time will vary Wednesday: Lesson 12 - time will vary Thursday: Lesson 13 - 40 mins Friday: Review and reinforce learnings from Unit 4
Week 7	Unit 5: Learning about Resilience Suggested pacing: <i>Within 1 week</i>	<i>Resilience</i>	Monday: ½ of Lesson 14 - 20 mins Tuesday: Remainder of Lesson 14 - 20 mins Wednesday: Lesson 15 - 40 mins Thursday-Friday: Review all well-being skills. Optional: Ask students which well-being skill they think they still need to work on the most.

12 Week Pacing Guide

	Well-being Topic	Vocabulary	Sample Daily Pacing
Week 1	Foundational Module Suggested pacing: <i>Within 2 weeks</i>	<i>Community Caring Collaboration</i>	Monday: ½ of Lesson 1 - 20 mins Wednesday: Remainder of Lesson 1 - 20 mins Friday: Lesson 2 - 30 mins
Week 2	Foundational Module Suggested pacing: <i>Within 2 weeks</i>	<i>Community Caring Collaboration</i>	Monday: Lesson 3 - 40 mins Wednesday: Lesson 4 - 30 mins Friday: Lesson 5 - 30 mins
Week 3	Unit 1: Introduction to Well-Being Suggested pacing: <i>Within 2 weeks</i>	<i>Well-being Comfortable Stress Mindfulness Intentions Goals</i>	Tuesday: Lesson 1 - 40 mins Friday: Lesson 2 - 40 mins
Week 4	Unit 1: Introduction to Well-Being Suggested pacing: <i>Within 2 weeks</i>	<i>Well-being Comfortable Stress Mindfulness Intentions Goals</i>	Tuesday: Lesson 3 - 40 mins Friday: Lesson 4 - 40 mins

12 Week Pacing Guide

	Well-being Topic	Vocabulary	Sample Daily Pacing
Week 5	Unit 2: Learning about Gratitude Suggested pacing: <i>Within 2 weeks</i>	<i>Thankful Gratitude Expression</i>	Tuesday: Lesson 5 - 40 mins Friday: Lesson 6 - 40 mins
Week 6	Unit 2: Learning about Gratitude Suggested pacing: <i>Within 2 weeks</i>	<i>Thankful Gratitude Expression</i>	Tuesday: Finish Expressions of Gratitude, if needed Friday: Lesson 7 - 40 mins
Week 7	Unit 3: Learning about Empathy and Compassion Suggested pacing: <i>Within 2 weeks</i>	<i>Empathy Compassion</i>	Tuesday: ½ of Lesson 8 - 20 mins Friday: Remainder of Lesson 8 - 20 mins
Week 8	Unit 3: Learning about Empathy and Compassion Suggested pacing: <i>Within 2 weeks</i>	<i>Empathy Compassion</i>	Tuesday: ½ of Lesson 9 - 20 mins Friday: Remainder of Lesson 9 - 20 mins
Week 9	Unit 4: Learning about Altruism Suggested pacing: <i>Within 2 weeks</i>	<i>Altruism</i>	Tuesday: Lesson 10 - 40 mins Friday: Lesson 11 - time will vary

12 Week Pacing Guide

	Well-being Topic	Vocabulary	Sample Daily Pacing
Week 10	Unit 4: Learning About Altruism Suggested pacing: <i>Within 2 weeks</i>	<i>Altruism</i>	Tuesday: Lesson 12 - time will vary Friday: Lesson 13 - 40 mins
Week 11	Unit 5: Learning About Resilience Suggested pacing: <i>Within 2 weeks</i>	<i>Resilience</i>	Tuesday: ½ of Lesson 14 - 20 mins Friday: Remainder of Lesson 14 - 20 mins
Week 12	Unit 5: Learning About Resilience Suggested pacing: <i>Within 2 weeks</i>	<i>Resilience</i>	Tuesday: Lesson 15 - 40 mins Friday (Optional): Ask student which well-being skill they think they still need to work on the most. Make this your focus and discussion topic for next week.

