

WELL- BEING Pacing Guide Teacher Guide

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 timings and pacing for each lesson, key vocabulary, as well as some additional activities. Below are the different pacing guides included in this document, we recommend reviewing each and selecting the one that works best for you! You can always contact us at info@educationplus.org for more help.

Accelerated Pacing Guide- 7 weeks program completion

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 40-60 minutes each day be dedicated to the lessons and we recommend following completion of the program by reviewing the skills by monthly theme or using our Program Review/Reinforce pacing guide to keep all the Well-Being skills fresh throughout the remainder of the year.

2-3 Lessons/week Pacing Guide- 12 weeks program completion

This pacing guide is ideal for those who can dedicate at least two 40-60 minute blocks per week to SEL lessons. This option would allow for program completion within 12 weeks. Upon completion of the program, we also recommend reviewing the skills by monthly theme, or using our Program Review/Reinforce 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 practicing the skill, how they have seen the skill practiced by others, and what they still need to work on. Upon completion of the Well-Being program using this option, 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.

WELL~ BEING Beginning of the Year Pacing Guide

Week	Well-Being Topic	Vocabulary	Sample Daily Pacing
WEEK 1	Foundational Module <i>suggested pacing: within 2 weeks</i>	Community Caring Collaboration	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 <i>Suggested pacing: Within 2 weeks</i>	Community Caring Collaboration	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 <i>Suggested pacing: within 1 week</i>	Well-Being Comfortable Stress Mindfulness Intentions Goals	Monday: Lesson 1 - 60 mins Tuesday: Lesson 2 – 45 mins Wednesday: Lesson 3 – 45-60 mins Thursday: Lesson 4 – 45-60 mins Friday: Review and Reinforce learnings from Unit 1
WEEK 4	Unit 2: Learning About Gratitude <i>Suggested pacing: Within 1 week</i>	Thankful Gratitude Expression	Monday: ½ of lesson 5 – 25 mins Tuesday: Remainder of lesson 5 – 25 mins Wednesday: Lesson 6 – 60 mins Thursday: Complete expressions of gratitude, if needed Friday: Lesson 7 – 40 mins

WEEK 5	Unit 3: Learning About Empathy and Compassion <i>Suggested pacing: within 1 week</i>	Empathy Compassion	Monday: ½ of lesson 8 – 30 mins Tuesday: Remainder of lesson 8 – 30 mins Wednesday: ½ Lesson 9 - 35 mins Thursday: Remainder of lesson 9 – 35 mins Friday: Review and reinforce learnings from Unit 3
WEEK 6	Unit 4: Learning about Altruism <i>Suggested pacing: Within 1 week</i>	Altruism	Monday: Lesson 10 – 60 mins Tuesday: Lesson 11 – <i>time will vary</i> Wednesday: Lesson 12 – <i>time will vary</i> Thursday: Lesson 13 – 50-60 mins Friday: Review and reinforce learnings from Unit 4
WEEK 7	Unit 5: Learning about Resilience <i>Suggested pacing: Within 1 week</i>	Resilience	Monday: ½ of Lesson 14 – 30 mins Tuesday: Remainder of Lesson 14 – 30 mins Wednesday: Lesson 15 – 60 mins Thursday: ½ of Lesson 16 – 45 mins Friday: Remainder of Lesson 16 – 45 mins Optional: Ask students which well-being skill they think they still need to work on the most.

WELL- BEING

2-3 Lessons Per Week Pacing Guide- 12 weeks program completion

Week	Well-Being Topic	Vocabulary	Sample Daily Pacing
WEEK 1	Foundational Module <i>suggested pacing: within 2 weeks</i>	Community Caring Collaboration	Monday: ½ of Lesson 1 – 20 mins Wednesday: Remainder of Lesson 1 – 20 mins Friday: Lesson 2 – 30 mins
WEEK 2	Foundational Module <i>Suggested pacing: Within 2 weeks</i>	Community Caring Collaboration	Monday: Lesson 3 – 40 mins Wednesday: Lesson 4 – 30 mins Friday: Lesson 5 – 30 mins
WEEK 3	Unit 1: Introduction to Well-Being <i>Suggested pacing: within 2 weeks</i>	Well-Being Comfortable Stress Mindfulness Intentions Goals	Tuesday: Lesson 1 - 60 mins Friday: Lesson 2 – 45 mins
WEEK 4	Unit 1: Introduction to Well-Being <i>Suggested pacing: within 2 weeks</i>	Well-Being Comfortable Stress Mindfulness Intentions Goals	Tuesday: Lesson 3 – 45-60 mins Friday: Lesson 4 – 45-60 mins

