

Alignment of *Strong Start*—Pre-K Lessons with CASEL 5 Competencies

<i>Strong Start</i> lesson	Self-awareness	Self-management	Social awareness	Relationship skills	Responsible decision making
1. The Feelings Exercise Group	●	●			
2. Understanding Your Feelings 1	●				
3. Understanding Your Feelings 2	●	●	●		
4. Understanding Other People's Feelings			●		
5. When You're Angry	●	●			
6. When You're Happy	●	●			
7. When You're Worried	●	●			
8. Being a Good Friend	●	●	●	●	
9. Solving People Problems	●	●	●	●	●
10. Finishing UP!	●	●	●	●	●

Alignment of *Strong Start*—Grades K–2 Lessons with CASEL 5 Competencies

<i>Strong Start</i> lesson	Self-awareness	Self-management	Social awareness	Relationship skills	Responsible decision making
1. The Feelings Exercise Group	●	●			
2. Understanding Your Feelings 1	●				
3. Understanding Your Feelings 2	●	●	●		
4. Understanding Other People's Feelings			●		
5. When You're Angry	●	●			
6. When You're Happy	●	●			
7. When You're Worried	●	●			
8. Being a Good Friend	●	●	●	●	
9. Solving People Problems	●	●	●	●	●
10. Finishing UP!	●	●	●	●	●

Alignment of *Strong Kids*—Grades 3–5 Lessons with CASEL 5 Competencies

<i>Strong Kids</i> lesson	Self-awareness	Self-management	Social awareness	Relationship skills	Responsible decision making
1. About <i>Strong Kids</i> : Emotional Strength Training	●				●
2. Understanding Your Emotions 1	●		●		
3. Understanding Your Emotions 2	●	●	●		●
4. Understanding Other People's Emotions			●	●	
5. Dealing with Anger	●	●	●	●	●
6. Clear Thinking 1	●	●			
7. Clear Thinking 2	●	●	●		●
8. Solving People Problems	●	●	●	●	●
9. Letting Go of Stress	●	●			●
10. Positive Living	●	●			●
11. Creating Strong and SMART Goals	●	●			●
12. Finishing UP!	●	●	●	●	●

Alignment of *Strong Kids*—Grades 6–8 Lessons with CASEL 5 Competencies

<i>Strong Kids</i> lesson	Self-awareness	Self-management	Social awareness	Relationship skills	Responsible decision making
1. About <i>Strong Kids</i> : Emotional Strength Training	●				●
2. Understanding Your Emotions 1	●		●		
3. Understanding Your Emotions 2	●	●	●		●
4. Understanding Other People's Emotions			●	●	
5. Dealing with Anger	●	●	●	●	●
6. Clear Thinking 1	●	●			
7. Clear Thinking 2	●	●	●		●
8. Solving People Problems	●	●	●	●	●
9. Letting Go of Stress	●	●			●
10. Positive Living	●	●			●
11. Creating Strong and SMART Goals	●	●			●
12. Finishing UP!	●	●	●	●	●

Alignment of *Strong Teens*—Grades 9–12 Lessons with CASEL 5 Competencies

<i>Strong Teens</i> lesson	Self-awareness	Self-management	Social awareness	Relationship skills	Responsible decision making
1. About <i>Strong Kids</i> : Emotional Strength Training	●				●
2. Understanding Your Emotions 1	●		●		
3. Understanding Your Emotions 2	●	●	●		●
4. Understanding Other People's Emotions			●	●	
5. Dealing with Anger	●	●	●	●	●
6. Clear Thinking 1	●	●			
7. Clear Thinking 2	●	●	●		●
8. Solving People Problems	●	●	●	●	●
9. Letting Go of Stress	●	●			●
10. Positive Living	●	●			●
11. Creating Strong and SMART Goals	●	●			●
12. Finishing UP!	●	●	●	●	●