

**Mindful Breathing****Bubbles the Blowfish****Gratitude****Kona the Manta Ray****Identifying Emotions****Ollie the Octopus****Body Scans****Lumi the Deep Sea Fish****Compassion****Kindra the Sea Otter****Mindful Movement****Tales & Flow the Sea Horses****Affirmations****Journey the Sea Turtle****Body Relaxation****Opal the Oyster****Visualization****Echo the Dolphin****Concentration****Scout the Hammerhead Shark****Active Listening****Levi the Blue Whale****Mindful Senses****Whiskers the Sea Lion****Compassionate Communication****Harmony the Sea Anemone****Attunement****Navi the Narwhal****Guided Meditation****Sanctuary the Coral**

CASEL Standards Alignment

The table below maps out how Recess Reset aligns with the 5 core competencies listed in the CASEL Framework:

self-management, self-awareness, social-awareness, relationship skills, and responsible decisions making.

By supporting schools to implement SEL curriculum and instruction, school-wide practices and policies, and family partnerships, Recess Reset aligns with CASEL's implementation standards.



Lesson Unit	Skill Focus	Primary CASEL Competency	Additional Competencies
Unit 1: Mindful Breathing	Using deep breathing to calm the body and mind.	Self-Management	Self-Awareness
Unit 2: Gratitude	Noticing and appreciating positive aspects of one's life, classroom, and peers.	Social Awareness	Relationship Skills, Self-Awareness
Unit 3: Identifying Emotions	Naming and recognizing emotions in oneself and others.	Self-Awareness	Social Awareness, Self-Management
Unit 4: Body Scans	Bringing attention to different parts of the body to notice sensations and tension.	Self-Management	Self-Awareness
Unit 5: Compassion	Extending kind words and thoughts towards oneself and others.	Social Awareness	Self-Awareness, Responsible Decision Making
Unit 6: Mindful Movement	Coordinating breath and movement to regulate and focus.	Self-Management	Relationship Skills, Self-Awareness



Lesson Unit	Skill Focus	Primary CASEL Competency	Additional Competencies
 Unit 7: Mindful Breathing II	Expanded deep breathing and sounding strategies for stress regulation.	Self-Management	Self-Awareness
 Unit 8: Affirmations	Using positive self-talk and identity-affirming statements.	Self-Awareness	Relationship Skills, Self-Management
 Unit 9: Body Relaxation	Actively releasing tension in muscles and body systems.	Self-Management	Self-Awareness
 Unit 10: Identifying Emotions II	Naming more nuanced emotional vocabulary and mixed/complex feelings.	Self-Awareness	Responsible Decision-Making, Social Awareness
 Unit 11: Visualization	Using mental imagery for calm, focus, and positive goals.	Self-Management	Relationship Skills, Self-Awareness
 Unit 12: Concentration	Sustaining focus on a chosen object/task amid distractions.	Self-Management	Responsible Decision-Making, Self-Awareness
 Unit 13: Mindful Breathing III	Integrating breath with body scans, gratitude, emotions, compassion, and affirmations.	Self-Management	Self-Awareness
 Unit 14: Active Listening	Attending to others with eye contact, body language, and reflective listening.	Relationship Skills	Responsible Decision-Making, Social Awareness
 Unit 15: Mindful Senses	Using the five senses to ground attention in the present.	Self-Management	Social Awareness, Self-Awareness
 Unit 16: Compassionate Communication	Responding to difficulty with "I" statements, kindness, and conflict de-escalation.	Relationship Skills	Responsible Decision-Making, Social Awareness
 Unit 17: Attunement	Tuning in to one's own state, others, and the environment to stay connected and safe.	Social Awareness	Relationship Skills, Self-Awareness
 Unit 18: Guided Meditation	Using imagery, intention, inquiry, and concentration to deepen calm and self-awareness.	Self-Awareness	Self-Management



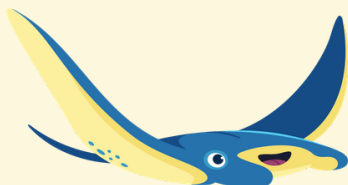
Level One

Unit #1 Mindful Breathing


Bubbles the Blowfish

Lesson #	Lesson Name	Core Competency
1	Mindful Breathing	Self-Management
2	Belly Breathing	Self-Management
3	Deep 3-Part Breathing	Self-Management
4	Extended Exhalation	Self-Management
5	Box Breathing	Self-Management

Unit #2 Gratitude


Kona the Manta Ray

Lesson #	Lesson Name	Core Competency
1	Three Good Things	Self-Awareness
2	Tiny Daily Gratitude	Self-Awareness
3	Classroom Gratitude	Social Awareness
4	Where Our Food Comes From	Social Awareness
5	Expressing Gratitude	Relationship Skills

Unit #3 Identifying Emotions


Ollie the Octopus

Lesson #	Lesson Name	Core Competency
1	Color Theory Part 1	Self-Awareness
2	Color Theory Part 2	Self-Awareness
3	Name That Feeling Part 1	Self-Awareness
4	Name That Feeling Part 2	Self-Awareness
5	Listening to Emotions	Self-Awareness