Monthly Theme Pacing Guide

	Well-being Topic	Vocabulary	Sample Daily Pacing
Month 1	Foundational Module	<i>Community Caring Collaboration</i>	Week 1: Lessons 1-2 – 1 hr 10 mins Week 2: Lessons 3-4 – 1 hr 10 mins Week 3: Lesson 5 – 30 mins Week 4: Review and reinforce
Month 2	Unit 1: Introduction to Well-being	<i>Well-being Comfortable Stress Mindfulness Intentions Goals</i>	Week 1: Lesson 1 – 40 mins Week 2: Lessons 2-3 – 1 hr 20 mins Week 3: Lesson 4 – 40 mins Week 4: Review and reinforce
Month 3	Unit 2: Learning About Gratitude	<i>Thankful Gratitude Expression</i>	Week 1: Lesson 5 – 40 mins Week 2: Lessons 6 – 40 mins Week 3: Lesson 7 – 40 mins Week 4: Review and reinforce
Month 4	Unit 3: Learning About Empathy and Compassion	<i>Empathy Compassion</i>	Week 1: Lesson 8 – 40 mins Week 2: Lessons 9 – 40 mins Week 3: Continue empathy vs compassion practise Week 4: Review and reinforce
Month 5	Unit 4: Learning About Altruism	<i>Altruism</i>	Week 1: Lesson 10 – 40 mins Week 2: Lessons 11 and 12 – time will vary Week 3: Lesson 13 – 40 mins Week 4: Review and reinforce
Month 6	Unit 5: Learning About Resilience	<i>Resilience</i>	Week 1: Lesson 14 – 40 mins Week 2: Lessons 15 – 40 mins Week 3: Optional: Ask students which well-being skill they think they still need to work on the most and make this your focus of this week. Week 4: Review and reinforce

Skill Reinforcement Pacing Guide

	Well-being Topic	Vocabulary	Suggested Discussion/Activities
Week 1	Foundational Module Review Week	<i>Community Caring Collaboration</i>	<ul style="list-style-type: none"> ● Review the classroom environment students wanted to create: <ul style="list-style-type: none"> - Have they been successful in creating that environment? Why or why not? - How could we improve? ● Have students revisit the type of classroom environment they would like to have. <ul style="list-style-type: none"> - Have any of their ideas changed?
Week 2	Unit 1 Review Week	<i>Well-being Comfortable Stress Mindfulness Intentions Goals</i>	<ul style="list-style-type: none"> ● Have students reflect on how students have been caring for their well-being. ● Discuss how students have practised being mindful. ● Review intentions and goals students have made and the progress they have made to achieve them.
Week 3	Unit 2 Review Week	<i>Thankful Gratitude Expression</i>	<ul style="list-style-type: none"> ● Review what gratitude is and how it benefits our well being. ● Reflect on how students have practised expressing gratitude. ● As a class, brainstorm people in their school and community they're grateful for. ● Create expressions of gratitude for community members. ● Reflect how gratitude makes them feel, express gratitude to each other.
Week 4	Unit 3 Review Week	<i>Empathy Compassion</i>	<ul style="list-style-type: none"> ● Review the difference between empathy and compassion. Ask students to create examples of each. ● Discuss how empathy/compassion strengthen relationships. ● Ask students to look out for examples they see of compassion.

Skill Reinforcement Pacing Guide

	Well-being Topic	Vocabulary	Sample Daily Pacing
Week 5	Unit 4 Review Week	<i>Altruism</i>	<ul style="list-style-type: none"> ● Review what altruism means and if students have practised it lately. ● Ask students to create role play scenarios of altruism. ● As a class, come up with how they can show altruism at school. ● Altruism challenge: see who can do an act of altruism from the class list. ● Review altruism and the challenge.
Week 6	Unit 5 Review Week	<i>Resilience</i>	<ul style="list-style-type: none"> ● Review what resilience means and if they have practised it lately. ● Choose a read aloud from the Resilience Book List in the lesson package. Read and discuss resilience shown in the book. ● Have students draw and/or write a story about resilience. ● Review and discuss all well-being vocabulary words. ● Discuss well-being overall as a class. How is well-being strong in our classroom? How could it be better?
Weekly Practise	After completing the review of the Well-being program, we recommend holding weekly meetings with your students to discuss their well-being practise.	<i>Community</i> <i>Caring</i> <i>Collaboration</i> <i>Well-Being</i> <i>Comfortable</i> <i>Stress</i> <i>Mindfulness</i> <i>Intentions</i> <i>Goals</i> <i>Thankful</i> <i>Gratitude</i> <i>Expression</i> <i>Empathy</i> <i>Compassion</i> <i>Altruism</i> <i>Resilience</i>	<ul style="list-style-type: none"> ● As a class, start by talking about the well-being skills they have been doing well on and why. ● Allow students to choose a skill they feel they need to focus on more as a class. This will be the review skill for the week.

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