WEEK 5	Unit 2: Learning About Gratitude <i>Suggested pacing: Within 2 weeks</i>	Thankful Gratitude Expression	Tuesday: Lesson 5 – 45-60 mins Friday: Lesson 6 – 60 mins
WEEK 6	Unit 2: Learning About Gratitude <i>Suggested pacing: Within 2 weeks</i>	Thankful Gratitude Expression	Tuesday: Finish expressions of gratitude, if needed Friday: Lesson 7 – 40 mins
WEEK 7	Unit 3: Learning About Empathy and Compassion <i>Suggested pacing: with in 2 weeks</i>	Empathy Compassion	Tuesday: ½ of Lesson 8 – 30 mins Friday: remainder of Lesson 8 – 30 mins
WEEK 8	Unit 3: Learning About Empathy and Compassion <i>Suggested pacing: with in 2 weeks</i>	Empathy Compassion	Tuesday: ½ of Lesson 9 – 35 mins Friday: remainder of lesson 9 – 35 mins
WEEK 9	Unit 4: Learning about Altruism <i>Suggested pacing: Within 2 weeks</i>	Altruism	Tuesday: Lesson 10 – 60 mins Friday: Lesson 11 – time will vary

WEEK 10	Unit 4: Learning about Altruism <i>Suggested pacing: Within 2 weeks</i>	Altruism	Tuesday: Lesson 12 – <i>time will vary</i> Friday: Lesson 13 – <i>50-60 mins</i>
WEEK 11	Unit 5: Learning about Resilience <i>Suggested pacing: Within 2 weeks</i>	Resilience	Tuesday: Lesson 14 – <i>60 mins</i> Friday: Lesson 15 – <i>60 mins</i>
WEEK 12	Unit 5: Learning about Resilience <i>Suggested pacing: Within 2 weeks</i>	Resilience	Tuesday: ½ of Lesson 16 – <i>45 mins</i> Friday: Remainder of Lesson 16 – <i>45 mins</i> Optional: Ask students which well-being skill they think they still need to work on the most. Make this your focus and discussion topic for next week.

WELL- BEING Monthly Theme Pacing Guide

Week	Well-Being Topic	Vocabulary	Sample Daily Pacing
Month 1	Foundational Module	Community Caring Collaboration	Week 1: Lessons 1-2 – <i>1 hr 10 mins</i> Week 2: Lessons 3-4 – <i>1 hr 10 mins</i> Week 3: Lesson 5 – <i>30 mins</i> Week 4: Review and reinforce
Month 2	Unit 1: Introduction to Well-Being	Well-Being Comfortable Stress Mindfulness Intentions Goals	Week 1: Lesson 1 – <i>60 mins</i> Week 2: Lessons 2 – <i>45mins</i> Week 3: Lesson 3 – <i>45-60 mins</i> Week 4: Lesson 4 & Review and reinforce – <i>45-60 mins</i>
Month 3	Unit 2: Learning About Gratitude	Thankful Gratitude Expression	Week 1: Lesson 5 – <i>45-60 mins</i> Week 2: Lessons 6 – <i>60 mins</i> Week 3: Lesson 7 – <i>40 mins</i> Week 4: Review and reinforce
Month 4	Unit 3: Learning About Empathy and Compassion	Empathy Compassion	Week 1: Lesson 8 – <i>60 mins</i> Week 2: ½ Lessons 9 – <i>35 mins</i> Week 3: Remainder of Lesson 9 – <i>35 mins</i> Week 4: Review and reinforce
Month 5	Unit 4: Learning about Altruism	Altruism	Week 1: Lesson 10 – <i>60 mins</i> Week 2: Lessons 11 and 12 – <i>time will vary</i> Week 3: Lesson 13 – <i>50-60 mins</i> Week 4: Review and reinforce
Month 6	Unit 5: Learning about Resilience	Resilience	Week 1: Lesson 14 – <i>60 mins</i> Week 2: Lessons 15 – <i>60 mins</i> Week 3: Lesson 16 – <i>90 mins</i> Week 4: Review and reinforce

WELL~ BEING

Program Review/Reinforce Pacing Guide

Week	Well-Being Topic	Vocabulary	Suggested discussion/activities
WEEK 1	Foundational Module review week	Community Caring Collaboration	<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. Has any of their ideas changed?
WEEK 2	Unit 1 review week	Well-Being Comfortable Stress Mindfulness Intentions Goals	<ul style="list-style-type: none"> Have students reflect on how students have been caring for their well-being Discuss how students have practiced being mindful Review goals vs. intentions and what new intentions they have set.
WEEK 3	Unit 2 review week	Thankful Gratitude Expression	<ul style="list-style-type: none"> Review what gratitude is and how it benefits our well being Reflect on how students have practiced 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	Empathy Compassion	<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

WEEK 5	Unit 4 review week	Altruism	<ul style="list-style-type: none"> Review what altruism means and if students have practiced it lately. Ask students to create roll 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	Resilience	<ul style="list-style-type: none"> Review what resilience means and if they have practiced 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 practice	After completing the review of the Well-Being program, we recommend holding weekly meetings with your students to discuss their well-being practice.	Community Caring Collaboration Well-Being Comfortable Feelings Mindfulness Thankful Gratitude Expression Empathy Compassion Altruism Resilience	<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.