Unit #4 Body Scans


Lumi the Deep Sea Fish

Lesson #	Lesson Name	Core Competency
1	Releasing Tension	Self-Management
2	Feet to Crown	Self-Management
3	Organs of the Body	Self-Awareness
4	Subtle Sensations	Self-Awareness
5	Face Scan	Self-Management

Unit #5 Compassion


Kindra the Sea Otter

Lesson #	Lesson Name	Core Competency
1	Self-Compassion	Self-Awareness
2	Loving Kindness Part 1	Social Awareness
3	Loving Kindness Part 2	Social Awareness
4	Difficulty	Social Awareness
5	The Whole World	Social Awareness

Unit #6 Mindful Movement


Tales & Flow the Sea Horses

Lesson #	Lesson Name	Core Competency
1	Open and Close	Self-Management
2	Press and Pull	Self-Management
3	Circulating Energy	Self-Awareness
4	Mirroring	Self-Management
5	Partner Mirroring	Relationship Skills



Level Two

Unit #7

Mindful Breathing II


Bubbles the Blowfish

Lesson #	Lesson Name	Core Competency
1	Humming Breath	Self-Management
2	Sighing Breath	Self-Management
3	Throat Breath	Self-Management
4	Temperature Breath	Self-Management
5	Alternate Nostril Breathing	Self-Management

Unit #8

Affirmations


Journey the Sea Turtle

Lesson #	Lesson Name	Core Competency
1	Growth Mindset	Self-Awareness
2	Emotional Resilience	Self-Awareness
3	Positive Self-Esteem	Self-Awareness
4	Student Success	Self-Awareness
5	Teamwork	Relationship Skills

Unit #9

Body Relaxation


Opal the Oyster

Lesson #	Lesson Name	Core Competency
1	Tense and Release	Self-Management
2	Feet and Legs	Self-Management
3	Left and Right	Self-Management
4	Flex and Stretch	Self-Management
5	Full Body Relaxation	Self-Management

Unit #10 Identifying Emotions II



Ollie the Octopus

Lesson #	Lesson Name	Core Competency
1	Complex Emotions Part 1	Self-Awareness
2	Complex Emotions Part 2	Self-Awareness
3	Name That Complex Emotions Pt. 1	Self-Awareness
4	Name That Complex Emotions Pt. 2	Self-Awareness
5	Listening to Emotions Part 2	Self-Awareness

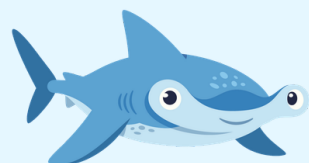
Unit #11 Visualization



Echo the Dolphin

Lesson #	Lesson Name	Core Competency
1	Grounding Visualization	Self-Management
2	Mental Rehearsal	Self-Management
3	Zoom Out, Zoom In	Self-Awareness
4	Time Traveller	Relationship Skills
5	Color Visualization	Self-Management

Unit #12 Concentration



Scout the Hammerhead Shark

Lesson #	Lesson Name	Core Competency
1	Object Detective	Self-Management
2	Spot the Difference	Self-Management
3	Where's Ollie?	Self-Management
4	I Went to the Supermarket...	Self-Management
5	Single Pointed Focus	Self-Management



Level Three

Unit #13

Mindful Breathing III


Bubbles the Blowfish

Lesson #	Lesson Name	Core Competency
1	Body Breathing	Self-Management
2	Gratitude Breathing	Self-Management
3	Emotional Release	Self-Management
4	Self-Compassion	Self-Management
5	Positive Affirmations	Self-Management

Unit #14

Active Listening


Levi the Blue Whale

Lesson #	Lesson Name	Core Competency
1	Levi's Story	Relationship Skills
2	Body Language	Relationship Skills
3	Reflective Listening	Relationship Skills
4	Reflective Emotions	Relationship Skills
5	Partner Practice	Relationship Skills

Unit #15

Mindful Senses


Whiskers the Sea Lion

Lesson #	Lesson Name	Core Competency
1	Mindful Sight	Self-Management
2	Mindful Hearing	Self-Management
3	Mindful Touch	Self-Management
4	Mindful Smell	Self-Awareness
5	Mindful Taste	Self-Awareness

Unit #16

Compassionate Communication



Harmony the Sea Anemone

Lesson #	Lesson Name	Core Competency
1	Observation	Relationship Skills
2	Feelings and Needs	Relationship Skills
3	Making a Request	Relationship Skills
4	Putting it All Together	Relationship Skills
5	Resolving Conflict	Relationship Skills

Unit #17

Attunement



Navi the Narwhal

Lesson #	Lesson Name	Core Competency
1	Self-Attunement	Self-Awareness
2	Room Detective	Social Awareness
3	Feel, Sense, Reflect	Relationship Skills
4	Attuning to Nature	Social Awareness
5	My Future Self	Self-Awareness

Unit #18

Guided Meditation



Sanctuary the Coral

Lesson #	Lesson Name	Core Competency
1	Heart Space	Self-Awareness
2	Secret Place	Self-Management
3	Noticing Thoughts	Self-Awareness
4	The Space Between Thoughts	Self-Awareness
5	Setting Intentions	Self-Awareness